



**Masters • Lisboa**

# PHYSICAL EXERCISE AND WELL-BEING



## Direction

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## Secretariat

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## 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 / Common Core

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	Scientific Research Theory and Methodology	4
Physiology of Effort	5		
Research Methods and Techniques in Physical Exercise and Well-being	8		

## 1st Year / Specialization in Fitness

2º Semestre	ects
Group Activities	7
Individual Activities	7
Option 1	3

## 1st Year / Specialization in Exercise, Nutrition and Health

2º Semestre	ects
Option 1	3
Physical Exercise, Nutrition and Cardiovascular Health	7
Physical Exercise, Nutrition, Obesity and Metabolic Diseases	7

## 2nd Year / Common Core

Anual	ects
Dissertation or Internship	60