



Master in Physical Activity and Health

Description

This University Master provides the training necessary to address the subject of physical activity and health in all its dimensions, through the application of exercise programmes adapted to the peculiarities of the target population and according to their specific needs, to prevent and treat health problems or simply to improve their health-related fitness. It is directed at a wide student profile and offers a double focus, professional and research.

Access profile

Higher degree in Physical Education or degree in Science of Physical Activity and Sport, Honours degree or degree in Medicine, specialising in Medicine for Physical Education and Sport. Others, with preference in the field of Health Sciences and Physical Education Teaching or Primary Teaching specialising in Physical Education, with complementary training activities accredited.

Professional opportunities

Physical preparer/trainer for health in people with or without problems in different stages of their life by means of the correct design and planning of training in different areas. Trained to assess physical fitness related to health and physical activity, as well as the clinical and functional assessment of those with muscular-skeletal injuries. Research in the field of Physical Activity and Health Sciences.

Address and contact details

Facultad de Ciencias de la Educación

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master.actividadfisica@uca.es - <http://posgrado.uca.es/master/actividadfisica> - <http://educacion.uca.es>

Objective

Train specialists in the field of physical activity and health.

Direct access

Higher degree in Physical Education and Higher degree or degree in Science of Physical Activity and Sport; Higher degree or degree in Medicine specialising in Medicine for Physical Education and Sport.

Other qualifications

1) Preferential: Higher degree or degree in Medicine, Associate's degree or degree in Physiotherapy, Associate's degree or degree in Nursing, Associate's degree in Physical Education Teaching, degree in Primary Education specialising in Physical Education, Associate's degree or degree in Human Nutrition and Dietetics. 2) Similar: Higher degree or degree in Psychology, Higher degree or degree in Pharmacy, Higher degree or degree in Biology, Higher degree or degree in Veterinary Science.

Módulo específico (1^{er} y 2^o semestre)

Materias	Créditos
Bioquímica y Biología Molecular: efectos del ejercicio físico	3
Optimización de la alimentación para la salud y el <i>fitness</i>	4
Valoración e interpretación de las respuestas fisiológicas	7
Evaluación y readaptación funcional	3
Prescripción avanzada de ejercicio físico para la salud	7
Diseño y planificación del entrenamiento personal*	6
Actividad física para la salud en el medio acuático*	5
Actividad física como medio de bienestar psíquico y social*	5

* 2^o semestre

Módulo aplicación a elegir (2^o semestre)

PERFIL PROFESIONAL		PERFIL INVESTIGADOR	
Materias	Créditos	Materias	Créditos
Prácticas externas	14	Metodología de la investigación en Ciencias de la Actividad Física y Salud	8
		Introducción al Trabajo Fin de Máster de investigación	6

Módulo TFM

Materias	Créditos
Trabajo Fin de Máster	6

Total Créditos: 60 (cada crédito equivale a 25 horas de trabajo del alumno).