



Erasmus Mundus Master in Adapted Physical Activity

INTERUNIVERSITY PROGRAMME







Degree programme

The Erasmus Mundus Master in Adapted Physical Activity (EMMAPA) is a 2 year (120 credits) Master's program in partnership between the University of Leuven (KU Leuven, Belgium), the University of Limerick (UL; Ireland), the University of Olomouc (UP; Czech Republic), the Norwegian school of Sport Sciences (NSSS; Oslo, Norway), Stellenbosch University (South Africa), the University of Virginia (USA), the University of Queensland (Brisbane, Australia), this is called the **EMMAPA Consortium**, and a number of associate partners across the world. The program aims at educating students in both a professional orientation (students can choose between education, management or active lifestyle), and a disciplinary specialization (students choose between biomechanics & exercise physiology, applied pedagogy & sociocultural studies, and motor control – learning & psychology).

EMMAPA aims to provide state-of-the-art research and teaching methodology in adapted physical activity and the social, pedagogical, and technical aspects of physical activity adapted to the needs of persons with a disability. The programme combines the expertise of a number of universities throughout the EU and the world, and offers students comprehensive training and expert knowledge in the many aspects of adapted physical activity. Each year, visiting scholars from European and non-European Universities are invited to conduct teaching



and research assignments. The programme promotes the exchange of ideas between professionals and future practitioners from around the world. The multicultural aspects of the Master's programme are a great asset to the programme itself and to the field of adapted physical activity in general.

Profile

Since the official language of the Master's programme is English, students are expected to be sufficiently conversant in English to be able to understand and discuss scientific literature. Applicants must prove their English proficiency with a language certificate (TOEFL, IELTS, etc...). Applications without an official certificate of English proficiency will not be considered (not applicable for the native English-speakers or for students who received their diploma in a core English speaking country). More information about the language requirements at KU Leuven can be found via the following website: www.kuleuven.be/admissions/language/lang_test.html.

Admission requirements

The EMMAPA Consortium Board selects the candidates for enrolment in the program. Each academic year, one week after closing the deadline for the applications, the Consortium board is having a meeting for evaluation of the students' application documents and selection of the successful candidates. The selection is done according to criteria, which have been set and agreed by each representative of the Partnership Universities. These criteria include diploma and university, examinations results, course and/or work experience in Adapted Physical Activity, statistics background, motivation letters and letters of recommendation. In general the Consortium is assessing students individually on the basis of their previous academic record.

The minimum requirement for enrolment in the Master Course is a possession of one of the following diplomas:

- Bachelor of Science in Physical Education and Kinesiology
- Bachelor of Science in Rehabilitation Sciences and Physiotherapy
- Bachelor of Physical Education
- Bachelor of Physiotherapy
- Bachelor of Sport Sciences
- Bachelor of Movement Sciences
- Bachelor of Motor Rehabilitation
- Master's degree in the above mentioned study fields

Students, who have already obtained a relevant Master diploma elsewhere, have the opportunity to follow a reduced programme of one-stage based on an individual assessment of previous study curriculum.

Objectives

EMMAPA intends to educate competent and critical professionals, who are able to design and evaluate adapted physical activity programmes using an evidence-based approach for people with a disability across the life span. Adapted physical activity is a developing field and graduates will be considered as having the key abilities to advance and develop its scope. To address the wide application of the field, the course offers generic tools to use exercise as an intervention, which can be translated into different contexts. In addition, the course will provide specialisation options to emphasise the competence to work in educational, sports management or active lifestyle settings, catering for students' special professional interest and potential work outflow. The course also offers the basic scientific skills which will enable students to pursue an academic career or carry out further research. In addition, the course offers scientific discipline specific specialization (Biomechanics, Exercise Physiology, Psychology, Motor Control/Learning, Sociology and Pedagogy. The global approach to the studies will ensure a critical outlook at national facilities for people with a disability. Given the multidisciplinary nature of adapted physical activity, students will have gained general problem-solving skills rather than those pertaining to a traditional profession.



Courses

Courses	Credits
Basic and Introductory Courses	
• Adapted Physical Activity: International Perspectives	3
• Disability Models and Classification	4
• Research Methodology	4
Holistic Approach to Adapted Physical Activity	
• Holistic Approach to Adapted Physical Activity, Part 1	8
– Biomechanics	4
– Physical Activity, Physical Fitness and Risk of Exercise	3
– Exercise Management in Chronic Disease and Disability	1
• Holistic Approach to Adapted Physical Activity, Part 2	12
– Basic Concepts of Psychology Applied to Adapted Physical Activity	2.5
– Psychosocial Aspects of Disability	1.5
– Socio-Cultural Theories	4
– Program development in Adapted Physical Activity	1
– Pedagogy: Education	3
• Capita Selecta in Adapted Physical Activity	3
Professional Stream	
• Compulsory Modules	
– Principles of Adapting Physical Activities	3
– Introduction to Adapted Physical Education	3
– Introduction to Active Lifestyle	3
– Introduction to Sport Management	3
• Advanced Modules	
– Advanced Adapted Physical Education	6
– Advanced Active Lifestyle	6
– Advanced Sport Management	6
• Options	
– Practical Training and Internship in Adapted Physical Education	15
– Practical Training and Internship in Active Lifestyle	15
– Practical Training and Internship in Sport Management	15
Disciplinary Stream	
• Master's Thesis	
– Literature Review	3
– Master's Thesis	30
• Advanced Courses in Adapted Physical Activity	
– Biomechanics and Exercise Physiology Applied to Adapted Physical Activity	8
– Optional Courses	
▪ Advanced Biomechanics in Adapted Physical Activity	6
▪ Advanced Exercise Physiology in Adapted Physical Activity	6
– Motor Control-Learning and Psychology Applied to adapted Physical Activity	8
– Optional Courses	
▪ Advanced Psychology in adapted Physical Activity	6
▪ Advanced Motor Control-Learning in Adapted Physical Activity	6
– Applied Pedagogy and Socio-Cultural Theories	8
– Optional Courses	
▪ Advanced Sociology in Adapted Physical Activity	6
▪ Advanced Pedagogy in Adapted Physical Activity	6
• Optional Courses Related to Research Methodology	6

Spotlight

EMMAPA combines the expertise of a number of universities throughout Europe and the world, and offers students comprehensive training and expert knowledge in the many aspects of adapted physical activity.

