



## UCAM Universidad Católica San Antonio

(Murcia)

### High Performance Sport: Strength and Conditioning

#### Study details

**Course type:** Master's degree

**Degree:** Master's Degree in High Performance Sport: Strength and Conditioning

**Study mode:** Full time

**Duration:** 12 Month

#### Cost of study

**Cost :** 8 900 EUR

**Reg. fee :** N/A EUR

**Scholarship :**

**Insurance :** N/A EUR

#### Intake/s

Sep

#### Requirements

### Entry requirements

A B2 English level is required to be admitted in this Degree.

You can provide any language proficiency certificate from. Any other English certificate will be evaluated individually.

- **CAMBRIDGE: (IELTS)** - 5.5/6.5
- **DUOLINGO** - 100/125
- **CAMBRIDGE: GENERAL ENGLISH EXAMS** - FIRST CERTIFICATE IN ENGLISH (FCE)
- **TOEFL PBT (PAPER BASED)** - 511+
- **TOEFL IBT (INTERNET BASED)** - 72/94

Other entry requirements are:

- Scanned biopage of your valid passport.
- High School academic transcript, Diploma and national exam result slip
- Statement of Purpose/Motivational Letter
- Curriculum Vitae

**All non-EU students need to get the academic credentials legalised by Hague Apostille** for countries ascribed to the Hague Agreement. If not, the original documents should be authenticated by the Ministry of Education, Ministry of Foreign Affairs and Spanish Consulate/Embassy in the

country where the documents was issued. Documents should be translated in English or Spanish by an **official translator** or through the Spanish embassy/consulate in your country.

## Accommodation

## Residences in Murcias Campus

Prices range from 350 to 750 Euros per month, depending on the room type and residence

## Speciality

UCAM Spanish Sports University has included in the registration fee the opportunity to take one of the programs of Barça Innovation Hub that is closely related to each master's program.

For the Master in High Performance in Sports: Strength and Physical Conditioning, the **Certificate in Strength Training: from Rehabilitation to Performance** is included, with which to deepen the knowledge of these two professional profiles within the sports sciences.

## Additional information

## Why study High Performance Sport: Strength and Conditioning with us

- Theoretical-practical classes at our High Performance Research Center
- Qualifies access to a PhD program
- Master recognized by NSCA-ERP
- Includes NSCA certification book and exam fee to obtain one of the NSCA certifications (CPT or CSCS)
- Spanish Language Courses offered
- 8 out 10 students of this master find a job after completing this program
- Search Portal High Sports Performance

## Career Opportunities

- With the acquired skills and knowledge obtained in the Master's program, students can be employed professionally in the following work areas:
- Optimization, assessment and control training, physical fitness and performance in individual sports
- Biomechanics applied to health, fitness and sports training
- Training of physiological adaptations and performance evaluation
- Performance analysis in team sports
- Analysis of the game-play and teaching-learning assessment in team sports
- Prescription of exercise programs
- Physical activity and exercise, functional autonomy and quality of life for older adults, special populations and disabled individuals
- Learning and motor control
- Personal training
- Physical preparation
- Coordination and management programs in clubs and sports performance centers

