



**Masters • Porto**

# EXERCISE AND HEALTH



## Direction

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## Secretariat

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## Duration

2 Years

## Credits

120 ects

## Presentation

# STUDY PLAN

## 1st Year / Common Core

1º Semestre	ects	2º Semestre	ects
Introduction to Epidemiology	5	Data Analysis	6
Physical Exercise in Obesity, Cardiovascular Diseases and Diabetes	7	Exercise in Cancer and Musculoskeletal Diseases	6
Physiology applied to Physical Exercise and Health	6	Health and Nutrition	4
Psychology of Health and Physical Exercise	5	Physical Exercise and Active Ageing	6
Research Methodologies in Physical Exercise and Health	7	Physical Exercise in Children and Adolescents	5
		Seminars	3

## 2nd Year / Common Core

Anual	ects
Dissertation or Internship	60

Linha direta  
para o teu futuro



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