

Masters • Lisboa

EXERCISE AND HEALTH



Direction

Marlene Silva
marlene.silva@ulusofona.pt

Secretariat

Inês de Sousa
f5332@ulusofona.pt

Duration

2 Years

Credits

120 ects

Presentation

Master in Exercise and Wellbeing The scientific method is humanity's greatest invention. In different areas, there is an exponential evolution, a result of the creativity and rigor that governs science. The field of Exercise and Wellness is no exception, making advanced training a necessity for anyone looking to base their practice on evidence. In this evidence-based practice, a careful and informed choice is made of the best exercise for the person in front of us. This decision-making requires continued investment in our training and scientific literacy. This is the principle that governs this Master's Degree: the development of scientific literacy, as a common language that is the basis of our evolution as exercise professionals, in the search to make society healthier and more sustainable.

STUDY PLAN

1st Year / Area of Expertise in Fitness

Anual	ects	1º Semestre	ects	2º Semestre	ects
Dissertation / Internship	60	Nutrition and Physical Activity	8	Exercise and Health Psychology	5
		Physical Exercise Planning and Prescription to Promote Health and Well-Being	10	Group Activities	7
		Physiology of Effort	5	Individual Activities	7
		Research Methods and Techniques in Physical Exercise and Well-being	7	Option - Area of specialisation in Fitness	6
				Scientific Research Theory and Methodology	5

1st Year / Area of Expertise in Exercise, Nutrition and Health

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	Option - Area of specialisation in Exercise, Nutrition and Health	6
Physiology of Effort	5	Physical Exercise, Nutrition and Cardiovascular Health	7
Research Methods and Techniques in Physical Exercise and Well-being	7	Physical Exercise, Nutrition, Obesity and Metabolic Diseases	7
		Scientific Research Theory and Methodology	5

2nd Year / Area of Expertise in Exercise, Nutrition and Health

Anual	ects
Dissertation / Internship	60