

# MASTER OF SPORT SCIENCE



## MOVEMENT AND WELLBEING

## INTERNATIONAL MASTER PROGRAM

**W**ellbeing is far more than the pure absence of illness. Thus, the goal of this Master's degree program is to provide students with a multifaceted education in many different disciplines.

As a member of this program, you will experience a very unique combination of disciplines that cannot be found anywhere else. Our hands-on, integrative Master's program focuses on the following aspects:

- Wellbeing
- Eastern movement culture and philosophy
- Methodology and Statistics, Neuroscience
- Nutrition

<b>FACTS</b>	Duration of study:	2 years
	Beginning of study:	Summer Semester
	Application deadline:	Oct. 1st – Nov. 15th
	ECTS credits:	120
	Language:	English (Level B-2)

Eastern movement traditions are also an integral part of the program. Along with Yoga and Qigong you will receive instruction in the fundamentals of Ayurveda as well as Traditional Chinese Medicine.

As a graduate, you can provide training in medical assistant professions, health management consulting, holistic diagnostics and therapeutic recommendations for athletes and patients.

“*My ambition after completing my Master's degree is to work in the field of rehabilitation. I would like to become a specialist in nutrition and integrated health.*”



# INTERNATIONAL MASTER PROGRAM MOVEMENT AND WELLBEING

## HEALTH AND NUTRITION

Two core disciplines of our new Master's program are those of Health and Nutrition. Nutrition is still an extremely underestimated factor in wellbeing (and disease) and will constitute one of the main parts of the program.



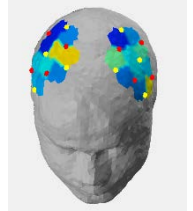
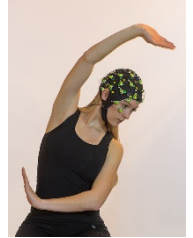
## WELLBEING

Our program will prioritize the acquisition and increase of knowledge concerning Health Psychology, Operational Health Management and Health Promotion as well as Movement and Wellbeing, Applied Psychology.



## EXTENDED METHODOLOGICAL, STATISTICAL AND NEUROSCIENCE PROGRAM

To qualify our students for an evidence-based scientific discourse with different aspects of health and wellbeing, one key focus of our program is extensive training in scientific methods ranging from neuroscience (psychophysiological data, brain stimulation, electroencephalography) to advanced statistical approaches (path analyses, time series, neuronal networks). Training in these disciplines will take place in modern facilities such as specialized kinesiological and neuroscientific laboratories.



## MODULES

Building on basic scientific skills, you will hear lectures about the multidisciplinary aspects of health and health-related issues while developing methodical and practical skills in our advanced courses. The course content for each semester is as follows:

1<sup>st</sup> sem.

**Methodological and Epistemological Foundations**  
**Movement and Wellbeing Individually and Socially**  
**Complex Systems and Sport Psychology**

2<sup>nd</sup> sem.

**Related Transdisciplinary Aspects**  
**Movement and Wellbeing Projects**  
**Key Qualifications**

3<sup>rd</sup> sem.

**Specialized Internship**  
**Ayurveda and Yoga** (in India: March/April)  
**Traditional Chinese Medicine and Qigong** (in China: Sep./Oct.)

4<sup>th</sup>

**Master's Thesis**

Germany

India

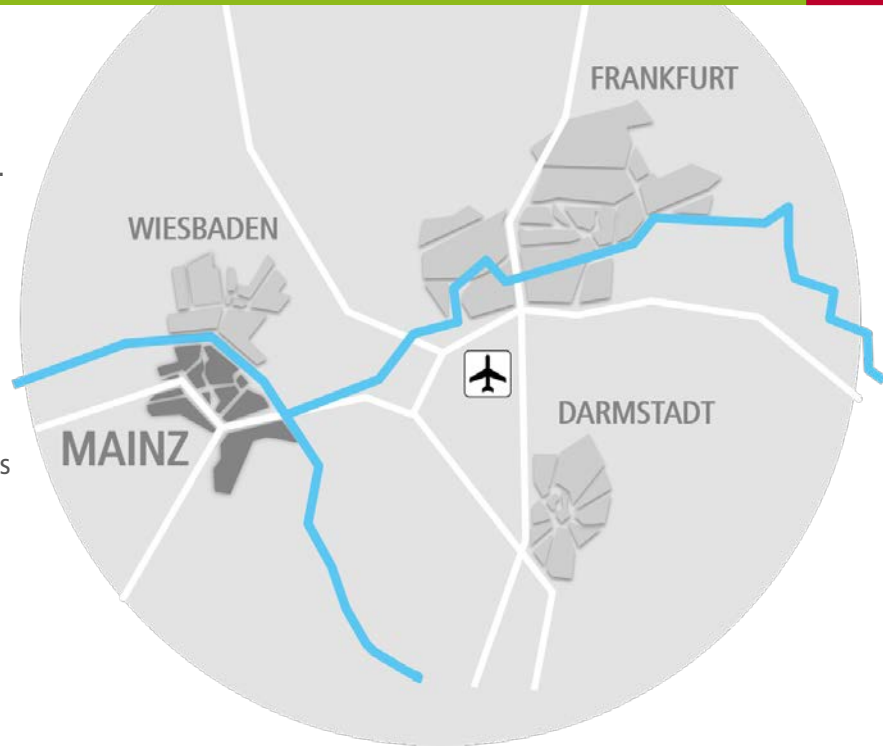
China

## GO INTERNATIONAL – STUDY ABROAD!

To encourage student enrollment from different countries and cultural backgrounds, the program will be conducted in English. An additional benefit to all students will be the opportunity to visit the Shanghai University of Traditional Chinese Medicine as well as the College of Naturopathy and Yogic Sciences in India.

**F**ounded in 1477 and with currently more than 31,000 students, the Johannes Gutenberg University (JGU) is amongst the oldest and largest universities in Germany. With its motto “The Gutenberg Spirit – **Moving Minds, Crossing Boundaries**”, JGU refers to the revolutionary innovation of its namesake Johannes Gutenberg: inventor of the modern printing press.

Located in the state capital of Rhineland-Palatinate, Mainz offers a wide range of activities such as sports venues, festivals, theater, wine bars, restaurants and a rich cultural exchange. Furthermore, students have access to free public transportation to nearby cities such as Wiesbaden or Frankfurt.



*Enjoy student life on campus!*



*Take a walk in the „Altstadt“ (old town)!*



*Check out the beautiful cathedral!*



*Visit the Christmas Market („Weihnachtsmarkt“) in December!*

## ENROLLMENT REQUIREMENTS

In order to enroll for the program, both English language proficiency (on a level B-2) and a Bachelor’s degree in Sport Science (B. A., B.Sc. or B.Ed.) are required.

For further information please see <https://movement-and-wellbeing.uni-mainz.de>



## CONTACT

Institute of Sport Science  
 Johannes Gutenberg University Mainz  
 Dr. Hendrik Beckmann  
 Albert-Schweitzer-Straße 22  
 55128 Mainz (Germany)  
 E-Mail: [hendrik.beckmann@uni-mainz.de](mailto:hendrik.beckmann@uni-mainz.de)  
<https://movement-and-wellbeing.uni-mainz.de>