

STUDY PLAN

M.Sc. „Sport Science – Movement and Wellbeing“ (start: summer semester)

1st semester	<p>M1: Methodological and Epistemological Foundations (10 CP)</p> <p>a) Multi-variate Statistics and Data Analysis (LE, 3 CH, 4 CP) b) Gaining Knowledge in Science (L, 1 CH, 2 CP) c) Combined Qualitative and Quantitative Methods (LE, 1 CH, 2 CP) d) Test Theory and Questionnaire Design (LE, 1 CH, 2 CP)</p> <p><i>Examination: Written exam from a, b, c and d (60 min)</i></p>	<p>M 2A: Movement and Wellbeing Individually and Socially (8 CP)</p> <p>a) Health Systems, Public Health and Health Policy (L, 1 CH, 2 CP) b) Workplace Health Management and Health Promotion (L, 2 CH, 2 CP) c) Health Psychology (L, 1 CH, 2 CP) d) Nutritional Physiology (L, 1 CH, 2 CP)</p> <p><i>Examination: Written exam from a, b, c and d (60 min)</i></p>	<p>M 3A: Complex Systems and Sport Psychology (11 CP)</p> <p>a) Static and Dynamic Systems Theory (L, 1 CH, 3 CP) b) Holistic Diagnosis and Control of Performance (LE, 2 CH, 4 CP) c) Applied Sports Psychology (LE, 2 CH, 4 CP)</p> <p><i>Examination: Written exam from a, b and c (60 min)</i></p>	
2nd semester	<p>M 4A: Related Transdisciplinary Aspects (8 CP)</p> <p>a) Business Start-up (LSG, 1 CH, 2 CP) b) Neuroscience (LSG, 2 CH, 2CP) c) Personnel Management (L, 1 CH, 2 CP) d) Nutritional Concepts (L, 1 CH, 2 CP)</p> <p><i>Examination: Test portfolio from a), b), c) and d)</i></p>	<p>M 5A: Movement and wellbeing projects (11 CP)</p> <p>a) Movement and Wellbeing (P, 3 CH, 4CP) b) Applied Psychology (L, 2 CH, 4CP) c) Sport, Movement and Brain Activity (S, 1 CH, 3CP)</p> <p><i>Examination: Test portfolio from a) Written exam from b) and c) (60 Min).</i></p>	<p>M 6: Specialized Internship (16 CP)</p> <p>a) Internship (15 CP) b) Internship Colloquium (C, 1 CH, 1 CP)</p> <p><i>Examination: Internship report from a)</i></p>	<p>M 9: Key Qualifications (8 CP)</p> <p>a)+b) Elective Courses in the Areas of Social/ Methodological/Self-Competence, Competence to Act (1-2 CH, each 2 CP) c)+d) Scientific Foundations of Specialist Science in the Field of Study (1-2 CH, each 2 CP)</p> <p><i>Examination: None (ungraded module)</i></p>
3rd semester	<p>M 7A: Movement and Wellbeing in Ayurveda and Yoga (8 CP) (University India)</p> <p>a) Ayurveda and Yoga I (AS, 2 CH, 4 CP) b) Ayurveda and Yoga II (AS, 2 CH, 4 CP)</p> <p><i>Examination: Term paper from b)</i></p>	<p>M 8A: Movement and Wellbeing in Traditional Chinese Medicine (8 CP) (University Shanghai/China)</p> <p>a) Traditional Chinese Medicine and Qi-gong (AS, 2 CH, 4 CP) b) Traditional Chinese Medicine and Qi-gong II (AS, 2 CH, 4 CP)</p> <p><i>Examination: Term paper from a) or b)</i></p>	<p>M 10: Master's Thesis (32 CP)</p> <p>b) Colloquium (1 CH, 2 CP) a) Master's Thesis (25 CP) c) Oral Exam (5 CP)</p> <p><i>Examination: Master's thesis (6 months) and oral examination (30 min)</i></p>	
4th semester				

Abbreviations:

AS: Advanced Seminar | **C:** Colloquium | **CP:** Creditpoints | **L:** Lecture | **LE:** Lecture and Exercise | **LSG:** Lecture and Small Group | **P:** Project | **CH** number of contact hours per week

All Lectures are held in English. The examination can be done in German or English, according to the students' choice.