ABOUT BRAZIL

Brazil is the largest country of Latin America. Covering nearly half (47.3%) of South America, it occupies an area of 8,547,403.5 km². It is the fifth largest country in the world after Canada, the Russian Federation, China and the United States of America. Except for a small number of islands, Brazil consists of a single and unbroken landmass. Brazil’s east-to-west extension (4,319.4 km) is almost equivalent to its north-to-south distance (4,394.7 km). The country borders French Guiana, Suriname, Guyana, Venezuela and Colombia, to the north; Uruguay and Argentina, to the south; and Paraguay, Bolivia and Peru, to the west. The Atlantic Ocean extends along the country, providing 7,367 km of coastline. The mix of ethnicities has made Brazil a culturally rich and at the same time unique country.

This miscegenation began with the Indian, the African and the Portuguese, but in a short time immigrants from every part of the world began to arrive: Europeans, Asians, Jews, and Arabs. The result was the sociocultural diversity that became the country’s mark.

Brazil has been a republic since 1889. Throughout this period, the country was governed in democracy for little more than thirty-five years (1946-1964 and from 1985 to present). Retrieved after 21 years of dictatorship, in 1985, the Brazilian democracy proved to be vigorous and consolidated and became an important part of the life of its people.

The climate is predominantly tropical, with some variation according to the region. The average annual temperature in the north is 28°C and 22°C in the south. The national language is Portuguese. The Brazilian currency unit is the Real (R$).

For further information: www.brasil.gov.br.
ABOUT THE CITY OF SÃO PAULO

For many centuries, São Paulo was a rather unexciting city. This radically changed with the arrival of great waves of immigrants at the end of the 19th century and by migrants in the 20th century. They were attracted by the coffee plantations and later by the industry and service sector. In this way, the city grew and new traditions took root. Nowadays, the capital of the State of São Paulo is, not only an important economic and financial hub, but also one of the main centers for the development of trends, culture and entertainment in Brazil. Despite the visible social and economic inequality, São Paulo is still a land of opportunities for thousands of migrants who annually arrive at the capital.

The climate is altitude tropical, characterized by summer rains and average yearly temperature of between 19°C and 27°C. But it is possible to experience all the four seasons in only one day. If in the morning the weather is sunny and cloudless, by night it could be raining. This is the reason why paulistanos carry jackets and umbrella even on hot days. Its metropolitan area has nearly 19,223,897 inhabitants, making it the sixth largest urban agglomeration in the world.
The city and the State of São Paulo also shelter the most important universities and research centers of the country, such as USP (University of São Paulo), Unesp (São Paulo State University), Unicamp (University of Campinas), INPE (National Institute for Space Research), IPT (Institute for Technological Research), Butantã Institute, among others. These institutions are fundamental to the educational, technological and scientific development of the country.

For further information: www.capital.sp.gov.br.

ABOUT THE UNIVERSITY OF SÃO PAULO

The University of São Paulo (USP) is a public university, an autarchy linked to the São Paulo State Secretariat of Higher Education. The talent and dedication of professors, students and employees have been recognized by different world rankings, which were created to measure the quality of universities considering several criteria, especially those related to scientific productivity.

Currently, the most important rankings are those of the Institute of Higher Education Shanghai Jiao Tong University, which was created in 2003, and of The Times (2004). In the last edition of Shanghai University (2010), which ranks the 500 best universities in the world, USP was ranked among the 143 best. The 2010 Performance Ranking of Scientific Papers for World Universities, from the Higher Education Evaluation & Accreditation Council of Taiwan, which also ranks the 500 best research and educational institutions in the world, awarded the 74th place to USP. The institution ranks first, in this ranking, among the Latin-American universities. In order to achieve this result, the Council of Taiwan analyzed the data collected from Science Citation Index (SCI) and from Social Sciences Citation Index (SSCI). In the Webometrics Ranking of World Universities, another ranking considered important by the worldwide scientific community, USP ranked the 112nd best in 2010. These performances, which have
been achieved throughout 75 years of intense quest for excellence, enables USP (established in 1934) to integrate the selected group of world-class institutions.

The University is comprised of 239 undergraduate programs concerning all the fields of knowledge, distributed throughout 40 units and offered to nearly 56 thousand students, according to 2009 numbers.

