

## Competences for the course of studies

Biological-medical correlations as well as behavioural and social sciences are the basis of this course. Thus, if you are interested in these as well as sports and enjoy working with people this course will be the right choice for you.

## Pre-requisitions

In order to take part in this course of study you will have to complete your bachelor studies or studies with an equivalent degree at either a university or an equivalent institution in Germany. Your bachelor degree has to be in either area of sports or health/medicine that is essential to the master studies (e.g. Qualified Sport Scientist, Bachelor in Sports Therapy, Bachelor in Physiotherapy). Teaching-related studies are excluded from this master course of study except for the subject combination P.E. and Biology. Moreover, you will have to complete an internship in a relevant area for 10 weeks and prove that your English language skills are on level C1 (as defined by the common European reference outlines for languages).

## Application for the course of studies

If you would like to study Integrative Sports, Movement and Health Sciences at the University of Potsdam, you should inform yourself about the application and enrollment process here:

[www.uni-potsdam.de/studium/zugang/bewerbung-master](http://www.uni-potsdam.de/studium/zugang/bewerbung-master)

The course of study starts in the summer semester only.

## Further information about the Department

You can find more information on the Department of Sports and Health Sciences at the University of Potsdam and a list of the entire professorships with their current research projects here: [www.uni-potsdam.de/dsg](http://www.uni-potsdam.de/dsg)

## Counselling and contact

### Consultation on the degree course

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### Central student advisory service

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Quellen: Professur Trainings- und Bewegungswissenschaften (Titel), Club Aktiv (Innenseite)



**INTEGRATIVE SPORTS, MOVEMENT AND HEALTH SCIENCES**

Master of Science

## Contents of the course of study

The master's course in "Integrative Sports, Movement and Health Sciences" features several researches and projects. These consolidate your specialized knowledge received during the bachelor studies, expand your analytical skills and develop your methodical know-how. The focus is on the mediation of health and sports science related knowledge in the area of therapy, prevention and rehabilitation.

Moreover, it is concerned with:

- The implementation of movement in everyday life as a positive effect on health
- The enabling and maintenance of health from a biological and social perspective
- The development and evaluation of intervention possibilities
- Recent German and English specialized literature

A central aspect is the acquisition of scientific competences which are mainly developed as parts of the projects.

The integrative approach is adopted on this occasion. The approach is concerned with medical and scientific aspects as well as social and behavioural sciences. Thus, it also includes physical, psychological and social health.



## Objective of the course and future field of work

The main focus of the interdisciplinary master's course are the empirical and evaluative competences. These enable you to deduce and evaluate relevant and substantiated therapeutic methods as adequate for individual as well as group-related measures.

Hence, you will be prepared for leading and/or scientific roles in the area of health-related professions, for instance in hospitals, rehabilitation clinic, in the area of sports medicine, in health centres, sports associations and health insurance companies, universities and colleges. As an expert for scientifically proven prevention, therapy and rehabilitation concepts you will find diverse possibilities in an increasingly significant segment of labour market. You are contributing to the health promotion of the population and thus to the positive development of the society.

## Structure of the course

You will render 120 credit points (CP) in four semesters. The course of study is organized modularly. Individual modules will be taught in English. The contents of the course will be taught thematically organized in different forms of study and teaching within the modules. You will render assigned credit points in each module as well as study achievements and examinations. Further information can be found in the study regulations:

[www.uni-potsdam.de/studium/konkret/rechtsgrundlagen/studienordnungen](http://www.uni-potsdam.de/studium/konkret/rechtsgrundlagen/studienordnungen)

Module	
Introduction I: Concepts and Determinants of Health	9 CP
Introduction II: Bio-psycho-social References to Health	12 CP
Research-Methodical Fundamentals: Research Paradigm and Scientific Working Method in the Area of Health	9 CP
Measuring and Evaluating Health	18 CP
Applied Consolidation: Intervention in Social-Medical Settings	12 CP
Scientific Internship for Empirical Research	15 CP
Scientific Internship for Health Services Research	15 CP
Master Thesis and Disputation	30 CP