The Faculty of Kinesiology and Rehabilitation Sciences at KU Leuven is currently the only European university faculty that offers an international Master's programme in Adapted Physical Activity.

Studying abroad

There are four mobility models available within the EMMAPA programme. The first academic year takes place at KU Leuven, in the second year the students will follow a mandatory mobility period in one of the European consortium universities choosing between 4 mobility models. The choice of the mobility schemes will be dictated by both the interests and specialization areas of the students as well as availability within each scheme (usually an equal division of positions among partners).

Mobility model A: University of Leuven (KU Leuven) – Norwegian School of Sport Sciences (NSSS). In model A 60 ECTS are delivered by KU Leuven (first year) and 60 ECTS are delivered by NSSS (second year).

Mobility model B: University of Leuven (KU Leuven) – University of Limerick (UL). In model B 60 ECTS are delivered by KU Leuven (first year) and 60 ECTS are delivered by UL (second year).

Mobility model C: University of Leuven (KU Leuven) – Palacky University Olomouc (UP). In model C 60 ECTS are delivered by KU Leuven (first year) and 60 ECTS are delivered by UP (second year).

Mobility model D: University of Leuven (KU Leuven) – NSSS, UL or UP – University of Leuven (KU Leuven). In model D 60 ECTS are delivered by KUL (first year), 30 ECTS are delivered either by UL, UP or NSSS (first semester second year) and 30 ECTS are delivered by KUL (second semester second year).

European students are given the opportunity to complete part of the EMMAPA programme at one of the three third country partner universities (the University of Queensland in Australia, the University of Stellenbosch in South Africa or the University of Virginia in the USA). As such, the programme promotes the international exchange of ideas between professionals and future practitioners from around the world.

After graduation

Graduates who successfully completed the course will have acquired the scientific knowledge and critical insights to develop and bring the field of adapted physical activity forward in different national settings. Graduates will have the professional competence to work in a variety of contexts, where they will be able to set up appropriate adapted physical activity programs and assess the requirements for exercise screening. Given the wide area of adapted physical activity, as applied in the various countries, graduates will obtain the broad tools to implement and evaluate health, sports and leisure enhancing programs for people with disability. The most important of these general tools is an evidence-based approach to intervention. Graduates of the EMMAPA program will also have gained sufficient research competence to work in research settings. They will have developed the skills to design innovative research questions in adapted physical activity and to report on scientific findings. Graduates will have gained the analytical ability to highlight the needs of people with a disability in different countries and identify current barriers for implementation of adapted physical

activity. Furthermore, they will ensure appropriate intervention programs and policy statements in the area of exercise and health for people with a disability. Overall, they will have an internationally-oriented spirit and seek out multicultural collaboration. EMMAPA graduates will understand the role and meaning of interdisciplinary collaboration and stimulate a multi-professional input in the field. Graduates will be aware of the need of a professional structure and certification in adapted physical activity and have gained the skills to become leaders in their field and take this agenda forward.

Students specialised in adapted physical activity at the Master's level often work with physically challenged persons in careers such as education, coaching, personal training, physical therapy, occupational therapy, medicine or other health care professions. Some seek a research career by acquiring knowledge and expertise in both adapted physical activity and another discipline within kinesiology, and pursue a doctoral degree.

Tuition Fees

The tuition fee is 4000 Euro per academic year for EEA students, and 8000 Euro per academic year for non-EEA students. Please visit the KU Leuven website (www.kuleuven.be/english) for more information about the University of Leuven, the city of Leuven and for more practical and financial information about living in Leuven. Information about scholarship opportunities can be found on the EMMAPA website.

Application and Deadline

Students who wish to enroll at the KU Leuven have to follow online application, which is available via the EMMAPA website. Academic transcript(s), a motivation letter, a recommendation letter, and a proof of English proficiency (TOEFL, IELTS, etc.) must be added to the application form. The application form is not valid without the Annex for the students applying for the Erasmus Mundus Master in Adapted Physical Activity.



The application fee of 75 EUR needs to be paid by all non-EEA (European Economic Area) applicants. This fee has to be paid per application made. Please note that applicants who submit an application without the payment of the application fee will not receive their admission letters. The application fee will be reimbursed upon registration at KU Leuven. Please submit proof of payment with your application. Payment can only be made via bank transfer. No other form of payment will be accepted. Please note that we do not accept applications sent by e-mail or fax. Send the application, the Annex, and all supplementary documents also by mail to:

International Admissions, Exchange and Scholarships Unit
Atrechtcollege - Katholieke Universiteit Leuven
Naamsestraat 63
B-3000 Leuven Belgium

For additional information on the application procedure you can contact:

E-mail: admissions@kuleuven.be
Tel: +32 16 32 40 20
Fax: +32 16 32 37 73

More Information

<http://www.erasmusmundus.be/>

http://onderwijsaanbod.kuleuven.be/opleidingen/e/CQ_50811449.htm

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