



**Master**

# STAPS - Training and Optimization of Sports Performance

+ Initial training + Continuing education

**université  
PARIS-SACLAY**

**GRADUATE SCHOOL**

Sport

Mouvement

Facteurs Humains

## Objectives

- + The general objective of the MSc TOSP is to bridge the gap between research in human movement science and sport practice.
- + More specifically, it aims to facilitate the acquisition of basic knowledge and scientific skills in the fields of Physiology, Biomechanics, Psychology, and Neuroscience in order to rationalize and improve training practices, promote athletes' health and optimize sports performance.
- + The MSc TOSP features current knowledge at the forefront of sport sciences research and practice, allowing you to develop your own area of interest and focus your learning to become a specialist in your chosen theme.

## Skills

The MSc TOSP program develops five major advanced skills and techniques throughout all its modules in order to:

- + Evaluate the athlete performance using field and laboratory testing.
- + Optimize athlete performance and implement training methods.
- + Adapt and personalize training to preserve athlete health and well-being.
- + Carry out original research projects in human movement and sport sciences based on scientific literature review.
- + Communicate research results to the scientific community and sports federations.

## Admission

### Applicants

This program is open to both French and International students, as well as experienced practitioners, who have a background in:

- + A bachelor's degree in human movement sciences (Sport and Exercise Sciences, STAPS, Kinesiology etc.) or equivalent.
- + Health professionals (MD, physiotherapists, osteopaths, etc.).

### Application process

The master's programs delivered by Université Paris-Saclay have limited capacity and are therefore highly selective.

- + To apply for the first and second year for our MSc programs visit : [inception Paris-Saclay University](#)

### Training duration

The Master's degree spans over two academic years and allows students to acquire 120 ECTS credits.

### Accessibility for people with disabilities

The accessibility of our programs for students with disabilities will comply with Université Paris-Saclay's policy and will be evaluated based on a review of the application. For more information:

<https://www.universite-paris-saclay.fr/vie-de-campus/handicap/etudiants-en-situation-de-handicap>

### Access times

The master's program begins in September each year.

### Prices

<https://www.universite-paris-saclay.fr/admission/droits-dinscription>

## Academic supports

+ A database of laboratory and sports structures likely to welcome internship students is provided at the start of the academic year.

+ Academic contracts are established for high-level athletes and double degree students (e.g., paramedic students).



# Courses organization

## Teaching

- + The MSc "Training and Optimization of Sports Performance" (TOSP) is a two-year English program.
- + The program modules provide the opportunity to either conduct a specialized research project or combine your studies with an applied work-based project in the field of sport performance. This allows students to take advantage of their own and our connections to enhance their skills while studying.

## Internship :

- + Students undertake a 200-hour internship in the first year and a 300-hour internship in the second year in a laboratory or sport institution.

## Methods used

- + Face-to-face learning, distance learning, tutorials (TD), Practical work (TP), Lectures (CM)

## Evaluation methods

- + Continuous assessment, mid-term exams and oral exams.

## 2021-2022 Success rate

- + Master 1 session 1 - 71.43%.
- + Master 2 session 1 - 81.25%.
- + Master 1 session 2 - 80% remain 1/15 not admitted.
- + Master 2 session 2 - 66.67% remain 1/13 not admitted.

# Following the MSc TOSP

## Post-graduate students

Post-graduate students can apply for:

- + The Ph.D. program of the doctoral school 566 "sport sciences, motricity and human movement" (Ecole doctorale Sciences du sport, de la motricité et du mouvement humain - SSMMH)
- + Short programs such as «DU Technique d'optimisation du potentiel», «DU Posture, mouvement, santé», «DU Prise en charge préventive du sportif», «DU Préparation Physique et Réathlétisation».

## Paths

- + Students have the possibility to apply for another MSc program from the same Graduate School, subject to the agreement of the MSc course leader.

## Careers

The MSc TOSP program prepares students to pursue career as:

- + Research Engineer in Sports Sciences.
- + Sports coach.
- + Physical, nutritional, or mental trainer.
- + Personal coach (physical, mental).
- + Lecturer or researcher in sport and exercise science (with Ph.D. pursuit).

## Advantages :

- Working in an international environment .
- Teaching by many renowned sport, health, and academic professionals working together.
- Access to many sport federations and a large panel of laboratories via the FéDeV Federative Research Structure for research internship.
- Access to numerous experimental equipment for human movement analysis (force-plate, EMG, EEG, inertial units, gaz exchanger, optoelectronic systems, etc.).

## Practical informations

Educational coordinators of the mention, M1 and M2 :

**Claire Thomas-Junius**

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Contact continuing education :

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For your guidance and professional integration :

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**Pole IPPA** : [insertion.professionnelle@universite-paris-saclay.fr](mailto:insertion.professionnelle@universite-paris-saclay.fr)

**Orsay antenna** 01.69.15.54.47

Bât. 333 - 1<sup>st</sup> floor. Rue du Doyen A. Guinier. Orsay (91)

**Sceaux antenna** 01.40.91.18.38

Bât. B - low ground floor. 54 boulevard Desgranges. Sceaux (92)

**Teaching places :**

**Université Paris-Saclay**

Faculté des Sciences du Sport, 91440 Bures sur Yvette (*RER B Orsay Ville / Bures sur Yvette*)

**Université d'Evry Val d'Essonne**

Département, STAPS, UFR Sciences Fondamentales et Appliquées (*RER D Evry*)