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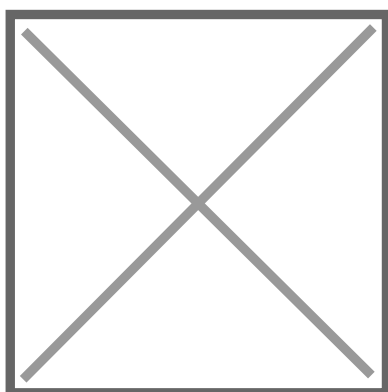
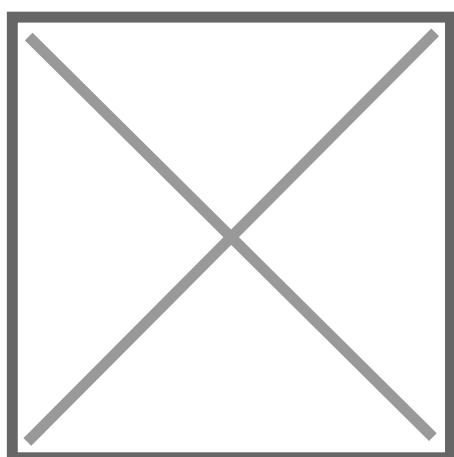
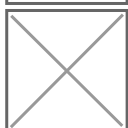
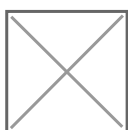
Envoyer

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Add to Compare

M1 Physical Activity, Exercise and Health (PAEH)



Master's degree

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

Enrolment type

Full-time academic programmes Life-long learning

Language(s) of instruction

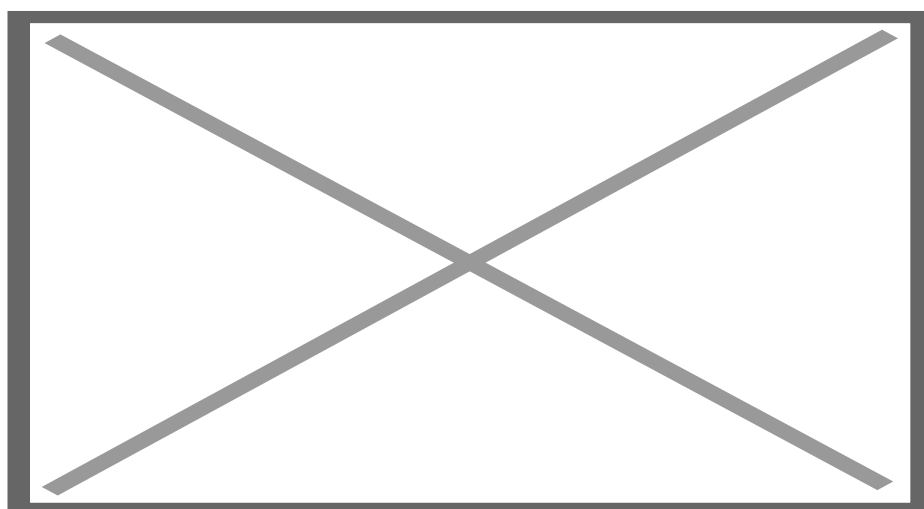
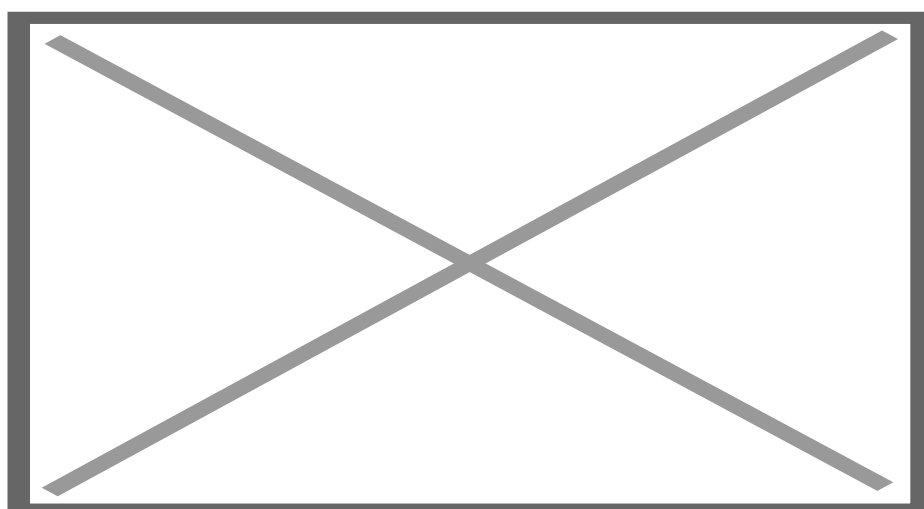
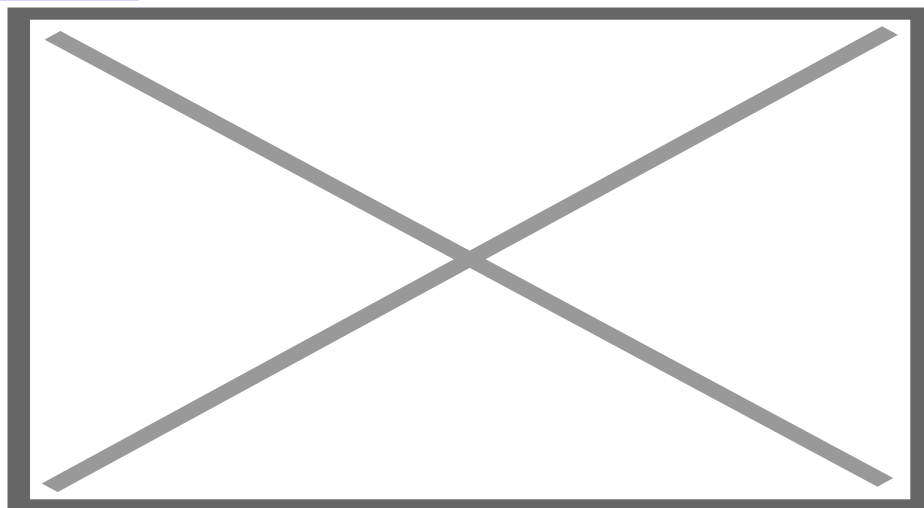
English

