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M2 Sports Science for Health and Performance

Master's degree

Specialisation Human Movement & Sport Sciences : Training and Optimization of Sports Performance (TOSP)

Enrolment type

Formation initiale

Formation continue

Language(s) of instruction

English

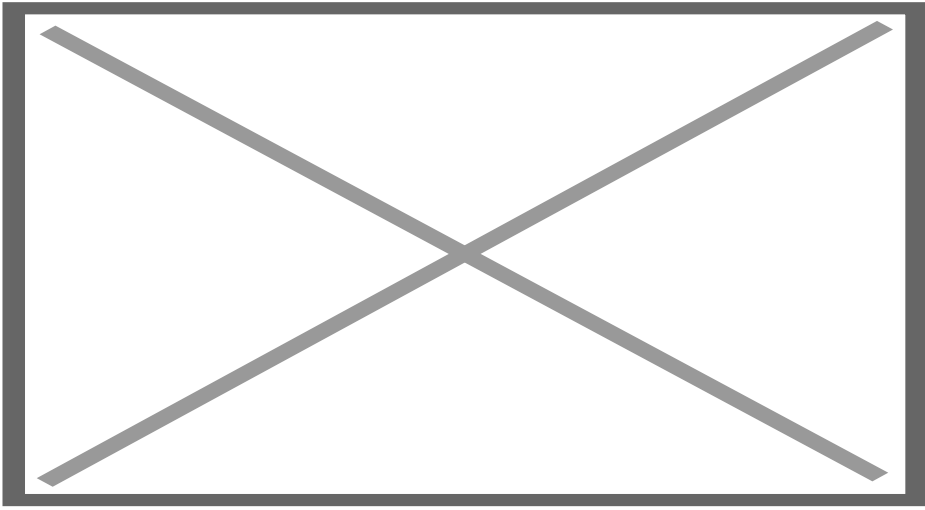
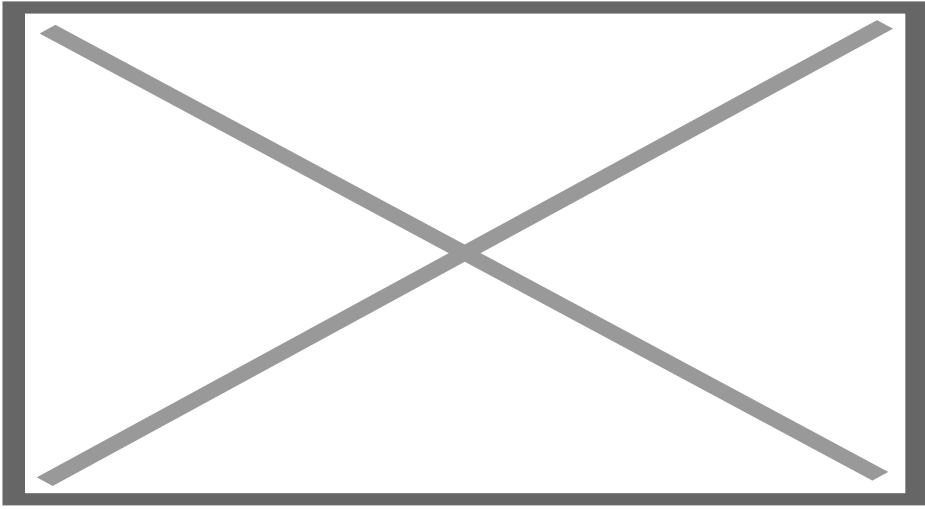
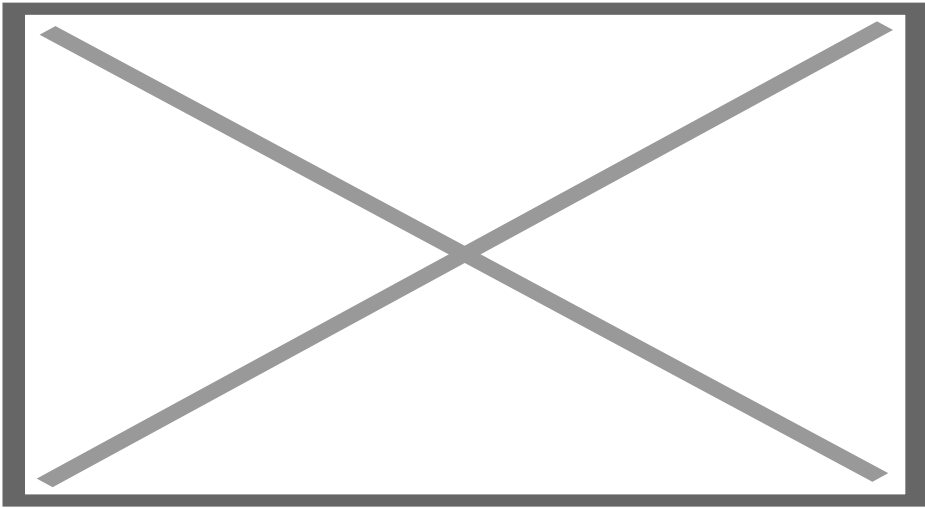
Welcome to the Master's EOPS program at the Université Paris-Saclay, the curriculum that places you at the intersection of Human Movement Sciences and sport applications. Our program aims to provide you with an essential dual competence: cutting-edge scientific expertise (Physiology, Biomechanics, Neuroscience, Nutrition) and the ability to apply it directly in the field to improve training and performance.

