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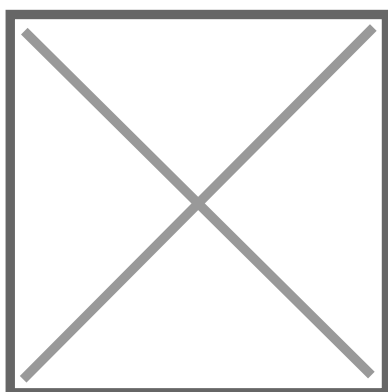
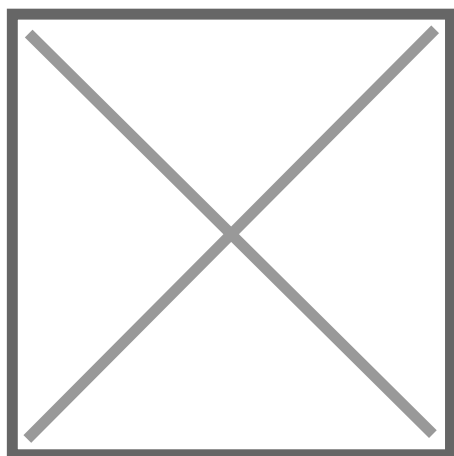
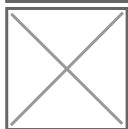
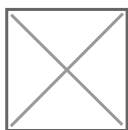
Envoyer

Une erreur est survenue. Merci de réessayer ultérieurement

Le mail de partage a bien été envoyé.

Add to Compare

M1 Sport Sciences for Health and Performance



Master's degree

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

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.

The first year of the Master's program is structured into two distinct periods.

1. Theoretical and Practical Instruction (First Period)

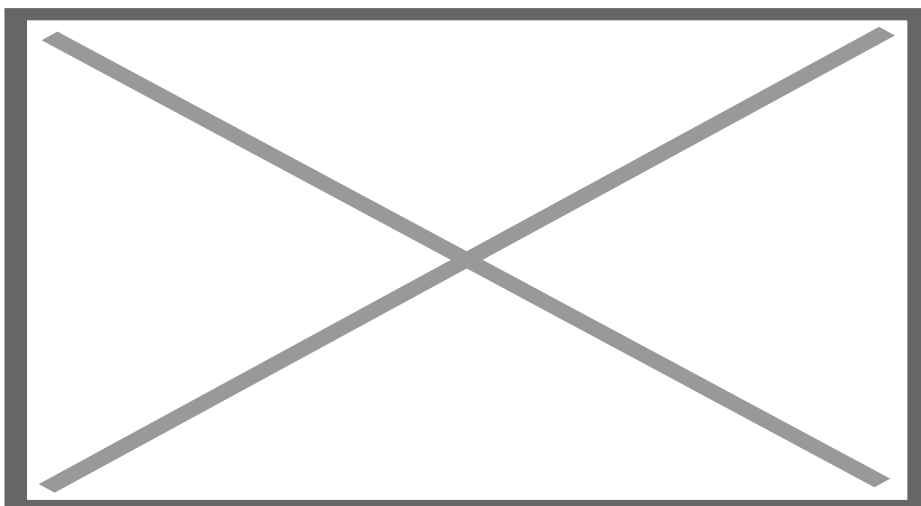
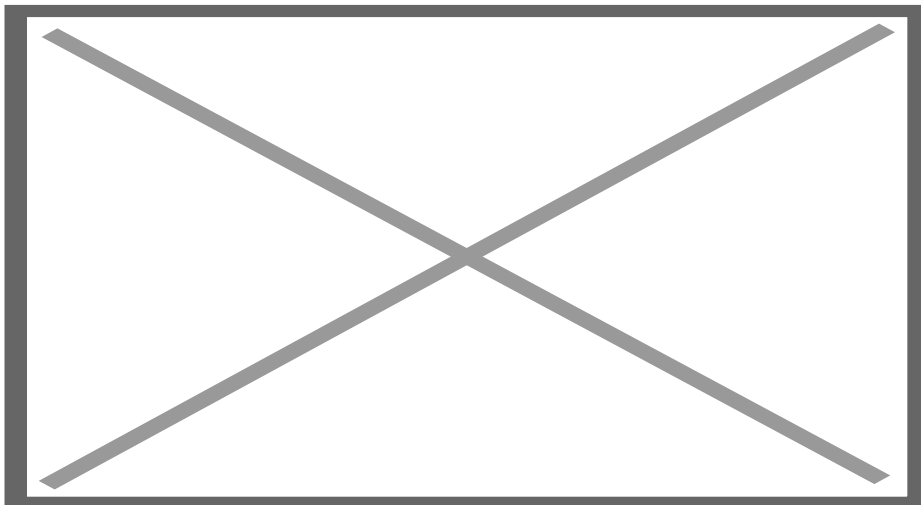
- Duration: During the first period, from September to March, students attend theoretical lectures and practical classes.
- Locations: These courses are held at the University of Évry, the University of Paris-Saclay (Orsay), and at the Racing Club 92.

