



Masters • Lisboa

PHYSICAL EXERCISE AND WELL-BEING



Direction

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Secretariat

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Duration

2 Years

Credits

120 ects

Presentation

STUDY PLAN

1st Year / Comon Core

1º Semestre	ects	2º Semestre	ects
Nutrition and Physical Activity	8	Exercise and Health Psychology	5
Physical Exercise Planning and Prescription to Promote Health and Well-Being	10	Scientific Research Theory and Methodology	4
Physiology of Effort	5		
Research Methods and Techniques in Physical Exercise and Well-being	8		

1st Year / Specialization in Fitness

2º Semestre	ects
Group Activities	7
Individual Activities	7
Option 1	3

1st Year / Specialization in Exercise, Nutrition and Health

2º Semestre	ects
Option 1	3
Physical Exercise, Nutrition and Cardiovascular Health	7
Physical Exercise, Nutrition, Obesity and Metabolic Diseases	7

2nd Year / Comon Core

Anual	ects
Dissertation or Internship	60