

Sport Sciences for Health and Performance

- formation initiale
- formation continue

Durée : 2 ans



Présentation

[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](#)

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

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 I 8 ECTS
- Materials and Methods in Human Movement Sciences I 8 ECTS
- Research and professional interaction 4 ECTS
- Research and professional interaction 4 ECTS

Semestre 2

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

Semestre 1

- Multidisciplinary approach to human movement and performance 28 ECTS
- Physiology of sports and exercise 14 ECTS
- Neuroscience and Psychology 4 ECTS
- Research and professional interaction 4 ECTS
- Biomechanics of human movement 6 ECTS

Semestre 2

- Sport performance internship 18 ECTS
- Sport performance internship 18 ECTS
- Materials and Methods in Human Movement Sciences 14 ECTS

- Methods in Human Movement Sciences 6 ECTS
- Material in Human Movement Sciences 8 ECTS

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

Semestre 3

- Project development 7 ECTS
- Personalized Professional Project 2 ECTS
- Conception of innovation Project 5 ECTS
- Athlete Health and Training for optimisation of sport perfor 27 ECTS
- Statistics and systemics review 4 ECTS
- Sports training and optimisation 15 ECTS
- Athlete health 8 ECTS

Semestre 4

- Sport performance internship 26 ECTS
- Sport performance internship 26 ECTS