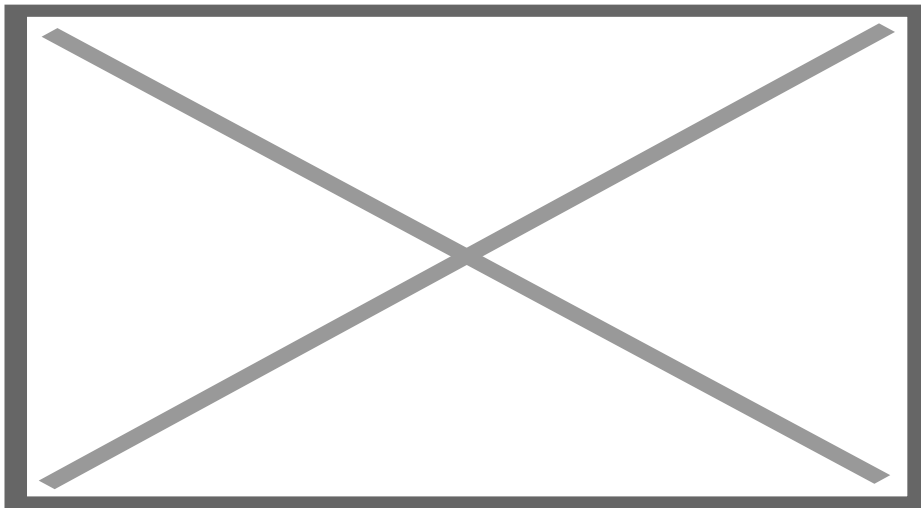
2. Internship and Final Assessment (Second Period)

- Duration: During the second period (of the year), from April to June (first session) or September (second session), students complete an internship lasting approximately 200 hours (roughly 6 weeks).
- Location: The internship takes place within a research laboratory or a sports organization/facility.
- Assessment: Students must write a thesis (or an internship report) 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.

[Télécharger la fiche détaillée](#)

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Information

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

Présentation

Skills

The following skills are acquired at the end of the Master's program:

- 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

In modern sports, athletes training and methods for the optimization of performance are under constant development, and require basic knowledge in human movement science to be mostly efficient. The objective of this first year is to facilitate the acquisition of basic knowledge and scientific skills in the fields of Physiology, Biomechanics, Psychology and Neuroscience applied to human movement. Understanding the multifactorial dimension of movement organization and related motor performance will allow students to better handle complex situations in sports during their internship in laboratory and professional structures (e.g. sport federations or institutes). By interacting with researchers and professionals, students will learn the use of cutting-edge technology within different scientific fields (e.g. fast camera, force platform, connected objects, portable gas analyser, etc.), and how to analyze and interpret collected data (e.g. signals processing, quantitative / qualitative statistics, etc.).

Calendar

Start of programme (indicative date)

07/09/2026

End of programme (indicative date)

30/09/2027

Admission

Admission Route

Life Sciences

Physical and sports sciences

Capacity

Available Places

Target Audience and Entry Requirements

Bachelor's degree in human movement sciences (Sport and Exercise Science, STAPS, Kinesiology etc.) or equivalent Health professionals (e.g. MD, physiotherapists, osteopaths, etc.)

Période(s) de candidature

Inception Platform

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

Supporting documents

Compulsory supporting documents

Motivation letter.

In english

Letter of recommendation or internship evaluation.

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.

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	d
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[Biomechanics of human movement](#)



Biomechanics of human movement

ECTS : 8

Semester: Annualisé

Detail

Lecture: 30

Directed study: 4

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

knowledge on human movement sciences

Bibliography

Hamaoui, A., Hudson, A. L., Laviolette, L., Nierat, M.-C., Do, M.-C., & Similowski, T. (2014). Postural disturbances resulting from unilateral and bilateral diaphragm contractions?: A phrenic nerve stimulation study. *Journal of Applied Physiology*, 117(8), 825-832. <https://doi.org/10.1152/jappphysiol.00369.2014>

Yiou E, Hamaoui A, Allali G. (2018). Editorial: The Contribution of Postural Adjustments to Body Balance and Motor Performance. *Front Hum Neurosci*. 12:487. doi: 10.3389/fnhum.2018.00487. Open access.

