Université Paris-Saclay

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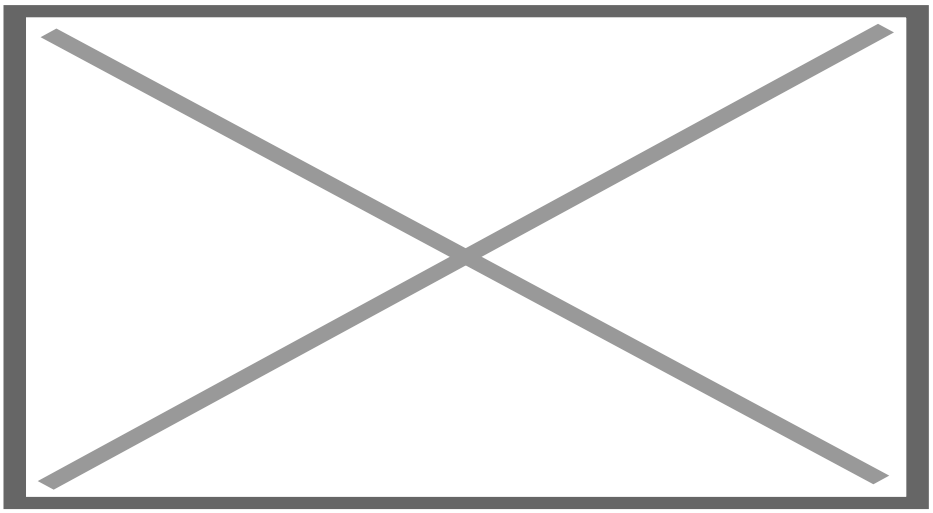
M1 Physical Activity, Exercise and Health (PAEH)

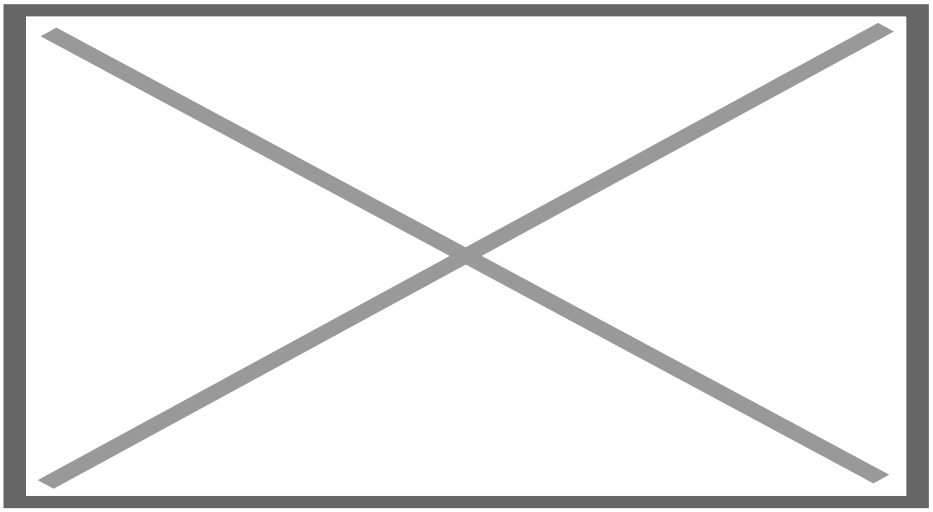
Master's degree
Specialisation Human Movement & Sport Sciences: Adapted Physical Activity and Health
Enrolment type
Formation initiale
Formation continue
Language(s) of instruction
English