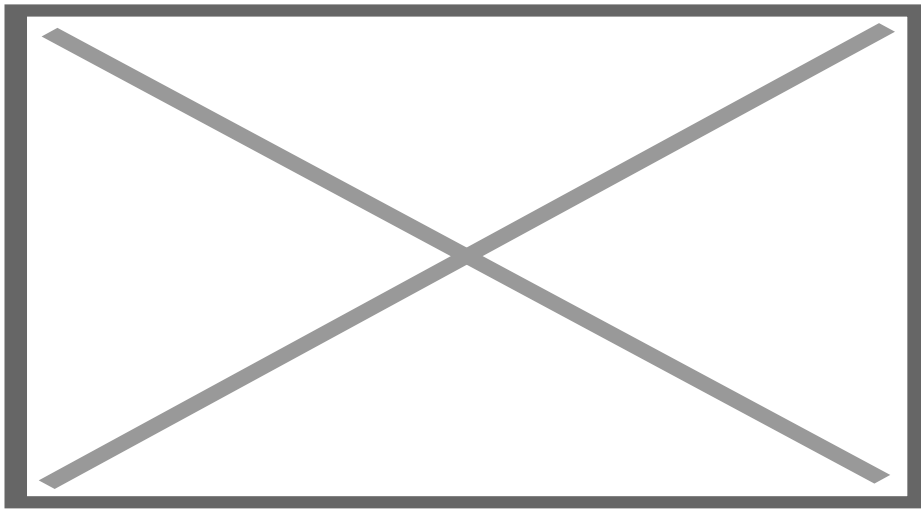
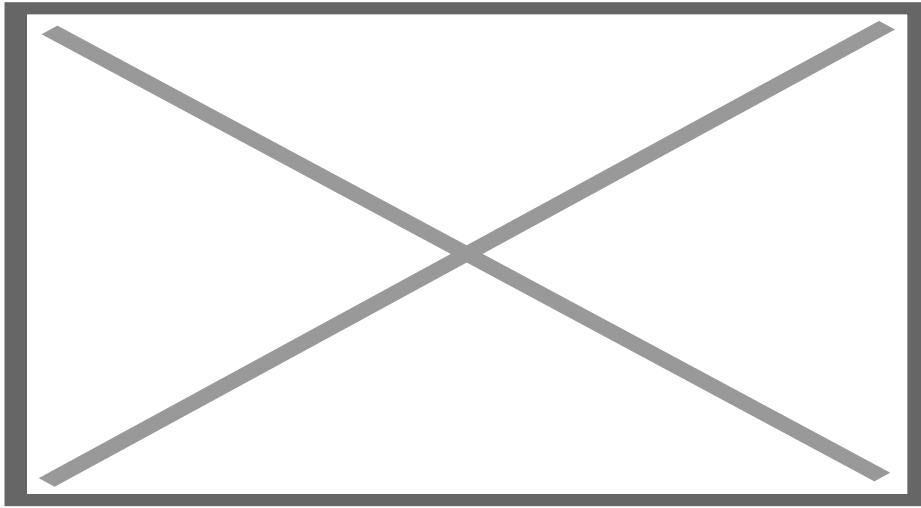
Ready to advance your career and make areal impact in exercise, health and well-being?. The **PAEH master's program** is a research-focused course that combines cutting-edge science with practical application. You will gain a deep understanding of the physiological basis of exercise and its vital role in preventing and managing chronic diseases.

