



Deutscher Akademischer Austauschdienst  
German Academic Exchange Service



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# Master's degree



## Master of Health Science – Prevention and Health Promotion

Technical University of Munich • München

### Overview

Degree	Master of Science
Teaching language	<ul style="list-style-type: none"><li>English</li></ul>
Languages	Courses are held in English.
Mode of study	Less than 50% online
Programme duration	4 semesters
Beginning	Winter semester
Application deadline	31 May for the following winter semester
Tuition fees per semester in EUR	2,000 EUR
Additional information on tuition fees	<p><a href="https://www.tum.de/en/studies/fees/tuition">https://www.tum.de/en/studies/fees/tuition</a></p> <p>The tuition fees for international students from third countries for this degree programme are <b>2,000 EUR per semester</b>.</p> <p>You can find all information on waivers and scholarships <a href="#">here</a>.</p>
Combined Master's degree / PhD programme	No
Joint degree / double degree programme	No
Description/content	<p>The students will deal with the biopsychosocial concept of health in greater depth. The study design follows the WHO definition of health: "A complete state of physical, mental, and social well-being, and not merely the absence of disease or infirmity". The focus thus lies on health promotion and prevention.</p> <p>This specialisation is a result of the development of the public health system. The demographic change, resulting from an increase in longevity, diseases of civilisation, and mental abnormalities, presents new challenges for employees in the health care sector. The importance of personal health and strategic interventions will increase. This requires the development of strategies for strengthening of individual resources, healthy nutrition, and age-appropriate physical activity. This multidisciplinary concept includes gender and diversity aspects and focuses not only on the individual but also on special groups, e.g. groups of employees in companies. This Master's</p>

programme not only provides theoretical knowledge of the sciences of nutrition, movement, and psychology, but also enables the students to work in interdisciplinary research projects with risk factors and patient groups with different diseases.

## Course Details

### Course organisation

The course of study consists of five central units:

1. Health science research
2. Research methods
3. Applied research
4. Complementary subjects
5. Master's thesis

Every unit offers tuition in specialist and methodological skills from different health sectors in order to provide access to prevention and health promotion by the combination of different disciplines in a holistic approach. Every unit combines theoretical knowledge with practical applications for different target groups.

1. The first unit runs over the course of two semesters. It fosters a concept of health promotion that exceeds disease prevention by strengthening personal resources as well as behavioural and environmental factors. Additionally, students can customise their studies in order to focus on a specialist area. These areas include "Physical Activity", "Nutrition", and "Psychology". Electives in these specialist areas provide the students with methodological knowledge in natural science and sociological prevention research and lead to practical applications in a scientific context in the following semester.

2. The second unit focuses on research methods. "Study Design; Ethics" provides a closer look at research and ethical guidelines from different scientific experts. The students may choose to enrol in "Advanced Statistics", "Qualitative Research Methods", or "Scientific Data Processing".

3. The third unit offers different electives. Besides transfer of knowledge and methodological testing, the students are given guidance in all the steps of their research projects in project teams. Two of the following fields of research may be chosen:

- Cardiovascular/Metabolic Health and Disorders
- Diversity and Health
- Mental Health and Disorders
- Neurological Health and Disorders
- Orthopaedic Health and Disorders

4. The fourth unit offers customised studies in "Complementary Subjects". These subjects prepare students for different professional settings. This unit allows specialisation in one professional context or the option of interdisciplinary courses.

5. After the fourth semester, the course of studies concludes with the Master's thesis. The thesis carries 30 credits and should be started after all modules from the first, second, and third semesters have been successfully passed. Maximum processing time is six months.

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### Integrated internships

No compulsory internship

### Course-specific, integrated German language courses

No

### Course-specific, integrated English language courses

No

## Online learning

### Pace of course

Instructor-led (Specific due dates for lectures/assignments/exams)

Phase(s) of attendance in Germany (applies to the entire programme)	Yes, compulsory
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Types of online learning elements	<ul style="list-style-type: none"> <li>• Access to databases with study material</li> <li>• Discussion forums and / or groups</li> <li>• Flipped Classroom</li> <li>• Online sessions</li> <li>• Online study material provided by institution</li> <li>• Online tutorials</li> <li>• Video learning (Pre-recorded videos, Vlogs, Video-Podcasts)</li> </ul>
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## Costs / Funding

Tuition fees per semester in EUR	2,000 EUR
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Additional information on tuition fees	<p><a href="https://www.tum.de/en/studies/fees/tuition">https://www.tum.de/en/studies/fees/tuition</a></p> <p>The tuition fees for international students from third countries for this degree programme are <b>2,000 EUR per semester</b>.</p> <p>You can find all information on waivers and scholarship <a href="#">here</a>.</p>
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Semester contribution	152.30 EUR per semester
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Funding opportunities within the university	No
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## Requirements / Registration

Academic admission requirements	<ol style="list-style-type: none"> <li>1. University Bachelor's degree with a minimum amount of six semesters, or an equivalent in a health science or related course of studies</li> <li>2. Advanced knowledge in English must be demonstrated (see below).</li> <li>3. Evidence of a successfully passed vocational internship (minimum of eight weeks) must be provided before taking up the Master's studies. Proof has to be given to the department's Student Advisory Office no later than five weeks after the start of lectures. The department's Examination Board examines vocational qualifications on the basis of the Professional Qualifications Directive. Internships passed during an undergraduate degree will be recognised.</li> <li>4. Applicants must successfully pass the selection procedure in order to be admitted to the programme.</li> </ol>
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Language requirements	<p>Advanced knowledge in English. Students whose native language or former language of instruction is not English will have to present results from a language test like TOEFL (minimum 88 points), IELTS (minimum 6.5), Cambridge Main Suite of English Examinations, or additional tests published on the TUM Matriculation Office's web page. University entrance qualifications (minimum 10 of 15 possible points) or Bachelor's studies examinations (minimum 20 credit points) in English-taught modules may also be recognised.</p>
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**Application deadline** 31 May for the following winter semester

**Submit application to** In order to apply at TUM, you need to open a TUMonline account:  
<https://campus.tum.de/tumonline/webnav.ini>.  
Our application wizard will guide you step by step through the online application procedure.

## Services

**Possibility of finding part-time employment** Part-time jobs and student jobs in industry and academia

**Accommodation** It's not easy to find a place to live in Munich – but it's not impossible either! The Technical University of Munich (TUM) supports students and staff in their search for accommodation, providing personal advice, in-house listings and useful information to ensure that you can quickly find a place to call your own.

**Support for international students and doctoral candidates**

- Buddy programme

## Contact

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Sport and Health Sciences

80333 München

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✉ [studienberatung.sg@tum.de](mailto:studienberatung.sg@tum.de)

🌐 Course website: <https://www.sg.tum.de/en/sg/study-programs/students/study-programs/master-courses-msc/msc-health-science-prevention-and-health-promotion/>

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# International Programmes in Germany - Database

[www.daad.de/international-programmes](http://www.daad.de/international-programmes)  
[www.daad.de/sommerkurse](http://www.daad.de/sommerkurse)

## Editor

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## GATE-Germany

Consortium for International Higher Education Marketing  
[www.gate-germany.de](http://www.gate-germany.de)

## Disclaimer

The data used for this database was collected and analysed in good faith and with due diligence. The DAAD and the Content5 AG accept no liability for the correctness of the data contained in the "International Programmes in Germany" and "Language and Short Courses in Germany".

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