

KU LEUVEN



International Master Programme in Adapted Physical Activity

INTERUNIVERSITY PROGRAMME

KU Leuven – Palacky University Olomouc

Spotlight

- **The International Master Programme in Adapted Physical Activity (IMAPA) combines the expertise of more than 20 universities and organizations throughout Europe and the world, and offers students comprehensive training and expert knowledge in the many aspects of adapted physical activity.**
- **IMAPA is a flexible programme, allowing students to custom design the content of their curriculum depending on the competences they wish to acquire. Students can follow the entire programme as KU Leuven students, or fit a number of selected courses within their home university programme, while remaining registered at their home university.**
- **The Faculty of Kinesiology and Rehabilitation Sciences at KU Leuven and the Faculty of Physical Culture at Palacky University Olomouc both have a longstanding tradition in organizing an International Master programme in Adapted Physical Activity.**
- **The tuition fee for IMAPA is 890 euro per academic year for a full time registration, and 560 euro for a part time registration.**
- **KU Leuven and Palacky University Olomouc are typical university towns with an historic and lively student tradition. The streets of Leuven and Olomouc are filled with young faces, and both cities live at a student's rhythm: dynamic during the academic year and relative calm during vacation and examination periods.**
- **Leuven and Olomouc both have a valuable historical and cultural heritage. Monuments, museums and galleries, UNESCO heritage, modern and ancient architecture, parks and nature, breweries, ..., too much to name and see for just one visit!**
- **Both cities are located centrally in Europe. In less than 3 hours driving you can be in Amsterdam, Brussels, London, Paris, Prague, Vienna, etc. A dense network of low budget flight connections can bring you to every city in Europe fast and cheap.**



According to the "Eurostat" data-base, there are currently 50 million people with a physical disability within the EU (10% of the population). People with reduced mobility represent 40% of the EU population and one in every four Europeans has a family member with a disability. One out of two persons with a disability has never participated in leisure or sports activities. In addition, the prevalence of mental health disorders is exceedingly high in Europe. Depression alone is the third greatest burden of disease and it is estimated that 30 million suffer from anxiety and depression. All this is likely to have a considerable impact on the economic, cultural and social landscapes in Europe.

The value of increased physical activity for improving health and well-being in persons without disability is well-known. Over the past 10 years, it has become evident that increasing the levels of physical activity is also beneficial in reducing the healthcare and social burden of people with a disability, as well as the potential to increase the social and professional contribution of all individuals. Physical activity improves cardio-vascular health, cognitive status and mood, and may be a neural protective factor against cognitive dysfunction and depression. Only a small percentage of persons with a disability however find their way to regular physical activity, mainly due to lack of information, but also lack of trained professionals in education, rehabilitation, and leisure and competitive sports for persons with a disability.

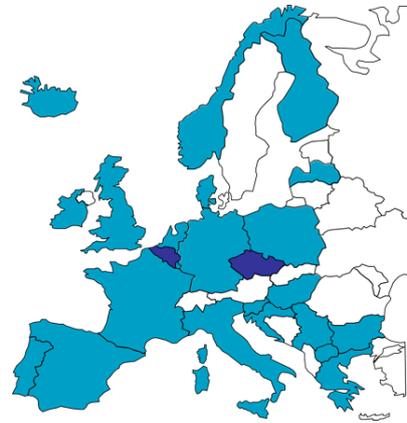
Degree programme and objectives

The International Master Programme in Adapted Physical Activity (IMAPA) aims to provide state-of-the-art research and teaching methodology in adapted physical activity (APA) 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, international expert academics and professionals 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 programme are a great asset to the programme itself and to the field of adapted physical activity in general.

IMAPA is a 2 year (120 credits) Master programme in partnership between the University of Leuven (KU Leuven; Belgium), the University of Olomouc (UP; Czech Republic) (both in dark blue on the map), and a number of associate partners in Europe (light blue on the map). The programme aims at educating students in both a professional orientation (students can choose between adapted physical education or active lifestyle), and a disciplinary specialisation (students choose between biomechanics & exercise physiology, applied pedagogy & sociocultural studies, and motor control – learning & psychology).