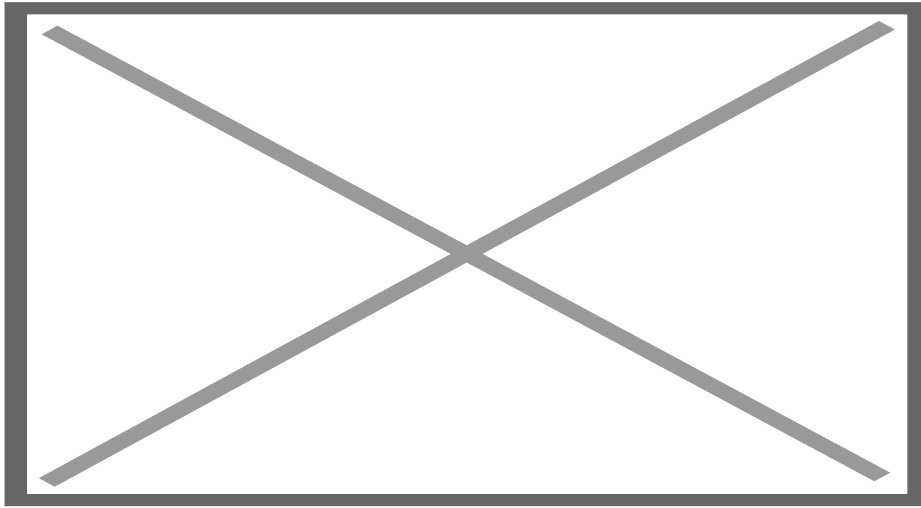
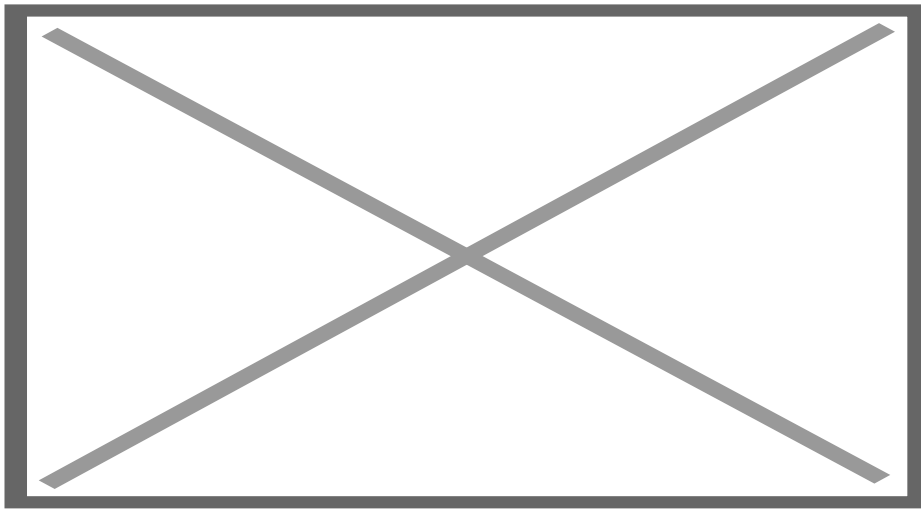
The second year of the Master's program is structured into two distinct periods. During the first period, from September to January, students attend theoretical lectures and practical classes. These courses are held at the University of Évry, the University of Paris-Saclay (Orsay), and at the Racing Club 92.

