

Professional opportunities

The academic training provided by this Master's degree provides participants with a profile that places them in a prominent position for research and professional practice in the field of health and physical exercise, enabling them to integrate in multidisciplinary health teams and opening up a wide range of professional opportunities such as:

- Health-orientated personal training and implementation of physical training programmes within different population groups.
- Evaluation of components of physical condition related to health.
- Design of tests and interventions to improve levels of physical activity and health.
- Development of interventions to promote physical activity for health maintenance and/or improvement.
- Evaluation of body composition, physical activity and energy balance within different population groups.
- Management of leisure, sporting and health-related activities in a natural environment.

In addition, it paves the way for doctoral studies, which in turn can lead to a professional career as a university professor or researcher.



Information of interest

Length: 1 year (Part-time enrolment possible)
Timetable: Monday to Thursday (16:00-21:00 pm)
Delivery: Face-to-face
Academic calendar: October-June
Price: approx. 46 €/ ECTS credit

Admission period and registration

1st phase: June-July
2nd phase: September

Facultad de Ciencias de la Salud y del Deporte

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Master in Health-Related Physical Fitness: Assessment and Exercise Prescription



**Facultad de
Ciencias de la Salud
y del Deporte - Huesca
Universidad Zaragoza**



Presentation

Over recent years, engaging in physical activity has become one of the most effective ways to improve the health and quality of life of inhabitants in developed countries.

The development of this Master in **Health-Related Physical Fitness Assessment and Exercise Prescription** provides students with advanced education that is both specialised and multidisciplinary, and meets the needs of present-day society.

In addition, it gives students the opportunity to gain accreditation to international organisations such as “The International Society for the Advancement of Kinanthropometry” (ISAK) and “The American College of Sports Medicine” (ACSM).

General objectives

- To Develop appropriate intervention programmes within different populations in order to maintain and/or improve quality of life, based on scientific knowledge acquired.
- Educate professionals with a range of profiles in the field of physical fitness evaluation and training for health.
- Equip students with the best tools and strategies relevant to the field of health and physical exercise.
- Introduce students to real-life situations through work experience placements in health-related companies and institutions.

Aimed at:

Graduates in Biomedical Science or Education interested in the prescription and/or recommendation of physical exercise as a way to improve health. Specifically aimed at graduates in areas that include:

- Physical Activity and Sport Science
- Nursery Education
- Primary Education
- Human Nutrition and Dietetics
- Human Medicine
- Physiotherapy
- Nursing
- Occupational Therapy

Modules

Modules	Courses	Type	ECTS
Módulo I	Physical exercise and health: Scientific evidence	Obligatory	6
	Foundations for the promotion of physical activity and health	Elective	3
	Psychological variables in the evaluation and prescription of physical exercise	Elective	3
Módulo II	Applied research methodology	Obligatory	6
	Data analysis	Elective	3
Módulo III	Assessment of physical fitness and energy expenditure	Obligatory	6
	Evaluation of energy intake	Elective	3
Módulo IV	Body composition and health	Obligatory	6
	Kinanthropometry	Elective	3
Módulo V	Prescription of physical exercise	Obligatory	6
	Physical exercise and ageing	Elective	3
Módulo VI	Master's thesis	Obligatory	18
	External work placement	Elective	3

Total number of ECTS credits: 60 ECTS.

48 obligatory ECTS credits

12 elective ECTS credits (out of 18 offered)