Université Paris-Saclay

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M1 Sport Sciences 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.

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

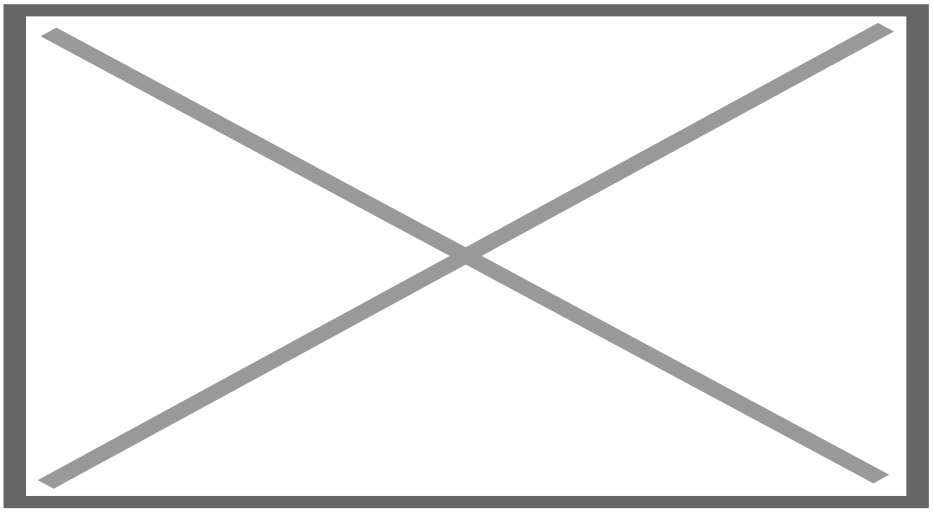
1. Theoretical and Practical Instruction (First Period)

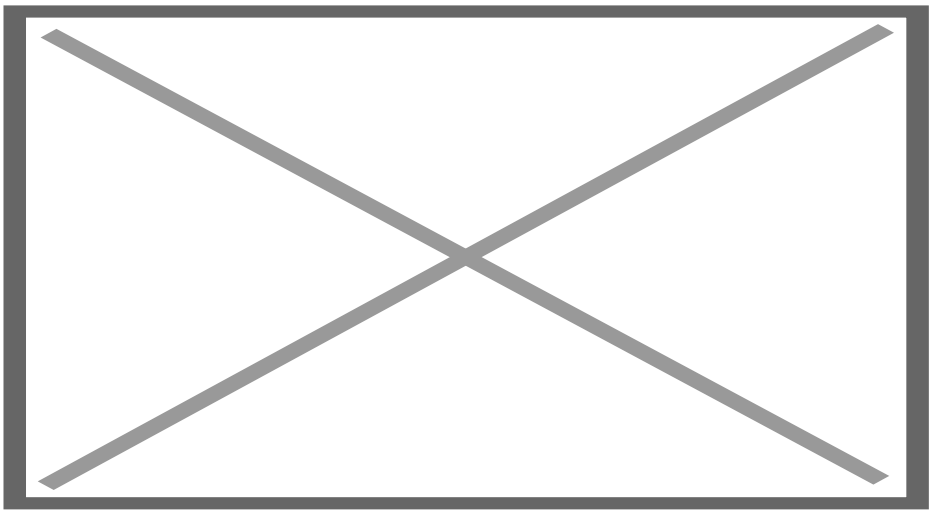
- Duration: During the first period, from September to March, students attend theoretical lectures and practical classes.
- Locations: These courses are held at the University of Évry, the University of Paris-Saclay (Orsay), and at the Racing Club 92.

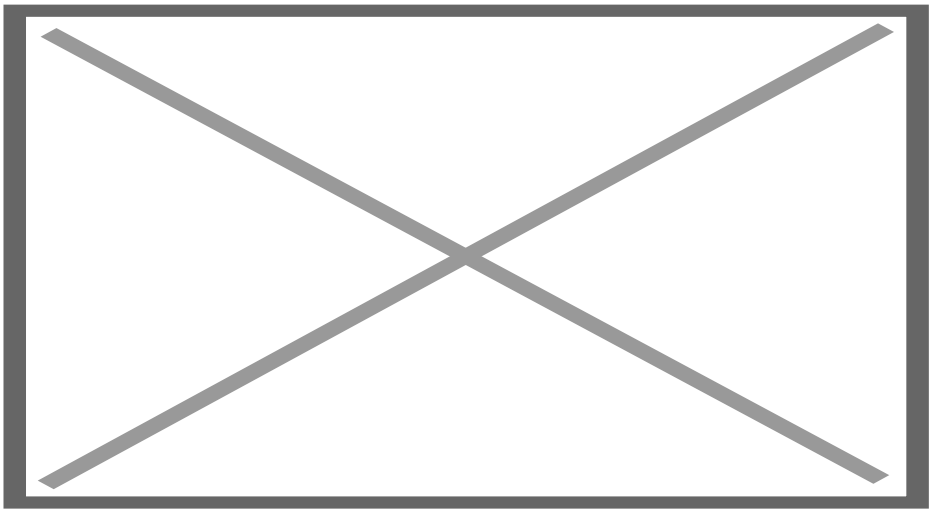
2. Internship and Final Assessment (Second Period)

