

Physical Activity and Health (Master of Arts)

1. Description of the Programme

The International Master of "Physical Activity and Health" will provide graduate students with insight, knowledge, and experience in ways of promoting health through physical activity and exercise for the prevention and rehabilitation of diseases.

In small classes, the two-year programme emphasises how to conceptualise, implement, and evaluate intervention strategies for the promotion of physical activity. Through active participation, students gain knowledge and experience by:

- Conceptualising intervention strategies for the promotion of physical activity & public health policies.
- Implementing physical activity and health promotion measures within specific settings e.g., companies and schools, and for specific target groups like immigrants and older people.
- Developing and implementing measures for individual physical activity and health promotion programmes for specific people who are prone to certain diseases and health risks e.g., back pain, osteoporosis.
- Quality assurance and management of specific physical activity and health promotion measures.
- Scientific evaluation of specific physical activity and health promotion programmes.

2. Focus of the Programme

The MA programme provides in-depth knowledge / understanding in the following areas:

- Relationships between physical activity, exercise, and health
- Strategies on how to promote health among populations and sub-populations
- Setting up, implementing, and evaluating actions to promote physical activity and health
- First-hand research experience in the area of Physical Activity and Public Health
- First-hand research experience in the area of Rehabilitation and Disease Prevention
- Communication and management skills for working with organisations in the area of health promotion

The MA programme does not provide the following:

- Technical skills or coaching skills in various forms of exercise or sports
- Skills in the area of Physical Education
- Advanced skills in Sport Medicine or a licence to practice Sports Medicine
- Advanced skills in Physical Therapy or a license to practice Physical Therapy
- German language skills

German Language Classes

A basic knowledge of German is highly recommended to all students, especially for the project-based classes in the 2nd year (Module 10 and Module 15). All non-German speaking students are strongly encouraged to acquire a basic knowledge of German during their 1st year.

Among others, the Language Center of the University offers free German classes for all levels of proficiency. Faculty and staff of the MA Programme will assist students in finding a suitable language class and integrating it into their course schedule.

3. Educational Requirements

The international MA "Physical Activity and Health" programme is open for students with a **college or university degree** (BA as a minimum requirement).

Degrees from the following programmes will be accepted:

- A primarily health or physical activity focused programme (e.g., Diplom, Master or Bachelor in Sports Science, Medicine, Health Sciences, Physiotherapy) from a German or foreign university or college.
- Another programme (e.g., Diplom, Master or Bachelor in Psychology, Pedagogy and Sociology) with a focus on health or physical activity from a German or foreign university or college, or other comparable degrees.
- The degree should have been graded with a minimum grade of "good" or equivalent.

Language skills: English

All MA programme classes are taught in English. All non-native English speakers are asked to provide proof of proficient English language skills with a minimum **level of B2**.

4. How to apply

In general, the application period is from December to the end of April. **Please note: Only complete applications containing all required documents will be considered.**

The application review process involves two elements: First, a check of the applicant's suitability for the program, conducted by the Institute of Sport Science and Sport, and second, a formal review of the applicants' degree certificates conducted by the central university administration.

Step 1:

As a first step, you should send your application documents directly to the Institute of Sport Science and Sport. Please send your application as a hardcopy by mail. Do not send your application by e-mail or fax. The Institute will notify applicants by e-mail upon receipt of the application. Applications will be reviewed by the Institute within 4 weeks of receiving the complete application package. Applicants will be informed of the outcome of the evaluation process by e-mail.

Step 2:

As a second step, applicants who have passed the evaluation by the Institute of Sport Science and Sport will be asked to take part in the formal admission process conducted by the central university administration. This phase usually starts in February. Applicants will receive assistance guiding them through the formal application process.

The central university administration will conduct a formal check of the applicants' degree certificates. Applicants who pass this second evaluation process will receive an official letter of admission to the MA Programme.

For international applicants:

As international (i.e. non-European Union) students will need the formal admission letter in order to apply for a visa to Germany, these applicants are strongly encouraged to file their application with the Institute of Sport Science as soon as possible. If the application to the Institute of Sport Science and Sport (Step 1) is submitted later than in February, the full two-step application procedure may not be completed on time to receive a visa for the fall term.

Please mail the completed application form, along with all necessary documents, to:

Institute of Sport Science and Sport
c/o Barbara Dorn
Gebbertstr. 123b
91058 Erlangen
GERMANY

5. Contact

Institute of Sport Science and Sport
Gebbertstr. 123b, 91058 Erlangen

More information about the Master Programme:

Dr. Karim Abu-Omar
Room 00.616, Tel. 09131/85-25008
Gebbertstr. 123b
91058 Erlangen
karim.abuomar@sport.uni-erlangen.de

Examination Office (Master Programmes)
Halbmondstr. 6, Room 1.034, 91054 Erlangen,
Tel. 09131/85-24049
Office hours: mo. - fr. 8.30 - 12.00

6. Module Overview

The Master's programme includes a total of 120 credit points according to the European Credit Transfer and Accumulation System (ECTS). You can find more information about the goals and contents of the individual modules on:

<http://www.master.sport.uni-erlangen.de/ma/>

No.	Title	ECTS-Points	Term
1	Introduction to Physical Activity & Public Health	7,5	1
2	Health Enhancing Exercise I	7,5	1
3	Rehabilitation Science	7,5	1
4	Basics in Methodology	7,5	1+2
5	Communication and Cooperative Planning	7,5	1+2
6	International Physical Activity & Health	5	2
7	International Physical Activity & Public Health	5	2
8	Health Enhancing Exercise II	7,5	2+3
9	Conceptualization, Implementation, Evaluation I	5	2
10	International Internship	10	2+3
11	Public Health Diagnostics	5	3
12	Diagnostics/Assessment in Rehabilitation and Prevention	5	3
13	Conceptualization, Implementation, Evaluation II	10	3+4
14	Master-Thesis	30	3+4

More information:

Homepage of the Graduate Programme in Physical Activity and Health:

<http://www.master.sport.uni-erlangen.de/>

Examination and study regulations:

<http://www.uni-erlangen.de/universitaet/organisation/recht/studiensatzungen/>

More information on all fields of study, application, enrolment, career service...:

<http://www.uni-erlangen.org/studying/>

Student Service Centre (School of Humanities and Social Sciences, School of Theology):

<http://www.studienservicecenter.phil.uni-erlangen.de/>

University Calendar: <http://www.vorlesungsverzeichnis.uni-erlangen.de>