

# Sport Sciences for Health and Performance

- ▶ formation initiale
- ▶ formation continue

**Durée : 2 ans**



## Présentation

**Lieu d'apprentissage principal : Université d'Evry-Val-d'Essonne**

[Consulter la page du Master 1 Sport Sciences for Health and Performance sur le site de l'Université Paris-Saclay](#)

[Consulter la page du Master 2 Sport Sciences for Health and Performance sur le site de l'Université Paris-Saclay](#)

## Organisation

### Contrôle des connaissances

[Télécharger le règlement des études et charte des examens](#)

### Programme

#### Moyenne générale

##### Semestre 1

- Multidisciplinary approach to human movement and performance	18 ECTS
- Neuroscience and Psychology	4 ECTS
- Biomechanics of human movement	6 ECTS
- Physiology of sports and exercise I	8 ECTS
- Materials and Methods in Human Movement Sciences 1	8 ECTS
- Materials and Methods in Human Movement Sciences I	8 ECTS
- Research and professional interaction	4 ECTS
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##### Semestre 2

- Multidisciplinary approach to human movement.performance 2	6 ECTS
- Physiology of sports and exercise II	6 ECTS
- Sport performance internship	18 ECTS
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- Materials and Methods in Human Movement Sciences 2	6 ECTS

- Materials and Methods in Human Movement Sciences II	6 ECTS
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#### Moyenne générale

##### Semestre 3

- Athlete health and training for optimisation of sport perfor	23 ECTS
- Sports training and optimisation	15 ECTS
- Athlete health	8 ECTS
- Project development	7 ECTS
- Project development	7 ECTS

##### Semestre 4

- Materials and methods in human movement science	4 ECTS
- Materials and methods in human movement science	4 ECTS
- Sport performance internship	26 ECTS
- Sport performance internship	26 ECTS