



## Adapted Physical Activity and Health Master's Degree: Multidisciplinary approach to chronic and motor disease pathway

The majority of our courses are taught in French. We invite you to also have a look at the [list of courses offered in English at Rennes 2](#).

- **Multidisciplinary Approach to Chronic and Motor Diseases (APPCM): University of Rennes 2**
- Rehabilitation, Disability and Motor Performance Engineering (IRHPM): Universities of Le Mans and Poitiers
- Prevention-Health (PréSa): University of Brest
- Sport, Health, Education, Retraining (2SER): IFEPSA-UCO Angers

### Objectives

**The objective of the Adapted Physical Activity and Health (APA-S) Master's Degree is to provide high-level scientific, technical and organizational training in the field of adapted physical activities and health.**

Each pathway corresponds to a particular specialization. The Multidisciplinary Approach to Chronic and Motor Disease (APPCM) pathway taught in Rennes is mainly geared towards the role of adapted physical activities (APAs) in metabolic (diabetes, obesity, etc.), cardio-respiratory, cancerous, motor and psychological chronic diseases in all their dimensions (physiological, biomechanical, psychological, social, etc.).

Within this framework, scientific classes, based on life sciences and human and social sciences, enable students to understand the phenomena at the origin of disability, the processes underlying the diseases and the adaptation mechanisms individuals use to exercise. Methodological classes provide strong skills in the assessment of patients and physical activity programmes in a prevention and rehabilitation context. Particular emphasis is placed on the professional environment, assessment of procedures and the quality approach.

### Skills

- Ability to use the knowledge and resources of sciences and techniques of physical activity for health, autonomy and/or social participation of a population with special needs.
- Ability to organize the necessary resources (human, financial, administrative and material) necessary to develop and implement programmes or actions.
- Ability to analyse the specific needs of an individual or a group of users in a particular context, to identify problems by establishing a diagnosis, to assess and regulate action, to communicate the results obtained.
- Ability to design, develop, implement and manage individual or group physical activities programmes for health, autonomy and/or social participation for a given population in a given environment.
- Mastery of the methods and tools (scientific, technological, computer) used in applied research.
- Mastery of the collection and processing of information. Ability to ensure a scientific, technology and documentary watch.
- Fluency in technical and scientific English.
- Developing good written skills for funding applications, tests and assessment protocols, observation notebooks, study reports.
- Knowledge of and respect for ethics in use in the health sector, knowledge of issues related to the environment and sustainable development of the sector.

### Course Content

The course comprises shared modules with other STAPS Master's programmes in Rennes and/or with the other pathways of the APA-S Master's programme as well as specific modules for the APPCM programme.

In Master 2, students from the APPCM (Rennes), IRHPM (Le Mans, Poitiers) and PréSa (Brest) pathways can choose from modules on each site and are required to follow two specialized teaching modules at the partner sites. In order to make this system possible, most of the modules in the Teaching Units (UEs) are organized in weekly blocks on all campuses. Shared seminar days are organized at the end of semester 3 (S3). These bring together all the Master 2 students from the different pathways and take place each year on a different partner campus.