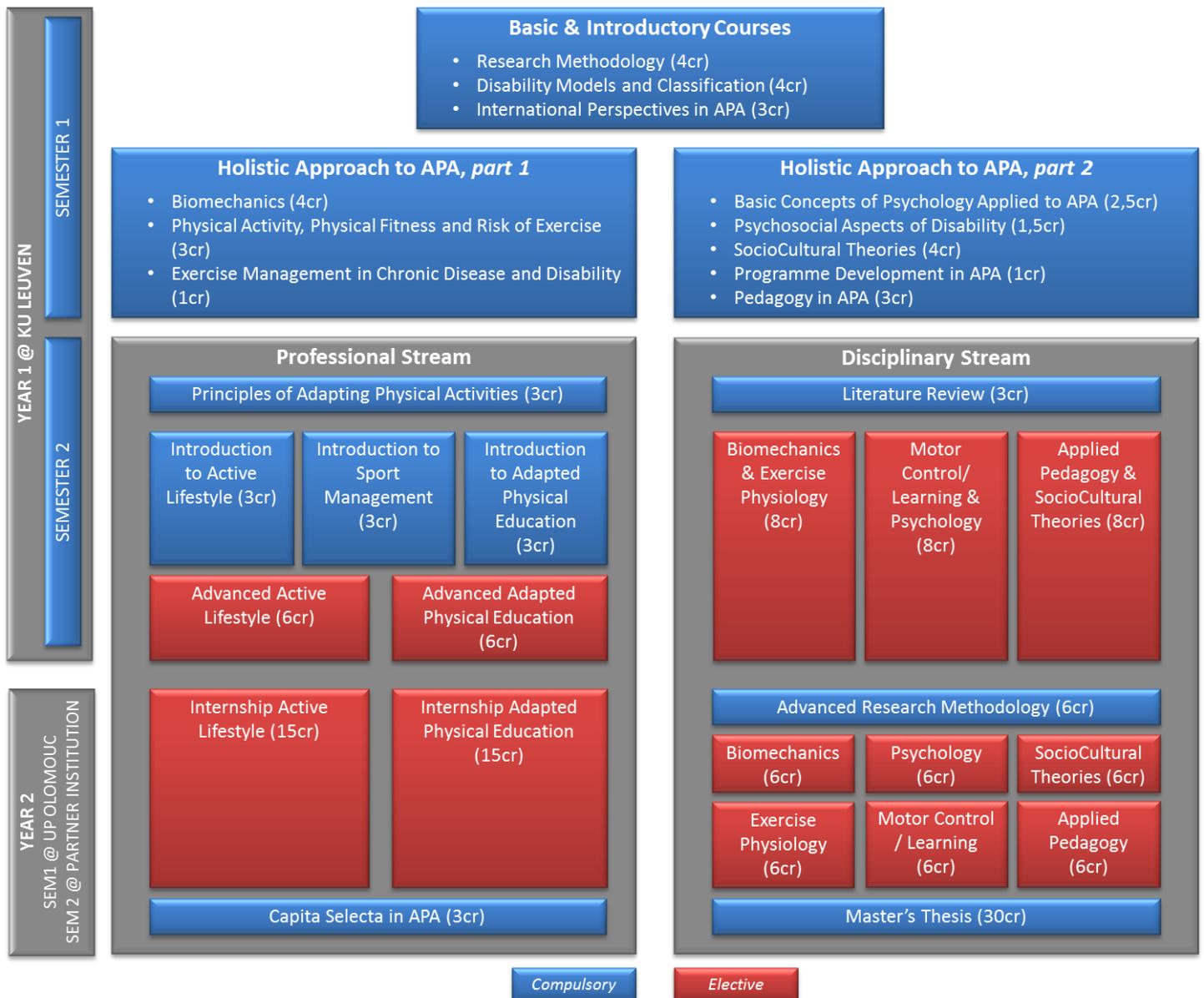
The professional aim of the programme is to educate competent and critical professionals, who are able to design and evaluate adapted physical activity programmes using an evidence-based approach for people with a disability across the life span. Adapted physical activity is a developing field and graduates will be considered as having the key abilities to advance and develop its scope. To address the wide application of the field, IMAPA offers generic tools to use exercise as an intervention, which can be translated into different contexts. To achieve this professional aim, the programme provides specialisation options to emphasise the competence to work in educational or active lifestyle settings, catering for students' special professional interest and potential work outflow.



The disciplinary aim of IMAPA is to educate people to conduct research in order to advance the field of APA. In addition, the programme offers scientific discipline specific specialisation (Biomechanics, Exercise Physiology, Psychology, Motor Control/Learning, Sociology and Pedagogy). As such, IMAPA provides basic scientific skills that will enable graduates to pursue an academic career or undertake further research or doctoral studies.

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.

The Curriculum



The first academic year takes place at KU Leuven (Belgium), in the second year the students will follow the first semester at the Palacky University of Olomouc (Czech Republic). The second semester of the second year will be completed at a partner university based on both the interests and specialization areas of the student. As such, IMAPA promotes the international exchange of ideas between professionals and future practitioners in Europe and from around the world, and therefore guarantees a flexible, custom made programme fine-tuned to the interest(s) of every individual student.

About KU Leuven

Situated in Belgium, in the heart of Western Europe, KU Leuven has been a centre of learning for nearly six centuries. Today, it is Belgium's largest university and, founded in 1425, one of the oldest and most renowned universities in Europe and the world. As a leading European research university and co-founder of the League of European Research Universities (LERU), KU Leuven offers a wide variety of international master's programmes, all supported



by high-quality,

innovative, interdisciplinary research. KU Leuven is a university with nearly 600 years of history and tens of thousands of students and staff. It is devoted to comprehensive and advanced scientific research and education and exercises an important position in and responsibility toward the world of science and society as a whole.



