Université Paris-Saclay
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M2 Physical Activity, Exercise and Health (PAEH)

Master's degree
Specialisation Human Movement & Sport Sciences: Adapted Physical Activity and Health
Enrolment type
Formation initiale
Formation continue
Language(s) of instruction
English

A Master’s program focused on Health, where physical exercise in all its forms contributes to its improvement! Shaping our students into sport-health professionals with a scientific perspective and approach driven by research.

This educational program will explore, over two semesters, the interrelationship between exercise and health, examining in depth the physiological mechanisms that underpin both fitness and health. Students will be expected to build upon their previous knowledge of physiological systems and apply this to the specific field of health and wellbeing.

On completion of the module, students will be able to:

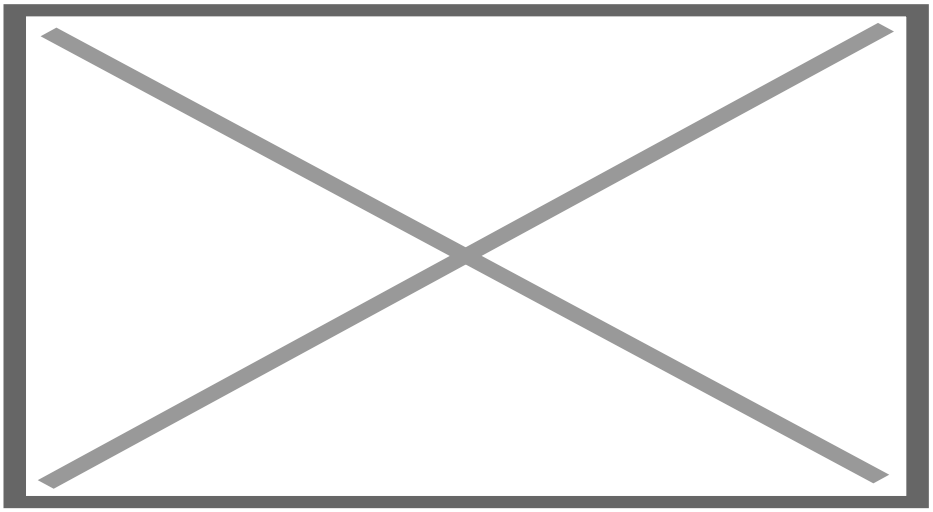
• Demonstrate a clear understanding of the physiological basis of exercise and health interrelationships.

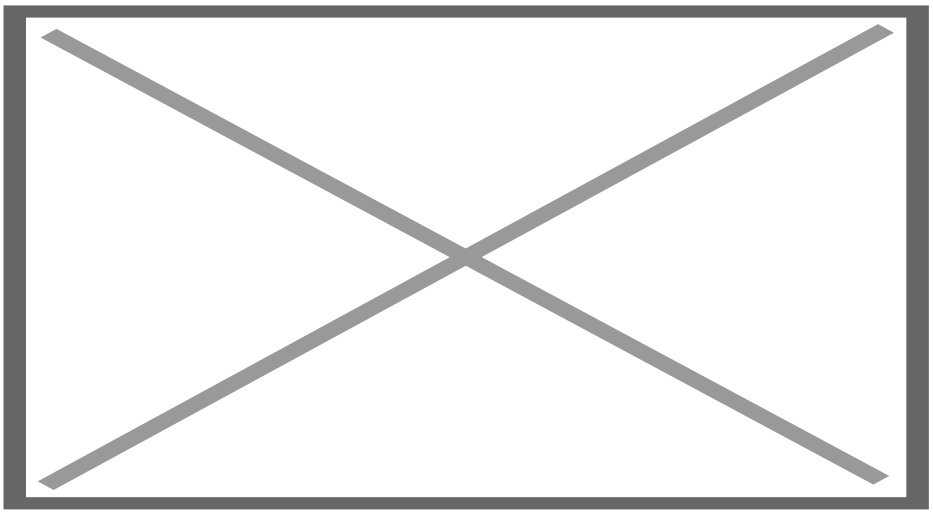
• Communicate an in-depth knowledge of selected key topics.