Type of assessment

Evaluation Terminale

[Neuroscience and Psychology](#)

5 Annualisé 27 6

Neuroscience and Psychology

ECTS : 5

Semester: Annualisé

Detail

Lecture: 27

Directed study: 6

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

Knowledge on general psychology and neurosciences

Bibliography

Neuroscience of human movement

Arbib et al. (2019). The super-learning hypothesis: Integrating learning processes across cortex, cerebellum and basal ganglia. *Neurosc & Biobehav Rev*, 100, 19-34.

Christensen et al. (2014). An intact action-perception coupling depends on the integrity of the cerebellum. *J Neuroscience*, 34 (19), 6707-6716

Tresilian, J. (2012) Sensorimotor control and learning: An introduction to the behavioral neuroscience of action. Red Globe Press.

Fundamentals in Sports Psychology

Carron, A.V., Spink, K.S., Prapavessis, H. (1997).

Team building and cohesiveness in the sport and exercise setting : Use of indirect interventions.

Journal of Applied Sport Psychology, 9, 61-72.

McColl-Kennedy, J. R., & Anderson, R. D.

(2002). Impact of leadership style and emotions on subordinate performance. *Leadership Quarterly*, 13(5), 545–559.

Weinberg, S., Gould, D. (2018). *Foundations of Sport and Exercise Psychology*. Champaign, Il: Human Kinetics.

Type of assessment

Evaluation Continue non Intégrale

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	d
Physiology of sports and exercise	12	Annualisé							
■									

Physiology of sports and exercise

ECTS : 12

Semester: Annualisé

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

Basics in general physiology

Bibliography

Jerzy A. Zoladz (2018) Muscle and Exercise

Physiology, Academic Press

Elstad M, O'Callaghan EL, Smith AJ, Ben-Tal A,

Ramchandra R. Cardiorespiratory interactions in

humans and animals: rhythms for life. Am J

Physiol Heart Circ Physiol. 2018 Jul 1;315(1):H6-H17

Hanns-Christian Gunga (2015) Human

Physiology in Extreme Environments, Academic

Press

Type of assessment

Evaluation Continue non Intégrale

[Interaction](#)

[with](#)

[professional](#)

[environment I](#)

0

Annualisé 10

0

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	d
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Interaction with professional environment I

ECTS : 0

Semester: Annualisé

Detail

Lecture: 10

Directed study: 0

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

None

Type of assessment

Evaluation Terminale

[Sociology of sport I](#)

1

Annualisé 5

Sociology of sport I

ECTS : 1

Semester: Annualisé

Detail

Lecture: 5

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

None

Type of assessment

Evaluation Terminale

[Sports](#)

[training and optimisation I](#)

6

Annualisé 6

32

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distance learning
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■

Sports training and optimisation I

ECTS : 6

Semester: Annualisé

Detail

Lecture: 6

Directed study: 32

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

Evaluation Terminale

Materials and Methods in Human Movement Sciences

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distance learning
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[Methods](#)

[in Human](#)

[Movement](#)

[Sciences](#)

8

Annualisé

Methods in Human Movement Sciences

ECTS : 8

Semester: Annualisé

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

Basics knowledge in mathematics and descriptive statistics (e.g., mean, standard deviation), graphical representation of data and interpretations

Bibliography

Newell, J., Aitchison, T and Grant, S. (2010)

Statistics for Sports and Exercise Science.

Harlow: Pearson Education Ltd.

Morrow, J.R., Jackson, A.W., Disch, J.G. and

Mood, D.P. (2011) Measurement and

Evaluation in Human Performance (4th Ed.)

Champaign, IL; Human Kinetics

Mike Hughes, Ian M Franks, Henriette Dancs

(2019). Essentials of Performance Analysis in

Sport. New York, NY: Routledge

Type of assessment

Evaluation Continue non Intégrale

[Materials](#)

[in Human](#)

[Movement](#)

[Sciences](#)

4

Annualisé



Materials in Human Movement Sciences

ECTS : 4
Semester: Annualisé
Language(s) of instruction
Anglais
Remote teaching
non
Prerequisites

Bachelor in Human movement science or equivalent

Bibliography

- Introduction to Sports Biomechanics: Analysing Human Movement Patterns (3ème edition), Bartlett, R. Milton Park, Abingdon, Oxon: Routledge, 2014 [à la BU Paris-Sud]
- Measurement of Human Locomotion, V. Medved, Boca Raton, Fla: CRC Press.,2000 [à la BU

Type of assessment
Evaluation Continue non Intégrale

Sport performance internship

[Sport performance internship](#) 16 Semestre 2

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

■

Sport performance internship

ECTS : 16

Semester: Semestre 2

Language(s) of instruction

Anglais

Remote teaching

non

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 Continue non Intégrale

[Internship](#)

[follow-up and](#)

[scientific](#)

[communication](#)

[I](#)

