

## NOTICE

### COMPETITION FOR ACCESS AND ADMISSION TO THE CYCLE OF STUDIES OF PHD IN PHYSICAL ACTIVITY AND WELL-BEING – DAYTIME REGIMEN

2026/2027

The Polytechnic of Leiria (IPLeiria) informs that applications to the cycle of studies leading to the degree of PhD in Physical Activity and Well-Being are accepted for national and international students, under the conditions specified below (in accordance with Portuguese legislation):

#### 1. Number of vacancies

1.1. Total number of vacancies for the 2026/2027 academic year: 6

1.2. Number of vacancies for the 1st phase: 6

1.3. Number of vacancies for the 2nd phase: remaining vacancies

#### 2. Conditions of access and admission

2.1. The following may apply:

a) Holders of a master's degree or legal equivalent in the areas of Physical Education, Physical Education and Sport, Human Kinetics, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above;

b) Holders of a foreign higher academic degree, conferred following a 2nd cycle of studies organized according to the principles of the Bologna Process by a State adhering to the Process, in the areas of Physical Education, Physical Education and Sport, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above;

c) Holders of a foreign higher academic degree that is recognized as meeting the objectives of the master's degree by the Technical-Scientific Council of the School, in the areas of Physical Education, Physical Education and Sport, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above;

d) Holders of a bachelor's degree, holders of a particularly relevant academic or scientific curriculum that is recognized as attesting the ability to carry out this cycle of studies by the Technical-Scientific Council of the School where the

application was made, in the areas of Physical Education, Physical Education and Sport, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above;

e) Holders of an academic, scientific or professional curriculum, which is recognized as attesting the ability to carry out the study cycle by the Technical-Scientific Council of the School where the application was made, in the areas of Physical Education, Physical Education and Sport, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above;

2.2. The recognition referred to in points b) to e) of point 2.1 has the effect only of access to the cycle of studies leading to a doctoral degree and does not confer on its holder the equivalence to a master's degree or the recognition of such a degree.

#### 3. International Applicants:

3.1 International candidates are those who meet all the conditions expressed in the following paragraphs:

i) do not hold Portuguese nationality or nationality of one of the other Member States of the European Union;

ii) they are not family members of Portuguese or nationals of a Member State of the European Union<sup>1</sup>;

iii) they have not legally resided in Portugal for more than two years, uninterruptedly, on 01/01/2026, as well as the children who reside with them<sup>2</sup>;

iv) are not beneficiaries, on 01/01/2026, of equal rights and duties granted under an international treaty granted between the Portuguese State and the State of which they are nationals.

#### 4. Ranking criteria

4.1. Regarding the applications submitted under number 2.1, the classification to be attributed to the candidates, for ranking purposes, translates into an entire numerical scale from 0 to 200, according to the following expression:

---

<sup>1</sup> For these purposes, family members are those who are considered to be so under the terms of Law No. 37/2006, of 9 August, namely: i) the spouse of a citizen of the Union; ii) The partner with whom a citizen of the European Union lives in a de facto union, constituted in accordance with the law, or with whom the citizen of the Union maintains a permanent relationship duly certified, by the competent authority of the Member State where he resides;

<sup>2</sup> The length of residence in Portugal with a residence permit for study is not relevant for this purpose.

Classification =  $[(A/5 \times 0.2) + (B/20 \times 0.5) + (C/5 \times 0.2) + (D/20 \times 0.1)] \times 200$ , where "A" represents the proximity of the 2nd cycle course – Master's degree (and/or 1st Cycle – Master's degree Bachelor with a final average of the course equal to or greater than 16 points) to the 3rd cycle course to which he/she is applying, "B" the classification of the Master's and Bachelor's degrees or legal equivalent on a scale of 0 to 20 values, "C" the academic, scientific, technical and professional curriculum and "D" the quality of the Letter of Motivation and Commitment.

