

SPORT SCIENCES

Coordinator: João Luís Campos Pereira da Cruz Viana jviana@ismai.pt

Length: Full-time (4 years) or part-time (5 or 6 years).

Timetable: Classes will preferably be held on Fridays and Saturdays (subject to possible changes).

Certification: Accredited for a maximum period of 6 years, without conditions, by the Agency for Assessment and Accreditation of Higher Education. Official Gazette, 2nd series, no. 27, Notice no. 1936/2014 of 7 February.

This course aims to allow students to obtain the qualification of Doctor of Sport Sciences. Its training model is based on the following areas:

1. providing knowledge and effectively developing advanced skills in one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance;
2. including the most up-to-date scientific knowledge on instrumental skills, with a particular focus on scheduling, intervention and monitoring strategies that make it possible to complete innovative scientific and technological development research projects in one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance;
3. in the Exercise and Health specialisation – meet society's challenges, particularly the ageing population and the extensive incidence of chronic illnesses;
4. in the Sporting Performance specialisation – meet the demands of participating in high performance sport.

Learning outcomes

- Systematically master important scientific, up-to-date evidence in one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance;
- Critically analyse, assess and summarise current topics and methods in one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance;
- Demonstrate the capacity to apply instruments, tools and measures at an advanced level in one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance;
- Be able to conceive, devise and implement innovative research projects respecting quality and academic integrity standards in one of the following specialisations of Sport Sciences - Exercise and Health or Sporting Performance;
- Carry out original research work that helps broaden the boundaries of knowledge in one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance, recognised in publications that have selection committees;
- Effectively communicate with the scientific community and society in general about one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance;
- Help to encourage technological, social or cultural advances in one of the following specialisations of Sport Sciences – Exercise and Health or Sporting Performance;

Who is this course for?

In accordance with the legislation in force, people who meet the following criteria can apply to this course:

- a) Holders of a Master's degree or legal equivalent in Sport Sciences or connected areas;
- b) Holders of an undergraduate degree or people with academic or scientific experience that is particularly relevant and is recognised as proving the ability to take this course by the institution's scientific council, having consulted the course's scientific and pedagogical committee;

People with academic, scientific or professional experience that is particularly relevant and is recognised as proving the ability to take this course by the institution's scientific council, having consulted the course's scientific and pedagogical committee.

Course Structure

SPECIALISATION – EXERCISE AND HEALTH

YEAR 1 • 60 ECTS

12	Whole semester	Advanced Topics in Exercise and Health
18	Whole semester	Thesis Project
6	Whole semester	Conferences in Sport Sciences
24	Whole semester	PhD Thesis

YEAR 2 • 60 ECTS

60	Whole semester	PhD Thesis
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YEAR 3 • 60 ECTS

60	Whole semester	PhD Thesis
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SPECIALISATION – SPORTING PERFORMANCE

YEAR 1 • 60 ECTS

12	Whole semester	Advanced Topics in Sporting Performance
18	Whole semester	Thesis Project
6	Whole semester	Conferences in Sport Sciences
24	Whole semester	PhD Thesis

YEAR 2 • 60 ECTS

60	Whole semester	PhD Thesis
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YEAR 3 • 60 ECTS

60	Whole semester	PhD Thesis
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