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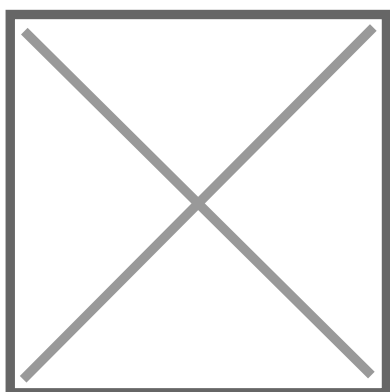
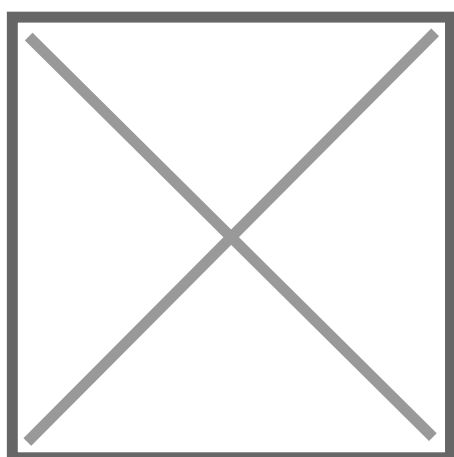
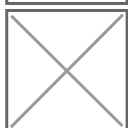
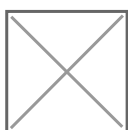
Envoyer

Une erreur est survenue. Merci de réessayer ultérieurement

Le mail de partage a bien été envoyé.

Add to Compare

M2 Physical Activity, Exercise and Health (PAEH)



Master's degree

Specialisation Human Movement & Sport Sciences: Adapted Physical Activity and Health

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.

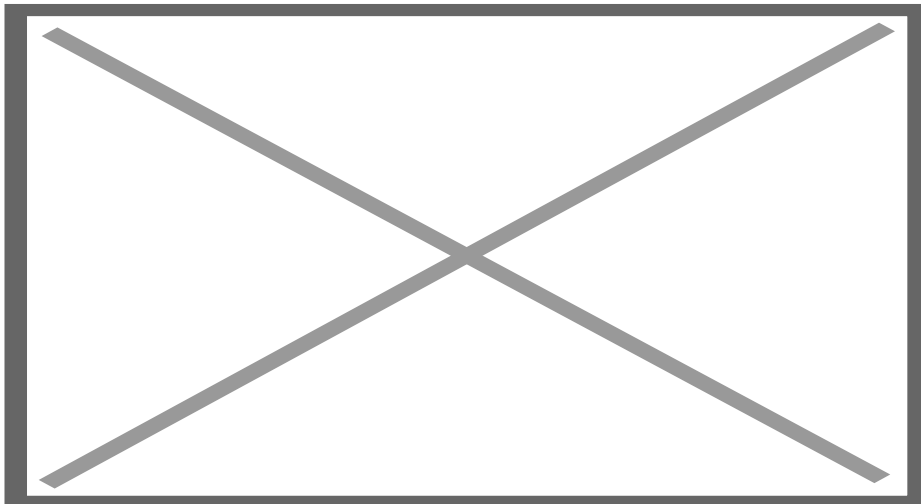
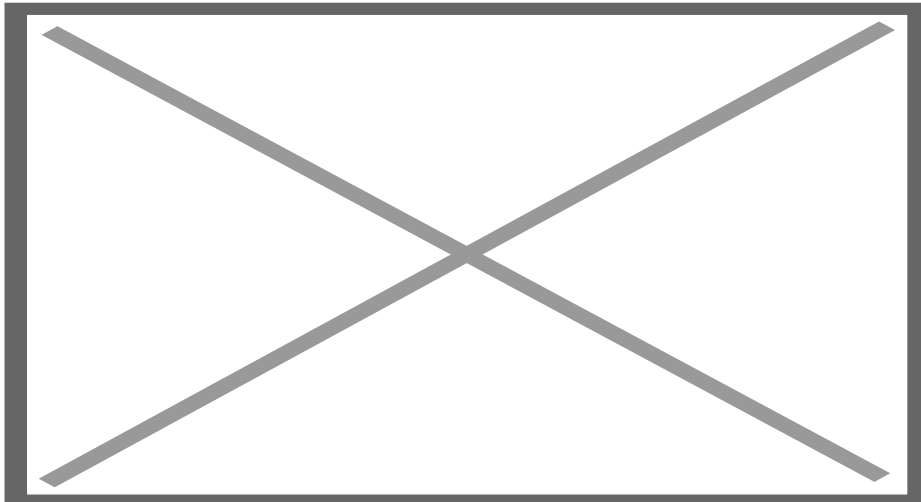
On completion of the module, students will be able to:

- 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.