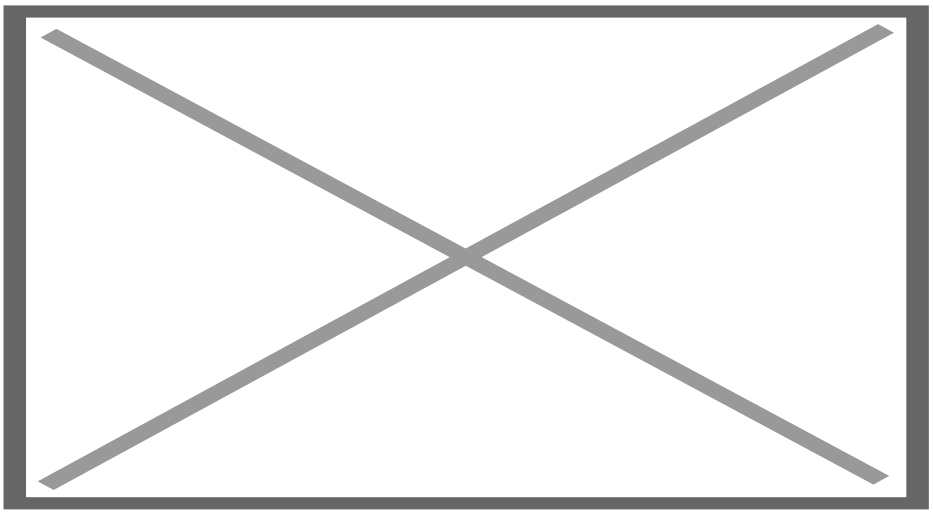
Ready to advance your career and make areal impact in exercise, health and well-being?. The **PAEH master's program** is a research-focused course that combines cutting-edge science with practical application. You will gain a deep understanding of the physiological basis of exercise and its vital role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

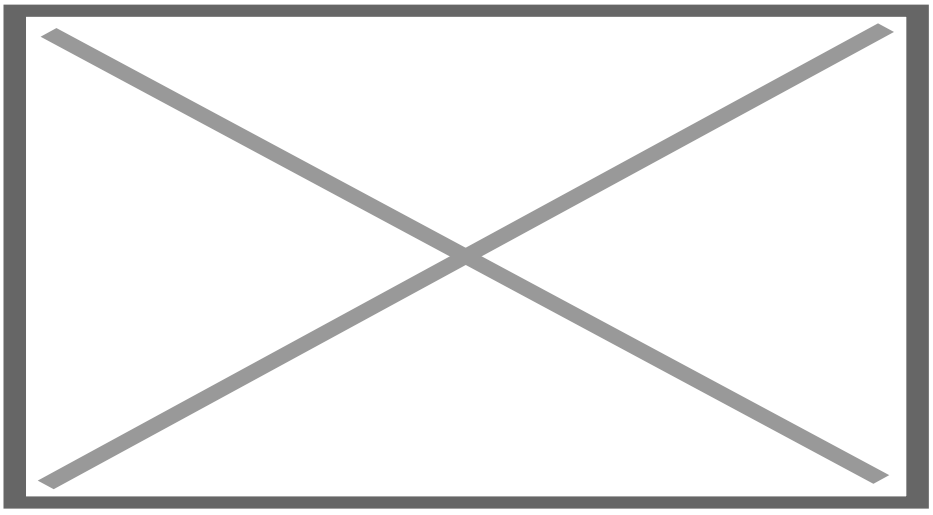
The masters course aims to promote specialized knowledge in the areas of health prevention and improvement of well-being through participation in regular exercise programs, in people with specific pathological conditions that also demonstrate a greater tendency towards sedentary lifestyle