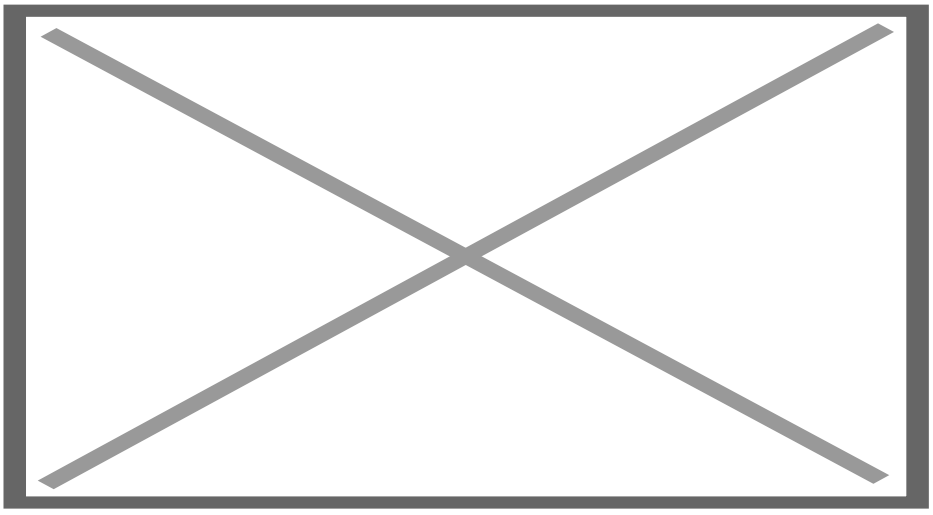
• Critically analyze research literature in this area.

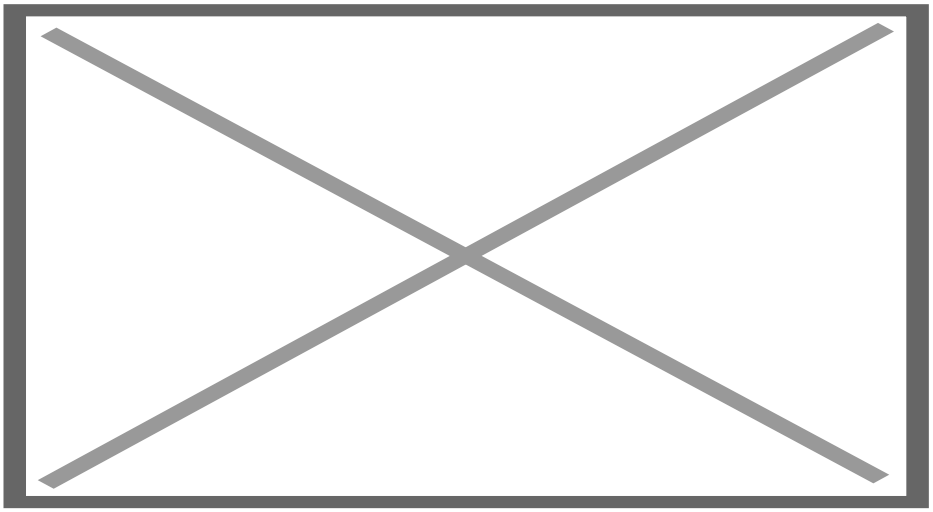
Most of the content will deal with the interrelationship between exercise and health, the models of morbidity and mortality, hypertension, obesity, cancer, diabetes, and other «hypokinetic» diseases, exercise as a therapeutic intervention.

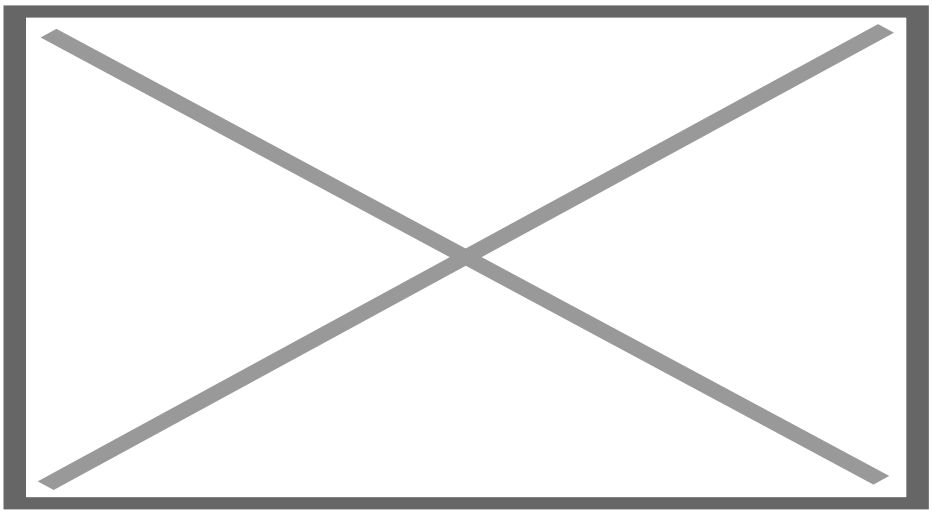
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Information

