



Master in Motor skills : General

Focus Sports pathology

MA-MOTR | M-MOTRS | 2023-2024

Programme mnemonic

MA-MOTR

> Focus *Sports pathology* : M-MOTRS

Exists also in

> Focus *Research* : M-MOTRA

> Focus *Osteopathy* : M-MOTRO

Studies level

Master 120 credits

Learning language

french

Schedule

office hours

Studies category / subcategory

Health / Motor skills

Campus

Erasme

Programme's added value

> Focus on health, fitness, and nutrition

This programme meets the needs of society, by training professionals who can develop a rehabilitation plan for people of various ages and physical conditions.

The Master with a focus on health, fitness, and nutrition is based on a multidisciplinary approach of physical activity, with a large amount of practice during classes (specific evaluations, development of fitness programmes based on actual cases, exertion tests and additional examinations, up-to-date information based on the latest treatments, etc.) as well as activities on the ground, under the supervision of professionals with experience and expertise. Because of its interdisciplinary status, this Master is unique in that its courses are given in partnership with the Faculty of Medicine and the School of Public Health.

> Focus on sports pathologies

This innovative programme covers the athlete's physiology and training regimen, as well as medical pathologies, rehabilitation techniques, doping, and addiction. It is open to graduates of a Master in Physiotherapy and Rehabilitation, as well as to physicians.

The programme includes five modules that are suited to the realities of clinical practice, as well as internships and a seminar dedicated to reflection on specialised professional practices. Students will be taught how to develop the best therapeutic plan for a given type of lesion and a given sport; they will also learn basic cardiopulmonary resuscitation techniques.

> Focus on osteopathy

First academic programme in this field in Europe, with courses given jointly by multiple faculties.

For interprofessional and interfaculty teaching activities, classes are given by experts from a variety of branches in the health sector. Every course deals with techniques and methods that may be subjected to scientific investigation and confronted with clinical evidence. Particular emphasis is placed on medical diagnoses.

> Research focus

Students in the research focus receive training on the scientific process, by taking an active part in applied research programmes on a topic of their choice. They also complete many work

Programme objectives

Students in the Master in Motor Sciences may choose among a number of focuses:

- > The focus on health, fitness, and nutrition aims to train professionals who can work on the ground and develop a fitness programme for people of different ages and physical abilities, or for people who are overweight, who have metabolic or cardiorespiratory disorders, etc.
- > The focus on sports pathologies teaches students to provide consistent care for various pathologies related to athletic practice (from amateurs to professional athletes), and to identify and mitigate risk factors. Graduates will also be able to manage—together with the athlete's physicians and trainers—of the athlete's athletic rehabilitation after a lesion.
- > The focus on osteopathy includes courses on functional pathologies of the locomotor system, covering clinical, diagnostic, and therapeutic aspects. Every course deals with techniques that may be subjected to scientific investigation. Particular emphasis is placed on exclusion diagnosis.
- > The research focus is intended for students who wish to pursue research activities and eventually a PhD.

placement/internships in motor science laboratories, and are encouraged to complete work placements/internships outside the university.

The Faculty has at its disposal:

- > classrooms, laboratories, a gymnasium, and athletic and medical equipment, all recently built;
- > laboratories of physics, anatomy, and chemistry, as well as a number of research units within the laboratory of motor sciences (physiology, neurophysiology, biomechanics, biochemistry), all taking part in both fundamental and applied research activities, from the study of the determinants of athletic performance and motor rehabilitation to the study of psychological and cognitive abilities in extreme environments such as outer space.

Teaching methods

Lecture classes, practical work, seminars, work placements/internships.

Succeed in your studies

Choose

The information and guidance counsellors at the InfOR-études [<https://www.ulb.be/en/studies-info-desk-1>] service will help you choose your studies throughout the year.

Succeed

Take part in preparatory courses [<https://www.ulb.be/en/studies-info-desk-1>] or get help to succeed [<https://www.ulb.be/en/studies-info-desk-1>], before or during your studies.

Get help

Apply for financial aid, look for accommodation or a student job, get support [<https://www.ulb.be/fr/aides-services-et-accompagnement/aid-services-and-support-1>] for your specific needs.

International/Openness

In all focuses, work placements/internships may be completed abroad.

Job opportunities

- > Focus on health, fitness, and nutrition:

This programme provides students with the skills required to plan and coach activities in fitness clubs, rehabilitation centres, specialised fitness centres, private coaching practices, businesses, etc., taking into account the participants' specificities.

- > Focus on sports pathologies

This programme provides students with the skills required to:

- > diagnose and treat pathologies related to sports activities;
- > provide preventive or curative care for athletes, working in a sports club or federation, or in a private practice;
- > support athletes during competitions.

- > Focus on osteopathy:

This programme aims to provide the skills required to pursue a specialised Master in Osteopathy. In addition, students may go on to enrol in the Master with a focus on health, fitness, and nutrition, or sports pathologies, or to pursue a PhD.

