



# Universidade de Évora

## Edital

Applications for Admission to the Master Program in  
Physical exercise and health  
Academic year 2022/2023

### 1. The program is promoted by:

Universidade de Évora - Escola de Saúde e Desenvolvimento Humano

### 2. Course Committee:

Pablo Carús (ptc@uevora.pt)

Orlando de Jesus Semedo Mendes Fernandes (orlandoj@uevora.pt)

Nuno Miguel Prazeres Batalha (nmpba@uevora.pt)

### 3. Program description:

This Master aims is to train specialist technicians, who are able to respond adequately to the different needs that are associated with physical exercise and its implications in health and welfare. Thus, a Masters in Exercise and Health have the following objectives:

? Offer an expertise in the area of Exercise and Health

? Deepening the theoretical and practical knowledge of the relationship between exercise, health and healthy lifestyles.

? Respond effectively to an increasingly urgent need for definite and specialized training in assessment, exercise prescription for different target populations (healthy and patients with different diseases), the implementation of exercise programs, and monitoring these programs.

### 4. Career opportunities:

The Master's Degree aims to train specialist technicians who are capable of providing an adequate response to the different needs that are associated with the practice of physical activity and its implication in the field of health and well-being. It is intended that with this course students may come to intervene in the prescription of exercise and organization of Exercise programs, either in gymnasiums and health clubs or in municipal councils and other institutions that promote physical exercise programs.

### 5. Number of registration at DGES:

R/B-CR-386/2007

## **6. Number of accreditation process by A3ES:**

ACEF/1718/0105972

## **7. Program Creation Norm:**

Diário da República nº 152 de 8 de agosto, despacho nº 10380/2013

## **8. General conditions of access and admission:**

### **i Legal conditions for access to the cycle of studies leading to the master degree**

The following individuals can apply for a cycle of studies leading to the master degree:

- holders of a Portuguese Licenciado degree or legal equivalent;
- holders of a foreign higher education undergraduate degree, which is recognized as satisfying the objectives of the degree of Licenciado by the competent scientific committee of the higher education institution where they wish to be admitted;
- holders of an academic, scientific or professional curriculum which is recognized as attesting the ability to carry out this cycle of studies by the competent scientific committee of the higher education institution where they wish to be admitted.

### **ii Conditions of access to the cycle of studies at the University of Evora**

On the application date, the undergraduate students must satisfy conditions that guarantee the conclusion of their undergraduate degree until the 30th of October of the admission year. The admission and enrollment of these students is conditioned on the conclusion of the degree until this date, and the enrollment is canceled if the student does not complete the degree within that period.

During the first application phase, students who have a maximum of 6 curricular units or 36 ECTS missing for conclusion of their degree can apply for the 2nd cycle; in the 2nd application phase students can apply if they have at most 3 curricular units missing and in the 3rd application phase if they have at most one curricular unit missing.

The previous condition does not apply to students with a curriculum that reveals professional or scientific experience, which can be recognized by the competent scientific body, as attesting the student's ability to carry out the master's degree/post-graduation, provided that the student required that recognition in the application process.

### **iii Specific admission conditions**

Degree in Sports Sciences, or in other areas related to Exercise and / or Health.

## **9. Selection Process:**

- Academic qualifications: 70%
  - Area of qualifications: 25%
  - Average grade in the highest qualification: 50%
  - Level of qualifications: 25%
- Curriculum analysis: 30%
  - Scientific and technical activities and publications: 30%
  - Professional Training in the area of the program or related fields: 30%
  - Professional Experience in the area of the program or related fields: 40%

## 10. Maximum number of admissions

- Maximum number of admissions for candidates with nationality of European Union countries: 18
- Maximum number of admissions for candidates without nationality of countries of the European Union: 4

Depending on the number of applications, there may be transfer of vacancies from the international students applications to the European Union students applications or vice-versa.

## 11. Minimum number of students: 8

## 12. Tuition fee

- Candidates with nationality of European Union countries: 1500.00 €
- Candidates without nationality of countries of the European Union: 2500.00 €
  - Annual Tuition fee for international students with merit scholarship: 1500.00 €
  - Annual Tuition fee for international students with cooperation and development scholarship: 1700.00 €

In the admission year, all students with international student status who have an undergraduate average of 15 or above (on a 0-20 scale) benefit from the international student merit scholarship tuition fee and all students from PALOP countries benefit from the tuition fee for international students with cooperation and development scholarship. In the following years, to keep the merit or cooperation and development scholarship, the student has to meet the conditions stipulated in article 22 of the Academic Regulations of the University of Évora and the results are published until October 31 of each academic year, without the need to apply for the scholarship

## 13. Organization / duration:

- a. **Duration of the program:** 4 semesters
- b. **Number of ECTS to obtain the degree:** 120
- c. **Number of ECTS to obtain the master's course (conclusion of the curricular part):**  
72

## 14. Language (s) of teaching:

- English
- Spanish
- Portuguese

**15. Learning Type: Presential**

**16. Schedule type: Mixed**

**17. Classes schedule (week days and schedule)**

Friday (9:00 - 14:00 and 15:00 - 20:00)

Saturday(9:00 - 14:00 and 15:00 - 20:00)

Two weekends per month (preferably every other week)

**18. Program starting date: September of 2022**

January 6, 2022

The Rector

Ana Costa Freitas