



# INTEGRATED SPORTS, MOVEMENT AND HEALTH SCIENCES

Master of Science

## Program Content

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

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.

## Program Objectives and Future Career Options

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.



This enables you to take up professional activities in non-university areas of health-related institutions, such as in hospitals, rehabilitation clinics, health centers, sports associations and in the areas of sports medicine, prevention, therapy and rehabilitation or health promotion in municipalities, states, clubs, associations and health insurance companies. With your work you make a contribution to the health promotion of the population and thus to the positive development of society that should not be underestimated. In addition to activities in non-university areas, you will also be qualified for further academic qualifications (doctorates) and work in universities and research institutions.

## Program Structure and Curriculum

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/en/studium/studying/legalfoundations/studyregulations](http://www.uni-potsdam.de/en/studium/studying/legalfoundations/studyregulations)

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

## Entry Requirements

The course is aimed at everyone who is interested in research and project-oriented training in the field of sports, exercise and health sciences.

## Application and Enrollment

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/en/studium/application-enrollment/application-master](http://www.uni-potsdam.de/en/studium/application-enrollment/application-master)

The course of study starts in the summer semester only.

# Admission Requirements

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 Rehabilitation/Prevention/Health Promotion, 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, applicants must demonstrate specific knowledge and competencies as part of their first professional qualification at the university level. Equivalence recognitions are possible. For specific questions regarding this, please contact the Departmental Student Advisor.

You can find the subject-specific admission requirements in the admission regulations:

[www.uni-potsdam.de/en/studium/studying/legalfoundations/zulassungsordnungen-fuer-master](http://www.uni-potsdam.de/en/studium/studying/legalfoundations/zulassungsordnungen-fuer-master)

## Further Information

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)



## Consulting/Contact

### Departmental Student Advisor

The Departmental Student Advisor is there for you.  
You can find our current contact information here:

[www.uni-potsdam.de/studium/beratung/  
studienfachberatung/integrative-sport-bewegungs-  
und-gesundheitswissenschaft](http://www.uni-potsdam.de/studium/beratung/studienfachberatung/integrative-sport-bewegungs-und-gesundheitswissenschaft)



### Central Student Advising

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[www.uni-potsdam.de/en/studium/  
advising-and-services/zsb](http://www.uni-potsdam.de/en/studium/advising-and-services/zsb)