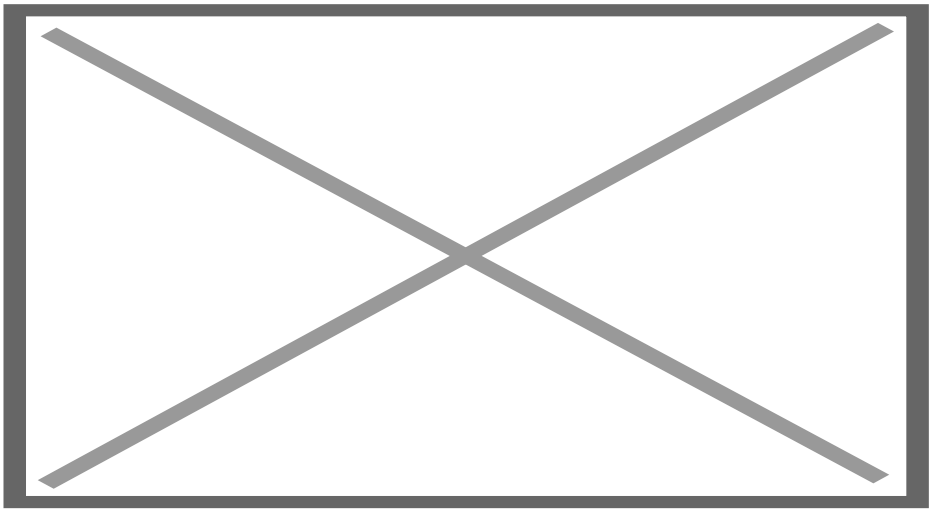
- Duration: During the second period (of the year), from April to June (first session) or September (second session), students complete an internship lasting approximately 200 hours (roughly 6 weeks).
- Location: The internship takes place within a research laboratory or a sports organization/facility.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

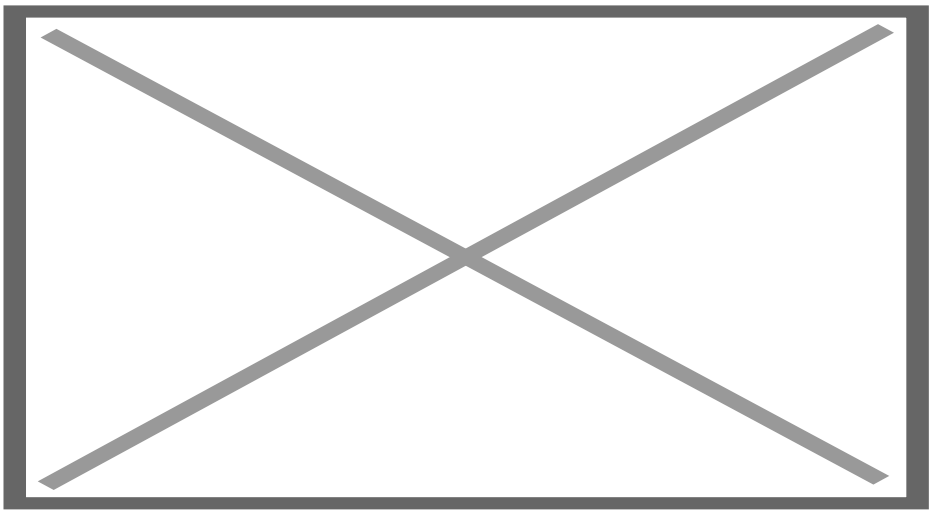
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Information

- 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

20

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.