- > Research focus:

This programme's goal is to provide the skills necessary to start working on a PhD thesis.

Jury President

Alain CARPENTIER

Jury Secretary

Ana BENGOETXEA

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Focus Sports pathology

> Focus on health, fitness, and nutrition:

The Master with a focus on health, fitness, and nutrition is based on a multidisciplinary approach that covers: exercise physiology, planning of physical activities, taking into account the age and potential pathologies or limitations of each person, physical fitness tests, medical and traumatic pathologies, and public health. As physical activity is inseparable from a healthy and appropriate diet, the programme will cover the basics of diet and nutrition. The teaching methods used, as well as the many work placements/internships in the real world, promote the development of the students' practical skills.

> Focus on sports pathologies:

The programme includes five modules that are suited to the realities of clinical practice, as well as work placements/internships and opportunities to reflect on specialised professional practices. Emphasis is placed on understanding the specific requirements and constraints of athletes.

> Focus on osteopathy;

The programme is mainly organised around three course clusters: biomedical sciences, medical sciences, and osteopathic practice. It includes courses on functional pathologies of the locomotor system, covering clinical, diagnostic, and therapeutic aspects. The students' training is completed by a series of seminars on specific therapeutic approaches.

> Research focus;

This programme provides the skills required to pursue a PhD, and includes a number of work placements/internships in research laboratories.

Bloc 1 | M-MOTRS | MA-MOTR

Cours obligatoires

Le programme du bloc 1 est la valorisation de 60 crédits reconnus après l'obtention d'un master en kinésithérapie et réadaptation ou d'un master en médecine ou d'un master complémentaire ou de spécialisation en ostéopathie.

TEMP-0000

[Cours extérieurs au programme](#)

🕒 60 credits 📅 academic year 🗨️ French

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Bloc 2 | M-MOTRS | MA-MOTR

Cours obligatoires

- BIME-I5245** [Stages et travaux pratiques de formation professionnelle \(II\)](#) | Joachim Van Cant (Coordinator), Jean-Michel ANNAERT, Ana BENGOTXEA, Alain CARPENTIER, Gaël DEBOECK, Vitalie FAORO, Véronique FEIPEL and Malgorzata KLASS
 ⌚ 10 credits [work placement: 72h, personal assignments: 48h] 📅 first and second terms 🗨️ French
- MEMO-I500** [Mémoire](#)
 ⌚ 15 credits [mfe/tfe: 180h] 📅 academic year 🗨️ French

Finalité Pathologies sportives

- BIME-I516** [Des concepts de la physiologie à l'entraînement sportif](#) | Alain CARPENTIER (Coordinator), Nathalie GUISSARD and Justine MAGNARD
 ⌚ 5 credits [lecture: 24h, practical work: 9h, seminars: 4h, personal assignments: 24h] 📅 first term 🗨️ French
- BIME-I517** [Dopage et assuétudes - aspects pharmacologiques, psychologiques et législatifs](#) | Jennifer FOUCART (Coordinator) and Martin Chaumont
 ⌚ 5 credits [lecture: 24h, seminars: 4h, personal assignments: 30h] 📅 second term 🗨️ French
- BIME-I533** [Stages d'intégration professionnelle](#) | Joachim Van Cant (Coordinator), Jean-Michel ANNAERT and Ana BENGOTXEA
 ⌚ 5 credits [work placement: 78h] 📅 first and second terms 🗨️ French
- KINE-I5025** [Prévention et réadaptation interdisciplinaire des atteintes neuro-musculo-squelettiques du sportif](#) | Gaël DEBOECK (Coordinator), Benoît BEYER and Joachim Van Cant
 ⌚ 10 credits [lecture: 40h, practical work: 40h, personal assignments: 40h] 📅 second term 🗨️ French
- MEDI-I501** [Intérêts et limites de l'activité physique, y compris dans les conditions extrêmes](#) | Bert Celie (Coordinator), Martin Chaumont and Vitalie FAORO
 ⌚ 5 credits [lecture: 30h, practical work: 6h, personal assignments: 24h] 📅 first term 🗨️ French

Modules d'options

- MEDI-I502** [Traumatologie du sport](#) | Jean-Michel ANNAERT (Coordinator)
 ⌚ 5 credits [lecture: 60h] 📅 first term 🗨️ French

Module complémentaire pour les médecins

Up to one course chosen from the following

- BIME-I5395** (optional) [Bases de la physiologie adaptée à l'activité physique](#) | Alain CARPENTIER (Coordinator), Stéphane BAUDRY, Bert Celie, Vitalie FAORO, Nathalie GUISSARD and Malgorzata KLASS
 ⌚ 5 credits [lecture: 24h, tutorial classes: 2h, seminars: 4h, personal assignments: 32h] 📅 first term 🗨️ French