**4.2.** The specification of the evaluation criteria indicated above ("A", "B", "C" and "D") is at the end of the notice (Annex 1)

**4.3.** After applying the formula in point 4.1:

i) Candidates who obtain a classification lower than 95 points, on the entire numerical scale from 0 to 200, will be automatically excluded.

ii) In the event of a tie, criteria "B", "C" and "A" shall be applied successively, in this order, until necessary.

## 5. Application

**5.1.** The application must be submitted in <https://inforestudante.ipleiria.pt> and will only be considered valid after uploading the documentation contained in point 5.2 and paying the application fee within the established deadline.

**5.2.** Documents to be submitted<sup>3</sup>: The documents required for the instruction of the application process are constituted, under penalty of exclusion, and the documents indicated in the following paragraphs are considered mandatory, under penalty of exclusion:

a) Detailed Curriculum Vitae and other documents that the candidate considers relevant for the assessment of his/her academic, scientific, technical and professional merit (criterion "B"). All the information indicated in the application relevant to the assessment of this merit must be proven by the presentation of the respective certificates, otherwise it will not be considered in the evaluation of the respective application;

b) Civil identification document and tax identification number. Foreign applicants may present another civil

identification document indicating their nationality. If the candidate expresses his/her opposition to the reproduction/copy of the identification document, he/she must request an appointment with the Academic Services, within the deadline established for the application, to present the identification document in person;

c) Certificate(s) of qualifications, indicating the degree(s) with which he/she is applying and the respective final classification(s), to which he/she must add the respective duration, so that criteria "A" and "B" can be duly assessed. The candidate holding a foreign qualification must instruct the application with an official statement issued by the Higher Education Institution where he/she completed the academic degree, which includes the academic degree, the respective final classification, as well as the evaluation scale used.

d) Certificate of the subjects of the study cycles that the candidate holds, as well as the classification and respective credits;

e) Letter of motivation and commitment.

**5.3** Candidates not placed due to lack of vacancy will be called, in order of their classification, by the Academic Services to fill any vacancy that arises due to non-enrollment of any serial candidate, at no additional cost.

**5.4** Once all phases of the competition have been completed, applications may be accepted after the deadline, upon duly substantiated request, provided that the conditions for integration are verified.

## 6. Calendar and Enrollment

### 6.1. Timing

---

<sup>3</sup> You may be required to submit your originals at any time. For qualifications obtained abroad, the documents must be authenticated, under penalty of exclusion, by the official education services of the respective country and recognized by a Portuguese consular authority or bring the Hague Convention apostille. The same must apply to translations of documents whose original language is not Spanish, French, English or Italian (translation into one of these

languages is mandatory). Students must present a certificate issued by a competent authority attesting to knowledge of the language of the course, or equivalent, with a level equal to or higher than B2 (CEFR). If they do not present the certificate at the time of application, they may be submitted to a level assessment and may be required to reach this level within the deadline defined by the Scientific-Pedagogical Committee of the Cycle of Studies.

Period	1st Phase	2nd Phase
Application deadline	25.05.2026 – 26.06.2026	10.08.2026 - 11.09.2026
Publication of Results	03.07.2026	18.09.2026
Preliminary Hearing	06.07.2026 - 17.07.2026	21.09.2026 - 02.10.2026
Disclosure of the Definitive Ranking List	21.07.2026	06.10.2026
Enrollment and Registration	22.07.2026 - 29.07.2026	07.10.2026 - 14.10.2026

**12. Minimum number of students for the course to operate:** Not applicable.

**13.** Detailed information on objectives, study plan, access and admission conditions, selection and ranking criteria and operating conditions can be found in [www.ipleiria.pt](http://www.ipleiria.pt)

The President of the Polytechnic Institute of Leiria

Carlos Manuel da Silva Rabadão

**6.2.** Placed candidates who do not enroll within the established deadlines lose the right to the respective vacancy, but may reapply for the study cycle at a later stage, if it occurs.

