

1. BASIC INFORMATION

Course	Module 8: Master's Thesis
Degree program	Master's Degree in Sports Training and Nutrition
School	Escuela Universitaria Real Madrid – Universidad Europea / Faculty of Medicine, Health and Sports
Year	First
ECTS	12
Credit type	Compulsory
Language(s)	English
Delivery mode	Face
Semester	Anual
Academic year	2025-2026
Coordinating professor	Mr. Guillermo Muñoz Andradás / Mrs. Krizia Radesca Fabiano / Mrs. Rebeca Benítez Valero / Mr. Martín Alejandro Festino

2. PRESENTATION

"Master's Final Project" is the last module of the program, with a value of 12 ECTS. This module concludes the entire training process of the Master's Degree in Training and Nutrition in an integrative and global way in the Project (Module 8: Master's Thesis),

Intended for the individual elaboration of a work in which two different routes can be chosen depending on the itinerary chosen by the student:

- Research profile: The Master's Final Project will consist of making a scientific article in paper format, previously or subsequently selecting a scientific journal to which it will be intended to be sent and adjusting it to the format requested by said journal.
- Research profile: The Master's Thesis will consist of a review of a specific area and subsequent assessment and more important conclusions of the state of the art.
- Professional profile: The Master's Final Project will consist of carrying out an assessment, programming, annual nutrition intervention or Sports Training prior to a scientific analysis of the objective to be developed, justifying its contents.

This project shall respect the requirements, procedures and deadlines described in the Master's Thesis provided to the student.

Once their project has been prepared, students must present it and defend it before a group of experts who will act as a Court.

The qualification of this Master's Final Project, will be in accordance with what is established by the court in the oral presentation and the quality of the work.

A control and custody of the TFM documents will be carried out jointly with the library
For the Data Protection Law of the studies and research carried out.

The development of the Master's Final Project will be carried out based on the knowledge acquired during the different modules, however, the student will always be guided by a director and / or co-director (doctor) who is the one who must authorize him to deliver his Work to the commission of the master's degree that will study and grade it. Once the Work has been accepted, the student will make his oral and public defense. The court will evaluate your presentation and may ask the questions it deems appropriate to the student, who will receive the corresponding grade.

3. COMPETENCIES AND LEARNING OUTCOMES

Core competencies:

- CB1. Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context.
- CB3. That students are able to integrate knowledge and face the complexity of formulating judgments from information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments.
- CB4. That students know how to communicate their conclusions – and the knowledge and ultimate reasons that support them – to specialized and non-specialized audiences in a clear and unambiguous way.
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Cross-curricular competencies:

- CT1. Creativity Create new ideas and concepts from known ideas and concepts, reaching conclusions or solving problems, challenges, and situations in an original way.
- CT2. Strategic communication. Transmit messages (ideas, concepts, feelings, arguments), both orally and in writing, strategically aligning the interests of the different agents involved in communication.
- CT6. Critical analysis. Integrate analysis with critical thinking in a process of evaluating different ideas or possibilities and their potential for error, based on evidence and objective data that lead to effective and valid decision making.
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Specific competencies:

- CE6: Design and develop research in the field of sport and nutrition, providing new knowledge in a specific area of scientific and social interest, respecting the limits of ethics and values.
- CE7: Lead research and development projects with the rest of the scientific community in a cooperative and multidisciplinary way.
- CE11: Acquire knowledge independently (autonomous learning).
- CE12. Communicate the conclusions of work and research to a specialized audience.

Learning outcomes:

- RA1. Perform bibliographic searches in specialized databases.
- RA2. Develop research projects.
- RA3. Solve problems or events that may arise during the development of research projects.
- RA4. Reflect on the treatment of the data obtained in work carried out in the field of training and sports nutrition.
- RA5. Use applied computer programs for the elaboration, development and presentation of research projects in the sciences of training and sports nutrition.
- RA6. Write and present results and conclusions of research projects or work carried out.

The following table shows the relationship between the competencies developed during the course and the learning outcomes pursued:

Competencies	Learning outcomes
CB1, CB3, CB4, CT1, CT2, CT6, EC6, EC7, EC11, EC12	RA1

CB1, CB3, CB4, CT1, CT2, CT6, EC6, EC7, EC11, EC12	RA2
CB1, CB3, CB4, CT1, CT2, CT6, EC6, EC7, EC11, EC12	RA3
CB1, CB3, CB4, CT1, CT2, CT6, EC6, EC7, EC11, EC12	RA4
CB1, CB3, CB4, CT1, CT2, CT6, EC6, EC7, EC11, EC12	RA5
CB1, CB3, CB4, CT1, CT2, CT6, EC6, EC7, EC11, EC12	RA6

4. CONTENT

The subject consists of a single learning unit, inspired by the methodology of the case and will consist of the individual elaboration of a work in the form of: 1) Review, 2) Experimental or research work and will be supervised by a doctoral tutor. The student has the possibility of enhancing their research character by carrying out their Master's Thesis in relation to research groups of the university, as well as external projects.

5. TEACHING-LEARNING METHODOLOGIES

The methodology of the learning process that will be followed during this master's degree is based on methods such as case studies, the discussion of practical examples and collaborative learning, where special emphasis will be placed on the coordination of the different members of a sports work team.

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
Guardianship	28 h
Elaboration of the TFM	270 h
Oral presentation of the TFM	2 h
TOTAL	150

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
TFM	30-70%
Oral and public presentation	30-70%

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you must complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

To pass the course in the first exam period, you must obtain a final course grade of at least 5 out of 10 (weighted average).

7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10 (weighted average).

The student must deliver the activities not successfully completed in the first exam period after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Participation in seminar	December
Elaboration of the TFM	Annual
Public exhibition of the TFM	July (ordinary call)
Public exhibition of the TFM	October (extraordinary call)

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

9. BIBLIOGRAPHY

The bibliographic search is part of the autonomous work of the student on the theme of the seminar. The teacher will be able to guide the student in this search.

10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students' inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by mean of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunity for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the "surveys" section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.