The Faculty of Kinesiology and Rehabilitation Sciences, an integral part of the Biomedical Sciences Group, offers educational programmes at the academic level leading to Bachelors and/or Masters Degrees. The faculty is located at the FaBeR-campus, where state of the art sports facilities are embedded in the beautiful green

environment of the Arenberg Park. Housing in the park provides the perfect mix for students from Belgium or abroad to study and live in an open en friendly community atmosphere.



Since its founding, KU Leuven has been based in the city that shares its name. Leuven is a pleasant, safe and bustling student town, where centuries-rich history meets cutting-edge science. Leuven is the capital city of beer, good taste and shopping enjoyment, but also the guardian of religious and cultural heritage and centre of expertise and innovation.



The Old Market



City Hall



"Fonske"

About Palacky University Olomouc



Palacký University, Olomouc is the oldest university in Moravia and the second-oldest in the Czech Republic. It was established in 1573 as a public university led by the Jesuit order in Olomouc, which was at that time the capital of Moravia and the seat of the episcopacy. After the Bohemian King Joseph II's reforms in the 1770s the university became increasingly state-directed, while today it is a public university.

The university is an example of an old university in a small town. The town of Olomouc has 100,000 inhabitants (and as many again in its suburbs), and some 25,000 university students (including those at Moravian College Olomouc), which is the highest density of university students in Central Europe. The town itself is very old and picturesque and it is surrounded by sports facilities and nature.



The Faculty of Physical Culture at Palacký University is one of the two youngest faculties of this ancient university. Over the past fifteen years of its existence, a new campus of the faculty – schoolrooms, halls of residence, catering centre – has grown on the outskirts of Olomouc.



From the town centre is only a few tram stops away. The students number more than two thousand, in full-time and part-time studies, training studies, licenced programmes, and lifelong study programmes.



The town of Olomouc with its cultural, military and ecclesiastical tradition is now mainly a town of education. The most important historical landmark is the Holy Trinity Column in Upper Square, since 2000 on the UNESCO list of World Cultural Heritage. Other colourful features in town are the early-Baroque Archbishop's Palace, where in 1948 Franz Joseph became Austrian Emperor, the Hradisko Monastery, and the six Baroque fountains, to which in this century a modern seventh fountain on the ancient Arion theme was added.



Student profiles

- **The APA omni-practitioner** is a full time student, and is registered for the 2 year full programme International Master in Adapted Physical Activity. This student receives a broad, holistic perspective on APA, while acquiring specific competences in a chosen professional formation (Active Lifestyle or Adapted Physical Education) and a combination of 2 complementary scientific disciplines (Biomechanics and Exercise Physiology or Motor Control / Learning and Psychology or Applied Pedagogy and SocioCultural Theories). As such, the student is prepared for a professional career in APA or to pursue further academic development (PhD). This student is registered for both years at KU Leuven, and receives a diploma “International Master in Adapted Physical Activity” upon completion of the 2 year program.
- **The PT, PE, OT, etc... student** is a full time student at any university and follows one or several course modules from IMAPA to fit within his/her study curriculum. The student is registered in his/her home university and follows the module(s) as an international exchange student. The student receives a diploma “Master in [...]”, follows the general courses in the home university, but receives the specific APA related competences through modules via exchange mobility and/or distance learning.
- **The PT, PE, OT, etc... practitioner** is a professional with a specific desire to gain competences in the specific APA topics of his profession. The practitioner becomes a part time student for one or more modules of interest and is registered at the host university via the credit contract system. Accreditation for this student profile is at present not foreseen, but the possibility of certification will be explored to validate the efforts, and acknowledge the enhanced competences of the practitioner.

Admission requirements

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

All applications are assessed according to criteria, which have been set and agreed by each representative of the Partnership Universities. These criteria include diploma and university, examination results, course and/or work experience in Adapted Physical Activity, research methodological background, motivation letter and letters of recommendation.

Language requirements

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 can be found via the following website: www.kuleuven.be/admissions/language/lang_test.html.

Tuition Fees

IMAPA students are registered at KU Leuven for both years of the program. The tuition fee at KU Leuven is 890 euro per academic year for full time students, and 560 euro for part time 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 travelling to and living in Leuven. For more information about the Palacky University of Olomouc, the city of Olomouc and for more practical and financial information about travelling to and living in Olomouc, -please visit the Palacky University website (<http://www.upol.cz/en/>).

Application and Deadline

Students who wish to enrol for IMAPA have to follow online application, which is available via the IMAPA website (www.erasmusmundus.be). 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 International Master Programme in Adapted Physical Activity.



The application deadline is 31 March for non-EU applicants, and 31 August for EU applicants.

The application procedure is free for EU applicants. An application fee of 75 EUR needs to be paid by all non-EU 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

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 programmes 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 IMAPA programme 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 programmes 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. IMAPA 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 persons with an impairment in career domains 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.

More Information

<http://www.erasmusmundus.be>

https://onderwijsaanbod.kuleuven.be/opleidingen/e/SC_51017069.htm

<http://www.kuleuven.be/admissions>

<http://www.kuleuven.be/english>

<http://www.upol.cz/en/>

Coordinators

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