**6.3.** The registration and registration of the International Student are only confirmed after a single payment corresponding to 40% of the total base tuition fee, plus the registration fee.

## 7. Crediting

Candidates may, under the terms provided for by law and in the regulations of the Institution, with a view to continuing their studies, request accreditation of training and professional experience, at the time of application.

## 8. Start of the course

1st Semester of 2026/2027, on October 23, 2026.

## 9. Regime and days of operation:

Regime: Daytime

Opening days: Fridays (9/6 pm) and Saturdays (9/1 pm)

**10. Prerequisites:** Not applicable

**11. Language used in the teaching of the school:**  
Portuguese / English

## Annex 1. Selection and ranking criteria

### 3RD CYCLE OF STUDIES LEADING TO THE PHD DEGREE IN PHYSICAL ACTIVITY AND WELL-BEING

#### SELECTION AND RANKING CRITERIA - ACADEMIC YEAR 2026/2027

**Criterion A) Weighting of the proximity of the 2nd cycle course – Master's degree (and/or 1st Cycle – Bachelor's degree with a final course average equal to or greater than 16 points) to the 3rd cycle course to which you are applying**

Points	Qualifications
5	Holders of a master's degree or legal equivalent in the areas of Physical Education, Physical Education and Sport, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above and a bachelor's degree, in the same areas, in degrees lasting more than 3 years
4	Holders of a master's degree or legal equivalent in the areas of Physical Education, Physical Education and Sport, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above and a bachelor's degree, in the same areas, in degrees lasting 3 years
3	Holders of a bachelor's degree in the areas of Physical Education, Physical Education and Sports, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above, in degrees with a duration of more than 3 years and with a final course average $\geq 16$ values
2	Holders of a bachelor's degree in the areas of Physical Education, Physical Education and Sports, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above, in degrees with a duration of 3 years and with a final course average $\geq 16$ values
1	Holders of an academic, scientific or professional curriculum, which is recognized as attesting to the ability to carry out this cycle in the areas of Physical Education, Physical Education and Sport, Human Motricity, Motricity Sciences, Sports Sciences, Physical Activity and Health or an area related to any of the areas mentioned above

**Criterion (B) Classification of the Master's and Bachelor's degrees or legal equivalent on a scale of 0 to 20 values.**

In case a candidate has master's and bachelor's degrees in the areas mentioned above, the grade in this criterion will result from the classification (from 0 to 20) obtained in the best of the bachelor's and/or master's grades.

In the case of holders of only a bachelor's degree, and with a particularly relevant academic or scientific curriculum that is recognized as attesting to the ability to carry out this cycle, the grade in this criterion will result from the classification (from 0 to 20) obtained in the best of the bachelor's grade(s) in the areas mentioned above.

Holders of an academic, scientific or professional curriculum recognized as attesting to the ability to admit will be assigned, for this purpose, a classification of 10 to 20 points.

**Criterion C) Academic, scientific, technical and professional curriculum**

Points	Curriculum
1 to 5	Among others, publications in JCR, SJR and other indexing journals, international and national communications, postgraduate courses, awards and distinctions.

**Observations:** in the analysis of this criterion, only situations duly proven by documentation will be considered.

**Criterion D) Letter of motivation and commitment**

The following will be evaluated, from 1 to 5 (for a maximum of 20 points):

- identification of the reasons for the application;
- availability and commitment to attend and complete them;
- relevance and relevance of the academic and professional path for the attendance of the doctorate;
- research interests in the area of the PhD in question, in conjunction with the available literature.

**Application grade (NC):** The application grade is a classification on a scale of 0 to 200, the result of which is rounded to the nearest tenth, considering as a tenth the value of not less than 0.05, calculated by applying the following formula:

—  $NC = [(A/5 \times 0.2) + (B/20 \times 0.5) + (C/5 \times 0.2) + (D/20 \times 0.1)] \times 200$

In the event of a tie, criteria B, C and A shall be applied successively, until necessary, in this order.