■

0

Annualisé

12

Internship follow-up and scientific communication I

ECTS : 0

Semester: Annualisé

Detail

Directed study: 12

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

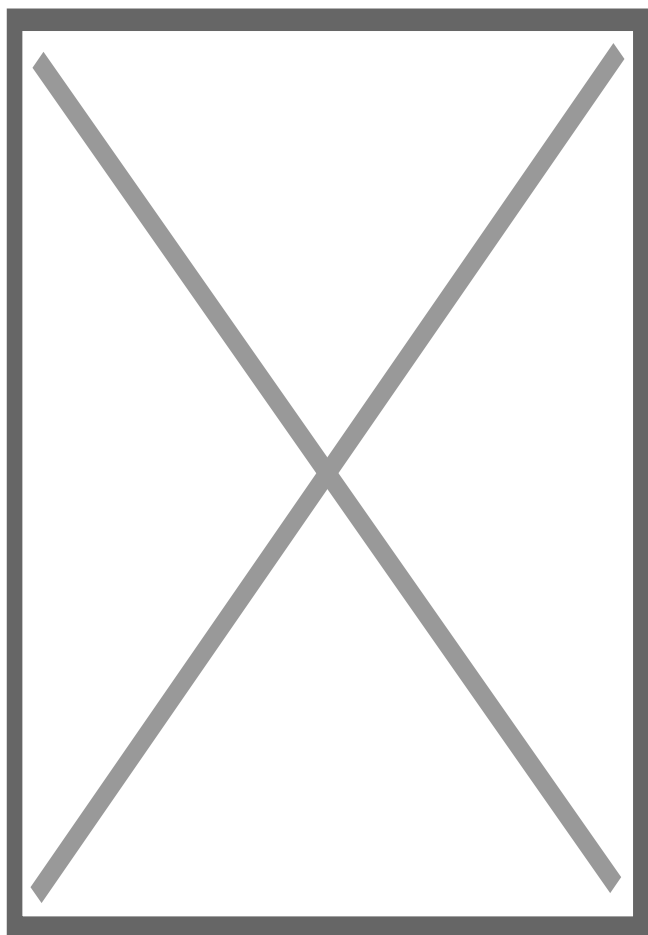
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Teaching Location(s)

ORSAY
EVRY

Training campus

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Orsay Bures

Orsay / Bures-sur-Yvette

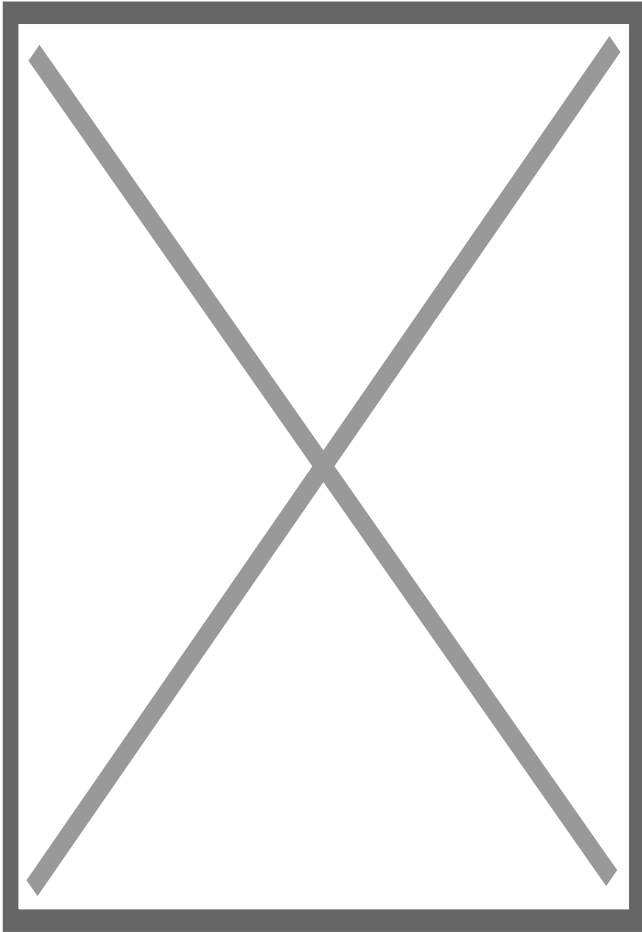
Bus 4607, 4626

RER B Orsay ville ou Bures-sur-Yvette

[Voir](#)

Library

Community center



Evry

Evry
Bus 9105, 4504
RER D Evry Courcouronnes
[Voir](#)
Student restaurant (CROUS)
Library
Student residence
Sports facilities

Contact

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

<http://www.universite-paris-saclay.fr/formation/master/staps-entrainement-et-optimisation-de-la-performance-sportive/m1-sport-sciences-health-and-performance>