Programme

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	d l
Biomechanics of human movement	8	Annualisé 30	4						
Charger le détail									
Neuroscience and Psychology	5	Annualisé 27	6						

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	d
Charger le détail									
Physiology of sports and exercise	12	Annualisé							
Charger le détail									
Interaction with professional environment I	0	Annualisé	10	0					
Charger le détail									
Sociology of sport I	1	Annualisé	5						
Charger le détail									
Sports training and optimisation I	6	Annualisé	6	32					
Charger le détail									

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dista lear cou
Methods in Human Movement Sciences	8	Annualisé							
Charger le détail									
Materials in Human Movement Sciences	4	Annualisé							
Charger le détail									

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class
Sport performance internship	16	Semestre 2						
Charger le détail								

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class
Internship follow-up and scientific communication I	0	Annualisé	12					

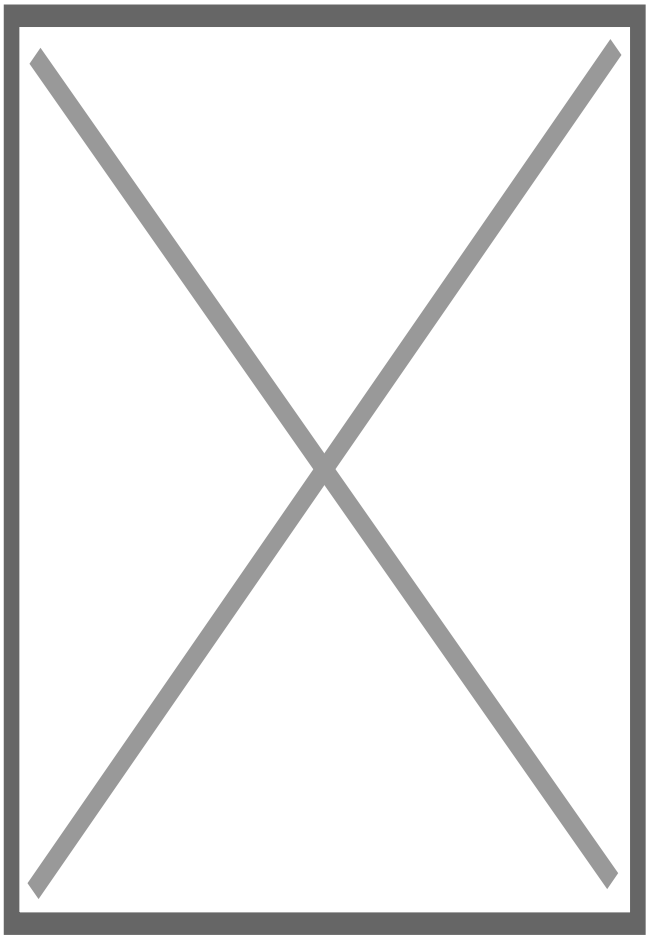
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Teaching Location(s)

ORSAY
EVRY

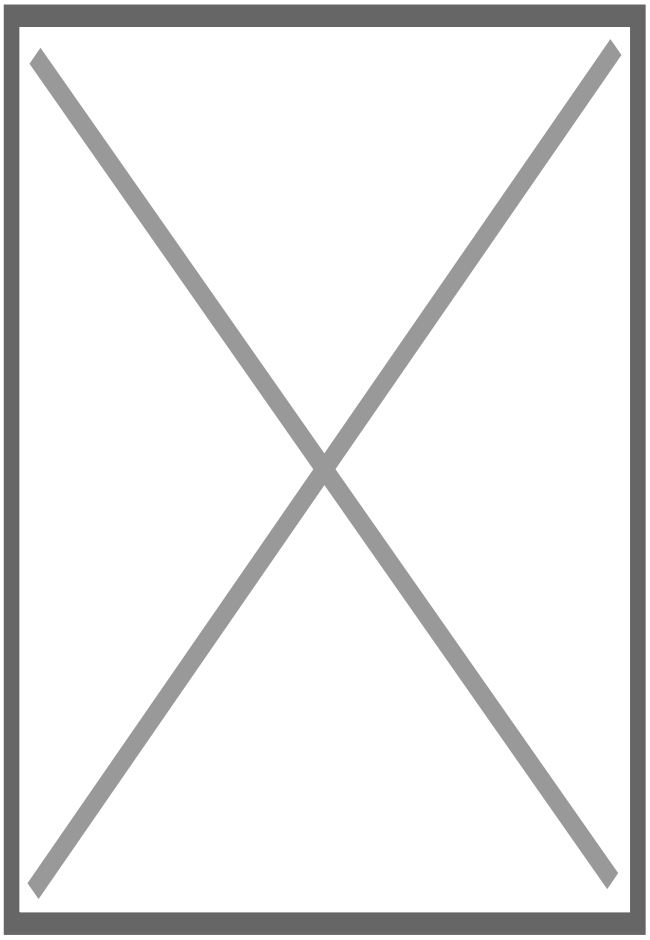
Training campus

Javascript est requis pour visualiser cette carte.



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