- Overview
- Application requirements
- Schedule

Présentation

Skills

1. Acquire and apply complex, highly specialized interdisciplinary knowledge
2. Develop and interpret assessment protocols using specific tools
3. Design, plan, and coordinate projects according to professional contexts
4. Apply scientific methodology with a view to disseminating and transferring knowledge
5. Adapt actions and projects to professional and societal contexts while contributing to innovation
6. Work as part of a team and maintain lasting interpersonal relationships within a professional network

Objectives

The educational and scientific objectives of the program are designed to enable both national and international students to acquire a solid foundation of scientific knowledge in the theoretical fields of Exercise Physiology as applied to health. The program aims to equip students with the necessary skills to understand the role of physical exercise, physical activity, and combined approaches in both healthy and pathological individuals.

Students are trained to assess and prescribe physical activity programs tailored to individuals affected by various conditions (metabolic, inflammatory, cardiorespiratory, cancer-related) and/or to use physical and/or sports activities for purposes of prevention, rehabilitation, post-rehabilitation, re-education, education, and/or social inclusion for people with disabilities or those at risk.

The program also seeks to enhance the employability of graduates as professionals in the health and social sectors, as well as within associative, sports, and educational organizations (such as healthcare and rehabilitation institutions, retirement homes, medico-educational, medico-professional, and medico-social establishments, health networks, physical activity associations, specialized sports federations, fitness centers, and local authorities working with at-risk populations).

Calendar

Start of programme (indicative date)
07/09/2026
End of programme (indicative date)
09/07/2027
Admission

Admission Route

Life Sciences
Physical and sports sciences
Health sciences

Capacity

Available Places

21

Target Audience and Entry Requirements

Minimum requirement: a Bachelor's degree plus four years of higher education (equivalent to BAC+4 in France), or an equivalent qualification from other countries, in the fields of Health and/or Exercise Physiology.
Recommended backgrounds: APA teachers, students holding a Master 1 in PAEH, as well as physicians, physiotherapists, osteopaths, and chiropractors.

Période(s) de candidature

Inception Platform

From 01/03/2026 to 01/05/2026

From 01/06/2026 to 12/06/2026

Supporting documents

Compulsory supporting documents

Motivation letter.

Written in English

All transcripts of the years / semesters validated since the high school diploma at the date of application.

Curriculum Vitae.

Written in English

Additional supporting documents

VAP file (obligatory for all persons requesting a valuation of the assets to enter the diploma).

Supporting documents :
- Residence permit stating the country of residence of the first country
- Or receipt of request stating the country of first asylum
- Or document from the UNHCR granting refugee status
- Or receipt of refugee status request delivered in France
- Or residence permit stating the refugee status delivered in France
- Or document stating subsidiary protection in France or abroad
- Or document stating temporary protection in France or abroad.

Programme

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practica class
Physical activity and Cancer	4	Semestre 1	18	6				
Charger le détail								
Physical activity and Cardiorespiratory diseases	4	Semestre 1	18	6				
Charger le détail								

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practica class
Physical activity and Neuromuscular disease	4	Semestre 1	18	6				
Charger le détail								
Complementary and alternative interventions for health	4	Semestre 1	18	12				
Charger le détail								
Ethics and Regulation of Adapted Physical Activity and AI	2	Semestre 1	12	9				
Charger le détail								

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	c
Exercise Testing	2	Semestre 1	10	10					
Charger le détail									
Research methods and Statistics 2	3	Semestre 1	10	16					
Charger le détail									
Interaction with professional environnement	3	Semestre 1		22					
Charger le détail									
RD Seminar	2	Semestre 1	15						
Charger le détail									

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dis lea c
Internship	28	Semestre 2		20					
Charger le détail									

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dis lea co
Personalized Professional Project and Sustenability	1	Semestre 2	0	13					
Charger le détail									
Elective course	3	Semestre 2							
Charger le détail									

Teaching Location(s)

EVRY

Contact

- **Olivier BIONDI**

http://www.universite-paris-saclay.fr/formation/master/staps-activite-physique-adaptee-et-sante/m2-physical-activity-exercise-and-health-paeh