In order to develop its activities, USP counts on different campi spread across the cities of São Paulo, Ribeirão Preto, Piracicaba, São Carlos, Pirassununga, Bauru and Lorena, in addition to education units, museums and centers for research located outside these spaces and in different municipalities.

The international vocation dates from its establishment, which was acquired from the union of schools that already existed and by means of the important role played by missions of foreign professors especially from France, Italy and Germany. These professionals came to teach at the former College of Philosophy, Sciences and Letters, of which subsequent division has generated great part of colleges and institutes of the University.

New demands of globalization have led USP to speed up the internationalization process of its education and research activities. This have been providing excellent results, such as the increase in the number of exchange professors and students and the performance of the institution in the above-mentioned rankings. This development indicates that University of São Paulo continues in the right path, allying tradition and innovation for the development of the Brazilian society and of the world.

For further information: www.usp.br
ABOUT THE SCHOOL OF PHYSICAL EDUCATION AND SPORT - USP

HISTORY

On August 4th 1934 the activities were started at the Higher Education School of Physical Education, the first civil character higher education school established in Brazil. On December 31st 1958, it was incorporated to the State System of Higher Education and nearly 11 years later it started integrating the University of São Paulo.

Due to the creation of the Bachelor’s degree programs, the then School of Physical Education of the University of São Paulo in 1996 changed its name to School of Physical Education and Sport of the University of São Paulo - EEFEUSP.

The Graduate degree program of EEFEUSP, which is the first program of the area to be instituted in Latin America, started in 1977 with a Master’s degree in the field of Physical Education. The aim was to qualify teachers for Higher Education as well as to provide the development of knowledge in the field, upon the qualification for research with methodological and scientific bases. In 1989, the Doctor’s degree program was created and it was also pioneer in Latin America. By means of knowledge-field specialized committees, CAPES-MEC carries out triennial assessments of the programs, which are national references for their grades in the country. The Graduate degree program of EEFEUSP achieved grade 6 (0-7 scale) in the last assessment publicized in 2010.
ORGANIZATION

The education, research and extension activities are developed by three Departments:
- Sports Department;
- Department of Biodynamics of Human Movement;
- Department of Pedagogy of Human Movement.

According to 2010 data, EEFE-USP has 44 professors and 118 administrative and technical employees.

FACILITIES

EEFEUSP has nearly 10 thousand square meters of constructed area and is located at the campus of “Armando de Salles Oliveira” University City. It has the following infrastructure: Administration Building, Laboratories Building, Library, Auditorium, Classrooms, Computer Rooms, Multi-sports courts, Heated swimming pool, Weightlifting room, Martial Art Room, Gymnastics room, Dressing room, Laboratories and vivarium.

UNDERGRADUATE EDUCATION

- Bachelor’s degree in Physical Education

Physical Education, as a professional intervention field, aims to provide the population (society) of all age groups with a better quality of life and to encourage them to maintain an active lifestyle by the regular practice of physical activities that arise from the movement culture. Physical education means any body movement resulting in the increase of the consumption of energetic reserves.
Movement culture fundamentally includes sports, gymnastics, dancing, exercises, games and fights. As a field of knowledge, physical education produces systematic knowledge of this movement culture, which must qualify the individual to optimize their potentialities and possibilities of movements, so that they can interact with the physical, social and cultural environment autonomously, for a better quality of life. The Bachelor’s degree in Physical Education is a professional qualification program that enables individuals to provide qualitative services of movement culture to people at large. In this way, the program aims to:

1- Qualify the student to act in the labor market professionally by planning, administrating, implementing, developing and assessing physical education programs for people at large and individuals with disabilities in a school and non-school context.

2- Qualify the student to issue opinions and provide advisory and consultancy services that instruct individuals and organized groups as to matters pertaining to physical activity and its interfaces with health, education and culture.

3- Qualify the student to seek for a continuing professional and academic development throughout their professional career.

- Teaching degree in Physical Education

The teaching degree program in Physical Education especially aims to qualify professionals to act in Basic Education (Preschool, Elementary School/Middle School and High School). Therefore, the knowledge of the following aspects is fundamental: 1) the understanding of purposes and requirements of formal education and 2) the appropriate understanding of Physical Education curricular component and its relation with other components. It also aims to qualify a professional to understand the dynamic of the processes involved in the organization of physical activity for a better quality of life. The study of movement culture under various perspectives (whether they are philosophical, historical, psychological, sociological, anthropological, biochemical, physiological, among others) starts in the set of courses of the so-called common core.