[Télécharger la fiche détaillée](#)

[Apply Now](#)





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

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

Physical activity, Health and disease

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class
Physical activity and Cancer	4	Semestre 1	18	6				
■								

Physical activity and Cancer

ECTS : 4

Semester: Semestre 1

Detail

Lecture: 18

Directed study: 6

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

Physical activity and Cardiorespiratory diseases	4	Semestre 1	18	6
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■

Physical activity and Cardiorespiratory diseases

ECTS : 4

Semester: Semestre 1

Detail

Lecture: 18

Directed study: 6

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

Physical activity and Neuromuscular disease	4	Semestre 1	18	6
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Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class
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Physical activity and Neuromuscular disease

ECTS : 4

Semester: Semestre 1

Detail

Lecture: 18

Directed study: 6

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Terminale

[Complementary and alternative interventions for health](#)

4	Semestre 1	18	12
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Complementary and alternative interventions for health

ECTS : 4

Semester: Semestre 1

Detail

Lecture: 18

Directed study: 12

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

[Ethics and Regulation of Adapted Physical Activity and AI](#)

2	Semestre 1	12	9
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Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class
----------	------	----------	---------	----------------	-----------------	------------------------	-------------------------	--------------------------------

Ethics and Regulation of Adapted Physical Activity and AI

ECTS : 2

Semester: Semestre 1

Detail

Lecture: 12

Directed study: 9

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

Exercise, Health and Research

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class
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[Exercise Testing](#)

2 Semestre 1 10 10

Exercise Testing

ECTS : 2

Semester: Semestre 1

Detail

Lecture: 10

Directed study: 10

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

[Research methods and Statistics 2](#)

3 Semestre 1 10 16

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	directed study/practical class
----------	------	----------	---------	----------------	-----------------	------------------------	-------------------------	--------------------------------	--------------------------------

Research methods and Statistics 2

ECTS : 3

Semester: Semestre 1

Detail

Lecture: 10

Directed study: 16

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

[Interaction](#)

[with](#)

[professional](#)

[environnement](#)

3

Semestre

1

22

Interaction with professional environnement

ECTS : 3

Semester: Semestre 1

Detail

Directed study: 22

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

[RD Seminar](#)

2

Semestre

1

15

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	discovery class
----------	------	----------	---------	----------------	-----------------	------------------------	-------------------------	--------------------------------	-----------------

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RD Seminar

ECTS : 2
Semester: Semestre 1
Detail
Lecture: 15
Language(s) of instruction
Anglais
Remote teaching
non
Type of assessment
Evaluation Continue non Intégrale

Internship and Project Development

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	discovery class
Internship	28	Semestre 2		20					



Internship

ECTS : 28

Semester: Semestre 2

Detail

Directed study: 20

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

None

Bibliography

Booth, V. (1993) Communications in Science: Writing and Speaking (2nd Edition) Cambridge University Press

Gastel B and R A.Day. (2017). How to Write and Publish a Scientific Paper. Cambridge University Press

Thomas, J.R., Stephen J Silverman and Nelson. J.K. (2015) Research methods in Physical Activity(7th edition). Champaign Il. Human Kinetics

Type of assessment

Evaluation Terminale

[Personalized Professional Project and Sustainability](#)

1	Semestre 2	0	13
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Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dis
■									co

Personalized Professional Project and Sustainability

ECTS : 1

Semester: Semestre 2

Detail

Lecture: 0

Directed study: 13

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

None

Bibliography

<https://europass.cedefop.europa.eu>

Type of assessment

Détail renseigné au niveau Élément Constitutif

[Elective course](#)

3

Semestre
2

■

Elective course

ECTS : 3

Semester: Semestre 2

Detail

Project : 1

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Continue non Intégrale

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>