

Sport Sciences for Health and Performance



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

M1 Sport Sciences for Health and Performance

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
- 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

M2 Sport Sciences for Health and Performance

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