

## Bachelor Sport and Exercise Science Subject to Accreditation – Start WS 2020

	<b>Module</b>	<b>ECTs</b>
Semester 1	Learning in Sport and Exercise Science	3
	Musculoskeletal Anatomy	5
	Fundamentals of Sport and Exercise Physiology	5
	Fundamentals of Testing and Training	7
	Sport Coaching and Leadership	5
	Fundamentals of Sport and Exercise Nutrition	5
		<b>30</b>
Semester 2	Advanced Sport and Exercise Physiology	5
	Advanced Testing and Training	5
	Sport and Exercise Psychology	5
	Functional Biomechanics	5
	Research Methods in Sport and Exercise Science I	5
	Professional Internship	5
		<b>30</b>
Semester 3	Business Administration in Sports	5
	Motor Control and Learning	5
	Health and Physical Activity Promotion	5
	Applied Sport and Exercise Physiology	5
	Applied Sport and Exercise Psychology	5
	Employability Skills for Sports & Exercise Professionals	5
		<b>30</b>
Semester 4	Strength and Conditioning	5
	Fundamentals in Marketing	5
	Management in Sport Business I	10
	Research Methods in Sport and Exercise Science II	5
	Professional Internship	5
		<b>30</b>

### Master Sport and Exercise Science

	Module name	Total ECTS	Course/topic	Detail ECTS	Form of instruction	Form of assessment
1 <sup>st</sup> Semester	<b>MSES01:</b> Introduction to Advanced Sport and Exercise Science	10	Introduction to advanced modules at master's level	10	Lectures	Coursework
	<b>MSES02:</b> Research Methods in Sport and Exercise Science	10	Conducting Research	4	Lectures	Coursework, Oral Assessment
			Qualitative Data Analysis	3		
			Quantitative Data Analysis	3		
	<b>MSES03:</b> Applied Sport and Exercise Psychology	10	Applied Sport Psychology	5	Lectures & Practical	Coursework, Written Examination, Oral Assessment
			Applied Exercise Psychology	5		
2 <sup>nd</sup> Semester	<b>MSES04:</b> Cardio-Vascular and Respiratory Testing and Training	10	Training Methods for Health and Performance	5	Lectures & Practical	Coursework, Oral Assessment
			Testing Methods for Health and Performance	5		
	<b>MSES05:</b> Tendon-Muscular-Skeletal Performance	10	Training Methods for Health and Performance	5	Lectures & Practical	Coursework, Oral Assessment, Practical Assessment
			Testing Methods for Health and Performance	5		
	<b>MSES06:</b> Central Nervous System Testing and Training	10	Methodological basis of central nervous system testing and training	5	Lectures & Practical	Coursework, Oral Assessment, Written Examination
			Practical application of central nervous system testing and training	5		
3 <sup>rd</sup> Semester	<b>MSES07:</b> Nutrition for Health and Sport	10	Nutrition for Health and Sport in Exercise Science	2	Lectures & Practical	Written Examination, Practical Assessment
			Nutritional Assessments	3		
			Supplements	2		
			Diet designs for health and performance	3		
	<b>MSES08:</b> Internship and Professional Development	20	Professional Development	2	Lectures & Practical	Coursework, Mock Job Application, Practical Assessment
Internship			18			
4 <sup>th</sup> Sem.	<b>MSES09:</b> Research Project	30	Research project	30	Independent study and supervision	Master thesis
<b>Total ECTS</b>				<b>120</b>		