During the second period (of the year), from February to June (first session) or September (second session), students complete an internship lasting approximately 300 hours. The internship takes place within a research laboratory or a sports organization/facility. Students must write a thesis based on the writing standards of a scientific article, and defend it orally before a panel composed of academics and professionals from the sports world.

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Information

- [Overview](#)
- [Application requirements](#)
- [Schedule](#)

Présentation

Skills

Upon completion of the EOPS Master's program, students will have acquired the following competencies:

- Carry out original research projects in human movement and sport science based on scientific literature review.
- Communicate research results to the scientific community and sports federations.
- Evaluate the performance of sedentary people and athletes using field and laboratory testing with the appropriate material, methods and tools commonly used in human movement science.
- Optimize athlete performance and implement training methods with advanced multidisciplinary knowledge in human movement science.
- Adapt and personalize training to preserve athlete health and well being.

Objectives

The objective of the second year of the Master is to implement and improve practices in sport training and methods for performance optimization, based on the multidisciplinary scientific knowledge and skills acquired in the first year of the Master. In this regard, a special emphasis is devoted to the athletes' health and well-being in both its physical and mental dimensions. Also, the unit "materials and methods for the human movement sciences", initiated in the first year of the Master, is supplemented by a teaching of statistics and systematic reviews in the field of sports science. Finally, basic knowledge and practical skills are strongly developed and consolidated during a 300 hours internship carried out in a French or international research laboratory or a professional structure (e.g. sport federations or institutes).

Débouchés

Career prospects

After a Master's or Master's + PhD: researcher or lecturer

After a Master's + PhD: researcher or lecturer

R&D Engineer

R&D Project Manager

Head of Sports Department

Research and Innovation Manager

Research or Design Engineer

Lecturer (after a PhD)

Research Engineer

Further Study Opportunities

PhD

Research dissertation

PhD thesis

Students with a 2nd year Master's degree have the possibility to pursue doctoral research.

Engineering, research and development

Calendar

Start of programme (indicative date)

01/09/2026

End of programme (indicative date)

30/09/2027

Admission

Capacity

Available Places

21

Target Audience and Entry Requirements

Students holding a master 1 EOPS or equivalent

Période(s) de candidature

Inception Platform

From 30/01/2026 to 21/04/2026

Supporting documents

Compulsory supporting documents

Motivation letter.

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

Curriculum Vitae.

Additional supporting documents

Certificate of English level.

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

Recommendation letters.

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/practical class
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[Sport performance internship](#)



[Charger le détail](#)

[Internship follow-up and scientific communication II](#)



[Charger le détail](#)

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class
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[Personalized Professionnal Project](#)



[Charger le détail](#)

[Conception of innovation project \(Developpement Soutenable\)](#)



[Charger le détail](#)

[MOOC VSS](#)



[Charger le détail](#)

[Outils d'insertion professionnelle](#)



[Charger le détail](#)

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distance learning
Athlete health	8	Annualisé	35	21					

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Sports training and optimisation II	11	Annualisé	18	46					
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Basics in human movement sciences	9	Annualisé	54	21					
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Interaction with professional environment II	0	Annualisé	10	0					
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Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distance learning
Methods in Human Movement sciences II	4	Annualisé	10	19					

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Systematic review	2	Annualisé		9					
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Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distance learning
Management	0	Annualisé	0	0					

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Engagement	0	Annualisé	0	0					
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Entrepreunariat	0	Annualisé	0	0					
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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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Teaching Location(s)

ORSAY

EVRY

Contact

- **Eric YIOU**
- **Claire THOMAS**
- **Arnaud DAVIRE**

<http://www.universite-paris-saclay.fr/formation/master/staps-entrainement-et-optimisation-de-la-performance-sportive/m2-sports-science-health-and-performance>