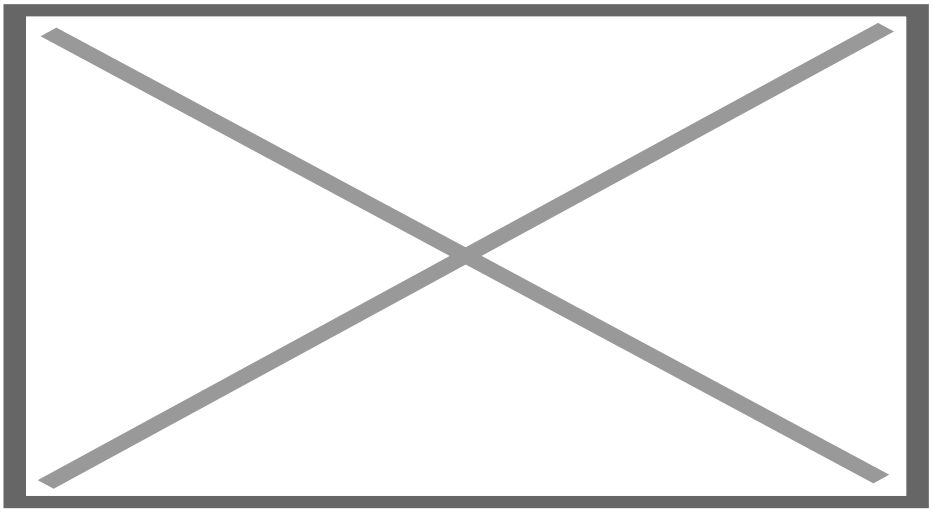
Télécharger la fiche détaillée
Apply Now











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

MonMaster Platform

From February 17th to March 16th, 2026

To find out which platform you should apply through, please see the Masters' applications and enrolment page.

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

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dist lea co
Physical Activity and disease	4	Semestre 2	18	6					
Charger le détail									
Research and Professional Interaction	4	Semestre 2	15	10					
Charger le détail									

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	distan learn cour
Internship	22	Semestre 2		20					
Charger le détail									

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dis lea c
Materials and Methods for Exercise and Health	8	Semestre 1	26	33					
Charger le détail									
Exercise Physiology	7	Semestre 1	30	18					
Charger le détail									

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/practical class	dis lea c
Physical Activity and Health Interventions Charger le détail	7	Semestre 1	21	12					
Biology of Exercise Charger le détail	8	Semestre 1	36	12					

Teaching Location(s)

EVRY

Training campus

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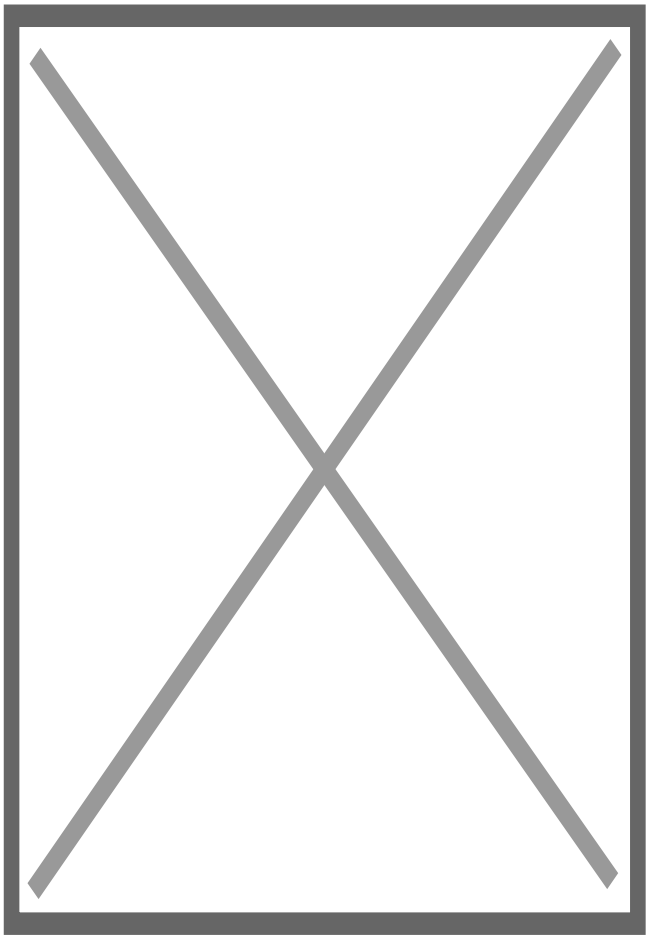

Evry

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Voir
Student restaurant (CROUS)
Library
Student residence
Sports facilities

Contact

- **Philippe LOPES**

  Asscociate Professor

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