



## sport tested by science

# Master of science (MSc) in human movement and sports sciences

## GENERAL OUTLINE

### Objectives

This Master's degree takes the form of a cycle of training and specialisation enabling you to develop and supplement knowledge acquired at Bachelor level in the fields of social science and life sciences applied to sport, while broadening specific knowledge in one of five main optional orientations:

- Physical Education
- Adapted Physical Activities and Health
- Training and Performance
- Sport and Leisure Management
- Social Sciences and Sport

These five optional orientations are designed so that you can develop your training with a view to coordinating your interests and career aspirations.

### Skills development and career prospects

University studies develop, in addition to specific academic skills, a great many transverse skills such as: oral and written communication, critical, analytical and summarising faculties, abilities in research, the learning and transmission of knowledge, independence and the ability to make judgements in the field of specialisation and overlapping areas.

This panoply of skills, combined with specialist knowledge acquired in the course of studies, is excellent preparation for a wide range of employment opportunities such as:

- Secondary schools, high schools (teaching of physical education)
- Universities of Applied Sciences and Universities (research and teaching in the field of sports sciences)
- Media
- Organisations active in sports tourism
- Consultancy companies in the field of sport and health
- Sports and health centres, gyms
- Sports federations and clubs
- Rehabilitation centres, clinics

[www.unil.ch/perspectives/sport](http://www.unil.ch/perspectives/sport)

## GENERAL INFORMATION

### Organisers

Faculty of Social and Political Sciences of the University of Lausanne, in collaboration with the University of Neuchâtel and the Faculty of Biology and Medicine of the University of Lausanne

### Degree awarded

Master of Science (MSc) in Human Movement and Sports Sciences

### ECTS credits

90. Subject to changes.

### Duration

3 semesters. Subject to changes.

### Teaching language

French. Recommended level: C1

### Study advisor

Ms. Isabelle Genton  
Décanat SSP  
Quartier UNIL-Mouline  
Géopolis  
CH- 1015 Lausanne  
Tel. +41 (0)21 692 31 14  
[conseil.sport@unil.ch](mailto:conseil.sport@unil.ch)



## EDUCATIONAL CONTENT

### Description

The programme of the Master of Science in Human Movement and Sports Sciences of the Faculty of Social and Political Sciences of the UNIL offers seven orientations comprising courses specific to sports sciences and courses proposed by other sections of the Faculty of Social and Political Sciences, by UNIL's Faculty of Geosciences and Environment or UNIL's Faculty of Business and Economics, and by the University of Neuchâtel.

### The orientations

#### *Physical Education*

Various study plans provide access to pedagogical training within the University of Teacher-Training in Vaud (HEP) or in Geneva (IUFÉ-UNIGE). Emphasis is placed on the teaching of sport and physical education, as well as on an introduction to research and on the knowledge of the human body and its functioning in movement and in the context of the psychological, pedagogical and social aspects related to sport.

#### *Adapted Physical Activities and Health*

This orientation allows students to explore in greater depth aspects of health promotion and prevention by providing particular insight into the different fields of rehabilitation, prevention and training. Subjects examined include the characteristics and physiological adaptations of the organism under the effect of different chronic pathologies and also during the retraining process. Emphasis is also laid on the critical choice of solutions to be adopted when implementing an adapted physical activity programme. Internship is compulsory.

#### *Training and Performance*

This orientation aims to train future professionals in understanding the different fields of training: understanding of the mechanisms involved in physiological adaptations of the organism after training, critical choice of solutions to adopt when implementing a training programme in relation to its specific objectives and the different types of participants on the programme. Internship is compulsory.

#### *Sport and Leisure Management*

This orientation allows the acquisition and broadening of theoretical and methodological knowledge in the field of sport and leisure management in an interdisciplinary context. It aims primarily to develop students' analytical and strategic skills in identifying and understanding the challenges facing sports and leisure organisations. In addition to this common base, part of the study plan leaves necessary latitude to students to specialise in their preferred fields. Students are expected to have a professional objective in mind as they begin their studies in this orientation. Internship is optional.

Detailed information about the study programme is available on the Master's website or from the study advisor.

#### *Social Sciences and Sport*

This orientation broadens the field of social sciences in relation to sport. Its aim is to train future researchers who wish to write a thesis with a social science orientation. The strong points of this training are consideration of the social and historical dimensions of teaching, sport and the body, links with the different social sciences, and an interdisciplinary approach to sciences applied to physical activities and the body.

#### *Dissertation*

This relates to a subject linked to the chosen orientation. The aim is the production of a sizeable piece of personal work which combines thorough knowledge of theoretical elements and their application to particular empirical contexts under the close supervision of a teacher.

#### *Mobility*

You may follow a semester of studies in a partner institution recognised by the UNIL. If the study programme followed under a mobility arrangement is accepted by the study advisor and confirmed by a pass in the exams, the credits earned will be recognised and validated for your degree course.

## SYLLABUS

### **1<sup>st</sup>-3<sup>rd</sup> semester**

Compulsory and optional courses varying according to the chosen orientation.

### **Subject to changes.**

Master's degree work

- Dissertation

**30 ECTS credits**

## PRACTICAL INFORMATION

### **Admission requirements**

Candidates must be holders of a Bachelor of Science in Sport Sciences and Physical Education awarded by a Swiss university. The holders of Swiss or foreign Bachelor's degrees in related branches may be admitted on the basis of their personal case files, subject to the candidate's formal admissibility to the master's degree course.

### **Regulations and additional information concerning the course**

[www.unil.ch/ssp/master](http://www.unil.ch/ssp/master)  
[www.unil.ch/ssp/master](http://www.unil.ch/ssp/master) > Sciences du mouvement et du sport

### **Final enrolment dates**

It is possible to start the programme of the Master of Science in Human Movement and Sports Sciences in either the autumn or the spring semesters.

Applications to be submitted before the deadline to the Admissions Office:

[www.unil.ch/immat](http://www.unil.ch/immat)

Autumn semester: 30 April

Spring semester: 30 November

Candidates needing a visa to study in Switzerland must apply for enrolment at least two months prior to the deadline indicated above.

### **Start of courses**

Autumn semester: mid-September

Spring semester: mid-February

Academic calendar: [www.unil.ch/central/calendar](http://www.unil.ch/central/calendar)

### **Part-time Master's degree**

Under certain conditions, a Master programme can be followed part-time. See [www.unil.ch/formations/tempspartiel](http://www.unil.ch/formations/tempspartiel).

### **General information on studies, guidance**

[www.unil.ch/soc](http://www.unil.ch/soc)

### **Career prospects**

[www.unil.ch/perspectives](http://www.unil.ch/perspectives)

### **Accommodation and financial assistance**

[www.unil.ch/sasme](http://www.unil.ch/sasme)

### **International students**

[www.unil.ch/international](http://www.unil.ch/international)

### **Study abroad possibilities**

[www.unil.ch/echanges](http://www.unil.ch/echanges)



*Unil*

UNIL | Université de Lausanne

Faculté des sciences  
sociales et politiques