The masters course aims to promote specialized knowledge in the areas of health prevention and improvement of well-being through participation in regular exercise programs, in people with specific pathological conditions that also demonstrate a greater tendency towards sedentary lifestyle

[Télécharger la fiche détaillée](#)

[Apply Now](#)





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Information

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

Présentation

Skills

Acquire and mobilize complex and highly specialized multidisciplinary knowledge.

Objectives

In terms of general objectives, the masters course will allow the students to understand how exercise and physical activity constitute an important means of prevention and improvement of health and well-being. At the end of the course, the students will:

- Demonstrate a clear understanding of the physiological basis of exercise and health interrelationships
- Understand and be able to appraise the issues relating to physical activity and special needs

- Be aware of the benefits and risks associated with physical activity in special populations
- Be familiar with the support mechanisms, organizations and agencies available to individuals with specific needs and with the methods of access and referral
- Be able to organize and program activities and events for people with special medical conditions

Calendar

Start of programme (indicative date)

07/09/2026

End of programme (indicative date)

30/06/2027

Admission

Admission Route

Physical and sports sciences

Capacity

Available Places

20

Target Audience and Entry Requirements

May apply for access to the study cycle leading to the master's degree: 1.Holders of a bachelor's degree or its legal equivalent. Bachelor's degree in Sport and Exercise sciences (Sport and Exercise Science, STAPS, Kinesiology etc.) or equivalent 2.Holders of a foreign higher education degree awarded following a first cycle of studies, organized in accordance with the principles of the Bologna Process by a State adhering to this Process; 3.Holders of a scientific or professional curriculum that is recognized as certifying the ability to carry out this cycle of studies (Health professional degrees, e.g. MD, physiotherapists, osteopaths, etc.)

Période(s) de candidature

Inception Platform

From 15/01/2026 to 16/03/2026

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

Exercice, Health and Research

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dist
Physical Activity and disease	4	Semestre 2	18	6					co

Physical Activity and disease

ECTS : 4

Semester: Semestre 2

Detail

Lecture: 18

Directed study: 6

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

Basic knowledge of bionergetic and nutrition of the metabolism

Type of assessment

Détail renseigné au niveau Élément Constitutif

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distance learning
Research and Professional Interaction	4	Semestre 2	15	10					
■									

Research and Professional Interaction

ECTS : 4

Semester: Semestre 2

Detail

Lecture: 15

Directed study: 10

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

None

Bibliography

Publications produced by the different laboratories and hospital units.
Proceedings of the school of sport Conference.

Type of assessment

Détail renseigné au niveau Élément Constitutif

Internship

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distance learning
Internship	22	Semestre 2		20					

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

ECTS : 22

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

Détail renseigné au niveau Élément

Constitutif

Physical activity and Health

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

[and Methods](#)

[for Exercise](#)

[and Health](#)

8

Semestre
1

26

33



Materials and Methods for Exercise and Health

ECTS : 8
Semester: Semestre 1
Detail
Lecture: 26
Directed study: 33
Language(s) of instruction
Anglais
Remote teaching
non
Prerequisites

None

Bibliography

Thomas, J.R., Stephen J Silverman and Nelson. J.K. (2015) Research methods in Physical Activity(7th edition). Champaign Il. Human Kinetics
Vincent. W.J and Weir JP (2012) Statistics in Kinesiology (4th edition). Champaign Il Human Kinetics
Bird Stephen (2019) Research Methods in Physical Activity and Health, Routledge, UK
Phillip A. Bishop (2019) Measurement and Evaluation in Physical Activity Applications: Exercise Science, Physical Education, Coaching, Athletic Training, and Health (2nd Edition), Routledge, UK

Type of assessment
Détail renseigné au niveau Élément Constitutif

Exercise	7	Semestre	30	18
Physiology		1		



Exercise Physiology

ECTS : 7
Semester: Semestre 1
Detail
Lecture: 30
Directed study: 18
Language(s) of instruction
Anglais
Remote teaching
non
Prerequisites

