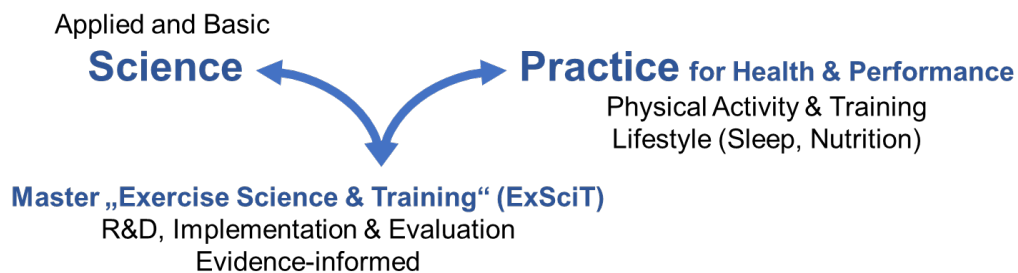


M.Sc. Exercise Science & Training

International Master of Science - “Exercise Science & Training”

At the intersection between science and practice, qualified professionals with different skills are needed, especially for the conceptual development, planning and dissemination of physical activity, training and other lifestyle (e.g., sleep, nutrition) processes into practice.

The development, implementation and evaluation of exercise and training to maintain and improve performance and health are important international research topics in different populations - from sedentary individuals to (high) performance athletes.



The aim of this master program is to qualify graduate students to design, implement and evaluate (advanced) evidence-informed frameworks for different target groups and individuals to regain, improve or maintain health or performance.

Key Facts

Degree Awarded	Master of Science
Standard Duration	2 years (4 Semesters), full time
ECTS	120
Location	University of Würzburg and online
Language	English (Master's thesis composed in English)
Application Deadline	June 15 th
Starting dates	Winter term (Mid October)
Responsibility	Prof. Dr. Billy Sperlich; PD Dr. Florian Engel

Target Group

The master program “Exercise Science & Training (MSc) aims at individuals who have a strong affinity at the interface between science and evidence-informed exercise practice in different populations. Students should have a special interest in scientific work as well as in training practice and lifestyle factors (e.g., physical activity, nutrition, sleep) related to health, fitness and/or competitive sports.

Qualifications

The aim of the master's program is to provide

- (1) students with in-depth knowledge of current models, theories, and methods in the context of sport and exercise science, and
- (2) skills to structure and critically assess methods and technologies to design, implement and evaluate training and lifestyle framework/concepts related to performance and health.

Courses and Structures

The courses include lectures, seminars, practical exercises in the laboratory and field and concludes with a master's thesis. The students are comprehensively trained through a close fit of theory and practice. The entire course is offered in English and is aimed at international and German students.

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Program Outline

1st Semester (Winter)			
Knowledge base in Exercise Science & Training for Health and Performance			
	Type	Hrs./Week	ECTS
Theories & Models	Lecture	2	5
Advanced Training Methods	Lecture	2	5
Influencing Factors	Seminar	2	5
Advances in Technologies	Seminar	2	5
Information Management	Seminar	2	5
Research Methods	Seminar	2	5
2nd Semester (Summer)			
Scientific Skills in Exercise Science & Training for Health and Performance			
Diagnostic Methods	Seminar	2	5
Monitoring Technology	Seminar	2	5
Research Projects Skills	Seminar	2	5
Data Analysis & Interpretation	Seminar	2	5
Science Communication	Seminar	2	5
Current Trends	Seminar	2	5
3rd Semester (Winter)			
Intervention & Implementation in Exercise Science & Training for Health and Performance			
Interaction of Science and Application	Seminar	2	5
Science Club	Seminar	2	5
Internship	Practical	2	10
Elective Subject: - Intervention & Implementation Project – Performance - Intervention & Implementation Project - Health	Project	4	10
4th Semester (Summer)			
Master Thesis			30
Total ECTS			120

Career Perspectives

The Master's program in Exercise Science and Training aims, to qualify graduates for an employment in leading positions at the interface between science and (sports) practice.

Career prospects with responsibility arise e.g., in health care providers, federations in (inter)national competitive and top-class sport, or in businesses with research and development targets. Typical job titles are "Science Coordinator", "Chief Science Officer", "Sports Performance Analyst" or similar.

The completion of the M.Sc. also allows to apply for doctoral studies.

Requirements

General requirements for application to the M.Sc. Exercise Science and Training at the University of Würzburg are:

- a) A bachelor's degree (acquisition of 180 ECTS credits) or a state examination
- b) Competencies from modules totaling at least 40 ECTS related to sport and/or sport science or movement science (including physiotherapy). To enable an uninterrupted transition from the bachelor's to the master's degree 30 ECTS suffice when the bachelor's degree is close to completion before application deadline.
- c) English language skills at level B2.

Application & Fees

The M.Sc. Exercise Science and Training starts each Winter Term (Mid October)

Application Dates can be found here"

<https://www.uni-wuerzburg.de/en/studying-at-jmu/studienangelegenheiten/dates-and-deadlines/>

Fees per Semester:

approx. EUR 146,- (including local and regional transportation)

For further details see: <https://www.uni-wuerzburg.de/en/studying-at-jmu/studienangelegenheiten/beitraegeundgebuehren/>

No tuition fees apply!

Funding scholarships (travel and expenses) for foreign students are available through the German Academic Exchange Service (DAAD). More information available at: <https://www2.daad.de/deutschland/stipendium/datenbank/en/21148-scholarship-database/?detail=50026200>

More information about studying at JMU:

<https://www.uni-wuerzburg.de/en/international/studying-in-wuerzburg/>

Student advisory service Exercise Science & Training

PD Dr. Florian Engel florian.engel@uni-wuerzburg.de

Julius-Maximilians-Universität Würzburg

Judenbühlweg 11, 97082 Würzburg

Consultation hours: Monday, Wednesday 12 - 13 or by arrangement

Email to Student Advisory Service: <https://www.uni-wuerzburg.de/international/startseite/>