Thus, the teaching degree program of EEFEUSP involves the knowledge provided in courses and activities jointly developed with the following units: College of Education, Institute of Biosciences, College of Economics and Administration, Institute of Chemistry and Institute of Mathematics and Statistics.
- Bachelor’s degree in Sport

The structured sports are synonymous of “Formal Sports”, which are defined as “an activity regulated by international and national standards and by its specifics rules”. Formal Sports are not determined by the practitioner’s level (High-level or High-performance Sports), it covers different phases of capability and skills of practitioners and it ranges from its initiation to the highest levels of practice, in the different spheres of organization, to wit: clubs, associations, local communities, companies, gyms, leagues, federations, confederations and at the varied levels of governmental organization, whether it is international, national, state or municipal. The Bachelor’s degree program in Sports is structured from these concepts.

The sport is considered one of the most important social and cultural phenomena in the 20th century and deserves to be studied in view of the constant need of evolution in the performance of athletes at different levels and of the involvement of an increasing number of people in the world who are engaged in its forms of manifestation.

Considering the involvement of human beings in this context, the Sport must be studied in the light of several approaches (whether they are biological, psychological, sociological, etc.), which are horizontally integrated and, in a certain moment, specified due to the particularities of groups/modalities that may be object of these studies.

- In 2011, 480 students have been enrolled at EEFEUSP undergraduate programs.

- EEFEUSP graduated more than 4500 professional in the fields of Physical Education and Sports.

- The Exchange Program of EEFEUSP has involved nearly 61 foreign students and 59 students of EEFE since 2000.
GRADUATE EDUCATION

EEFEUSP develops graduate degree activities in order to improve the qualification of graduates and to encourage the research and scientific education in the fields of Physical Education and Sport.

The Master degree program provides three major fields:
- Biodynamics of Human Movement;
- Pedagogy of Human Movement and
- Studies of Sport.

The Doctor degree program provides two major fields:
- Biodynamics of Human Movement and
- Pedagogy of Human Movement.

RESEARCH

At EEFEUSP, researches are carried out by its faculty, researchers and specialized technicians, as well as by means of projects resulting in Master’s degree dissertations and Doctor’s degree theses of these Graduate Programs. Currently, research projects are carried out in several Laboratories and Groups of Research. Undergraduate students also have the opportunity to participate by means of Scientific Initiation. These are some of the research lines of EEFEUSP: Human biomechanics; Learning and human motor control; Acute and chronic exercise effects on cardiovascular system; Nutritional supplementation and metabolic changes of physical activity; Sports performance; Physical

There are 91 Master's degree students and 51 Doctor's degree students enrolled at Graduate Programs.

EEFEUSP has already granted the Master's degree to 413 students and the Doctor's degree to 83 students.
conditioning; Psychosocial aspects of sports; Sports and disability; Sports management; Body composition of sportspeople; Physical education and health; Socio-cultural studies of human movement; Analysis and diagnosis of motor development; Administration of school physical education; Academic and professional qualification in physical education.

UNIVERSITY EXTENSION ACTIVITIES

- CONTINUING Education Courses
EEFEUSP provides cultural dissemination courses as well as updating, improvement and specialization courses, under the responsibility of their Departments, to graduates who act in the fields of Physical Education and Sports and other fields of interest, and aiming to the professional development.

- Community Courses
By means of the Service of Culture and University Extension, EEFEUSP offers several courses to the community at large, and aims to provide practical training to its students and provide a field of research in Physical Education and Sports in addition to the provision of services. At every six months, EEFE assists nearly 2000 children and adults in its Community Physical Education Programs.
LIBRARY

Its library has a collection of 18,834 books, 532 titles of journals and 1,768 exemplars of theses and monographs registered in the Bibliographic Data Bank of USP (DEDALUS), which contains the location of bibliographic information available in the Libraries of the University. The Library enables the access to international and national databases and electronic sources of information and provides services of loan, bibliographic commutation and guidance to the user as to the use of information resources.

CICInt EEFEUSP

Internal Commission for International Cooperation (CICInt-EEFEUSP) coordinates the activities of international cooperation, provides assistance to the Board of Directors in issues as to international relations, subsidizes the formalization of agreements, carries out selection processes for candidates to the student exchange program and guides students and professors interested in academic activities abroad.