Basic knowledge of anatomical structures of the respiratory and cardiac systems

Bibliography

Cheng H. (2015) Cardiorespiratory Physiology.
In: Physiology Question-Based Learning.
Springer, Cham
Verhoeff K, Mitchell JR. Cardiopulmonary
physiology: why the heart and lungs are
inextricably linked. Adv Physiol Educ. 2017 Sep
1;41(3):348-353
Terry Des Jardins. Cardiopulmonary Anatomy &
Physiology: Essentials of Respiratory Care 6th
Edition

Type of assessment
Détail renseigné au niveau Élément Constitutif

[Physical](#)

[Activity and Health](#)

[Interventions](#)

7	Semestre 1	21	12
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Physical Activity and Health Interventions

ECTS : 7

Semester: Semestre 1

Detail

Lecture: 21

Directed study: 12

Language(s) of instruction

Anglais

Remote teaching

non

Prerequisites

None

Bibliography

Malik SH, Blake H, Suggs LS. A systematic review of workplace health promotion interventions for increasing physical activity. Br J Health Psychol. 2014 Feb;19(1):149-80

Riffenburg KM, Spartano NL. Physical activity and weight maintenance: the utility of wearable devices and mobile health technology in research and clinical settings. Curr Opin Endocrinol Diabetes Obes. 2018 Oct;25(5):310-314

Sallis R, Franklin B, Joy L, Ross R, Sabgir D, Stone J. Strategies for promoting physical activity in clinical practice. Prog Cardiovasc Dis. 2015 Jan-Feb;57(4):375-86

Craike M, Bourke M, Hilland TA, Wiesner G, Pascoe MC, Bengoechea EG, Parker AG. Correlates of Physical Activity Among Disadvantaged Groups: A Systematic Review. Am J Prev Med. 2019 Nov;57(5):700-715

Haghi M, Thurow K, Stoll R. Wearable Devices in Medical Internet of Things:Scientific Research and Commercially Available Devices. Healthc Inform Res. 2017 Jan;23(1):4-15.

Type of assessment

Détail renseigné au niveau Élément Constitutif

Biology of Exercise	8	Semestre 1	36	12
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Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	discovery/practical class
■									

Biology of Exercise

ECTS : 8

Semester: Semestre 1

Detail

Lecture: 36

Directed study: 12

Language(s) of instruction

Anglais

Remote teaching

non

Type of assessment

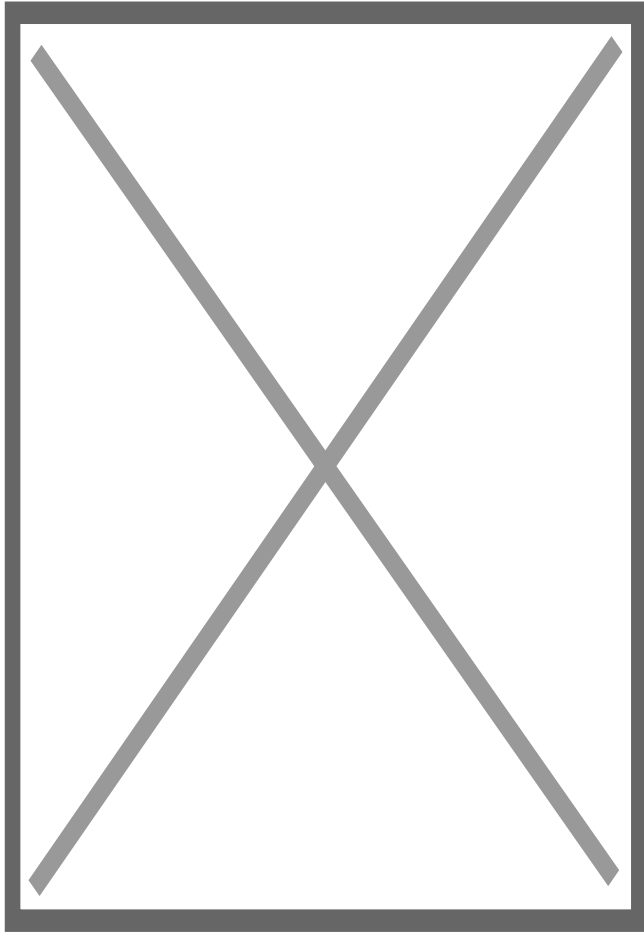
Détail renseigné au niveau Élément Constitutif

Teaching Location(s)

EVRY

Training campus

Javascript est requis pour visualiser cette carte.



Evry

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

Contact

- **Philippe LOPES**

Associate Professor

<http://www.universite-paris-saclay.fr/formation/master/staps-activite-physique-adaptee-et-sante/m1-physical-activity-exercise-and-health-paeh>