

COURSE DETAIL

THE MECHANICS OF BIOHACKING AND SPORT

Country

Spain

Host Institution

Carlos III University of Madrid

Program(s)

Carlos III University of Madrid

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

29

UCEAP Course Suffix**UCEAP Official Title**

THE MECHANICS OF BIOHACKING AND SPORT

UCEAP Transcript Title

BIOHACKING&SPORT

UCEAP Quarter Units

2.50

UCEAP Semester Units

1.70

Course Description

This course explores biohacking and sports from a scientific perspective to improve cognitive performance, minimize the influence of myths and misinformation in health, as well as to provide efficient tools to optimize personal well-being. It offers an introduction to biohacking practices, sports training principles, and strategies applicable both personally and professionally in the health and sports field.

Language(s) of Instruction

English

Host Institution Course Number

20732

Host Institution Course Title

LA MECÁNICA DEL BIOHACKING Y DEL DEPORTE

Host Institution Course Details

<https://aplicaciones.uc3m.es/cpa/generaFicha?est=221&anio=2025&plan=446&asig=20...>

Host Institution Campus

LEGANÉS

Host Institution Faculty

Escuela Politécnica Superior

Host Institution Degree

Host Institution Department

Minicurso de Humanidades

Course Last Reviewed

2025-2026

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