The members of CICInt-EEFEUSP are:
- Profa. Dra. Patrícia Chakur Brum – President;
- Profa. Dra. Andrea Michele Freudenheim;
- Profa. Dra. Flávia da Cunha Bastos;
- Prof. Dr. Paulo Rizzo Ramires;
- Márcia Regina de Sá – Secretary
STUDYING AT EEFEUSP

The academic year is divided into two semesters: the first one starts between February and March and lasts until the beginning of July – it is entitled “semestre ímpar” [“odd semester”]. The second semester starts in August and ends in the beginning of December – it is entitled “semestre par” [“even semester”]. EEFEUSP programs are provided on a full-time basis.

APPLICATION

- the cover letter from the University of origin;
- exchange form; copy of the passport;
- updated academic transcript with a simple translation into Portuguese and acknowledged by the university of origin;
- curriculum vitae;
- study plan indicating the courses intended to be studied; and
- one 3x4 photograph.

This documentation shall be addressed to:

ESCOLA DE EDUCAÇÃO FÍSICA E ESPORTE – USP
Comissão Interna de Cooperação Internacional
Av. Professor Mello Moraes, 65 - Cidade Universitária
05508-900 - São Paulo - SP – Brazil

TERMS FOR APPLICATION

In order to apply for a student exchange vacancy, it is necessary to forward the above-mentioned documentation until:

- October 5th: for the exchange program in the 1st academic semester (February to July);
- May 5th: for the exchange program in the 2nd academic semester (August to December)

The candidates approved will receive a letter of acceptance, which is the document required to obtain a visa.
ENROLLMENT
The enrollment for the courses contained in any of the programs provided by EEFEUSP is permitted, provided that there is vacancy. Should the student be interested in studying a course provided by another unit of USP, the enrollment will depend on the prior consent of this unit.

GRADE SYSTEM
The grade scale for undergraduate programs ranges from 0 to 10. Students are required to achieve at least 5 to be approved, as well as the minimum attendance of 70%. Grade criteria are determined by the professor and generally include written tests and scientific papers.

DOCUMENTS AND STAY
- Visa
Holding the Letter of Acceptance, the student shall submit the required documentation to obtain a Temporary Student Visa before the Brazilian Embassy or Consulate in their country. The list of Brazilian Embassies and Consulates in the world can be found at: www.portalconsular.mre.gov.br. We do emphasize that the submission of the Temporary Student Visa is compulsory for the enrollment. We remember that the stay in Brazil with a Tourist Visa is not permitted and that the change of status after the entrance in the country is not possible. For further information: www.mre.gov.br.

- Health Care Insurance
The foreign student shall obtain health care insurance coverage in their country of origin. EEFEUSP does not assume responsibility for accidents since the student is required to obtain the insurance before arriving in Brazil.

- Arrival
We recommend that foreign students arrive in Brazil one or two weeks before the classes start. Should it be necessary, an employee of EEFEUSP will be able to meet the student at the airport. In this case, the student is required to inform the origin and number of flight, the airway company, date and time of arrival in advance.
- **National Registration of Foreigners**
The foreign student shall have 30 days from their entrance in Brazil to apply for the National Registration of Foreigners (RNE) before the Federal Police. For further information: www.dpf.gov.br.

- **Lodging**
The University does not provide lodging to foreign students. However, CiCInt can suggest some options, and the contact must be made by the interested student.

- **Scholarship and Costs**
USP is a public and free-of-charge institution, which hosts students without charging tuition fees. Therefore, it does not provide scholarships.

- **Portuguese Language Knowledge**
All activities of the University are carried out in Portuguese. The Center for Languages of the College of Philosophy, Letters and Human Sciences (FFLCH) provides Portuguese language courses to Foreigners. The foreign student shall inform their interest in taking the course in advance.

---

**For further informations and contact:**

ESCOLA DE EDUCAÇÃO FÍSICA E ESPORTE  
Comissão Interna de Cooperação Internacional  
Av. Professor Mello Moraes, 65 - Cidade Universitária  
05508-900 - São Paulo - SP - Brasil

e-mail: cicinteefe@usp.br  
www.eefe.usp.br

Fone: 55 11 3091-2247  
Fax: 55 11 3812-4141
Rector
João Grandino Rodas

Vice Rector
Helio Nogueira da Cruz

Director
Carlos Eduardo Negrão