



Universidade de Évora

Open call rules

Applications for Admission: Mestrado em Exercício e Saúde (Exercise and Health)
Academic Year 2026/2027

1. The program is promoted by

Universidade de Évora - Escola de Saúde e Desenvolvimento Humano

2. Course Committee

Pablo Tomás Carús (ptc@uevora.pt)
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3. Program description

The Master's Degree in Exercise and Health aims to offer a specialization in the area of Exercise and Health, to deepen theoretical and practical knowledge of the relationship between exercise, health and healthy lifestyles, as well as to provide an effective response to an increasingly pressing and defined need for specialized training in the assessment, prescription of exercise for different target populations (healthy and with different pathologies), in the implementation of physical exercise programs, and in the monitoring of these same programs. The aim of this course is to prepare future exercise professionals, based on the development of skills for autonomous updating of knowledge, as well as ongoing critical analysis of their own practices and the practices of those around them. It also provides advanced training in the critical analysis of the descriptive and mechanistic nature of the plausible relationships between exercise and health, as well as advanced training in the influence of behaviors associated with exercise and nutrition.

4. Career opportunities

The Master's degree aims to train specialist technicians who are able to provide an adequate response to the different needs associated with the practice of physical activity and its implications for health and well-being. It is intended that with this course students will be able to intervene in the prescription of exercise and the organization of exercise programs, both in gyms and health clubs and in town halls and other institutions that promote physical exercise programs.

5. Number of registration at DGES

R/A-Ef 3451/2011/AL01

6. Number of accreditation process by A3ES

ACEF/2324/0105972

7. General conditions of access and admission

i Legal conditions for access to the cycle of studies leading to the master degree

Those who meet the following conditions may apply to the cycle of studies that leads to the master degree:

- Holders of the bachelor degree or legal equivalent;
- Holders of a foreign academic degree dully recognised as satisfying the objectives identical to the bachelor degree by the relevant scientific body of the higher education institution they wish to be admitted to;
- Holders of an academic, scientific or professional curriculum vitae that is recognized as attesting to the capacity to carry out this cycle of studies by the relevant scientific body of the higher education institution they wish to be admitted to.

ii Conditions of access to the cycle of studies at the Universidade de Évora

On the application date, the undergraduate students must satisfy conditions that guarantee the conclusion of their undergraduate degree until the 30th of October of the admission year. The admission and enrollment of these students is conditioned on the conclusion of the degree until this date, and the enrollment is canceled if the student does not complete the degree within that period

During the first application phase, students who have a maximum of 6 curricular units or 36 ECTS missing for conclusion of their degree can apply for the 2nd cycle; in the 2nd application phase students can apply if they have at most 3 curricular units missing and in the 3rd application phase if they have at most one curricular unit missing

The previous condition does not apply to students with a curriculum that reveals professional or scientific experience, which can be recognized by the competent scientific body, as attesting the students ability to carry out the masters degree/post-graduation, provided that the student required that recognition in the application process

iii Specific admission conditions

Degree in Sports Sciences, or other areas related to Exercise and/or Health.

8. Selection Process

- Academic Qualifications: 70%
 - Area of qualifications: 25%
 - Average grade in the highest qualification: 50%
 - Level of qualifications: 25%
- Curriculum Analysis: 30%
 - Scientific and technical activities and publications: 30%
 - Professional Training in the area of the program or related fields: 30%
 - Professional Experience in the area of the program or related fields: 40%

9. Maximum number of admissions

- Maximum number of admissions for candidates with nationality of European Union countries: 18
- Maximum number of admissions for candidates without nationality of European Union countries: 4

Depending on the number of applications, there may be transfer of vacancies from the international students applications to the European Union students applications or vice-versa.

10. Minimum number of students

Minimum number of students: 8

11. Tuition fee

- Candidates with nationality of European Union countries: 1 500,00 €
- Candidates without nationality of European Union countries: 2 500,00 €
 - Annual Tuition fee for international students with merit scholarship: 1 500,00 €
 - Annual Tuition fee for international students with cooperation and development scholarship: 1 700,00 €

In the admission year, all students with international student status who have an undergraduate average of 15 or above (on a 0-20 scale) benefit from the international student merit scholarship tuition fee and all students from PALOP countries benefit from the tuition fee for international students with cooperation and development scholarship.

In the following years, to keep the merit or cooperation and development scholarship, the student has to meet the conditions stipulated in article 22 of the Academic Regulations of the University of Évora and the results are published until October 31 of each academic year, without the need to apply for the scholarship.

12. Organization / Duration

- a. **Duration of the program:** 4 semesters
- b. **Number of ECTS to obtain the degree:** 120
- c. **Number of ECTS to obtain the master's course (conclusion of the curricular part):** 72

13. Language(s) of teaching

- English
- Spanish
- Portuguese

Although classes are taught in Portuguese or Spanish, tutorial support is available in English for students whose mother tongue is not Portuguese.

14. Learning Type

Presential

15. Schedule type

Mixed

16. Classes schedule (week days and schedule)

Twice-monthly classes, preferably on Fridays and Saturdays (9:00 a.m. to 2:00 p.m. and 3:00 p.m. to 8:00 p.m.), and occasionally, some classes would be moved to Thursday (2:00 p.m. to 6:00 p.m.) and Friday (9:00 a.m. to 2:00 p.m. and 3:00 p.m. to 8:00 p.m.).

17. Program starting date

September de 2026

February 12, 2026
The Rector

Hermínia Vasconcelos Vilar