



Table of Contents

Doctorate	2
Science and Health in Football • Saarland University • Saarbrücken.....	2

Doctorate



Science and Health in Football

Saarland University • Saarbrücken

Overview

Degree	PhD
In cooperation with	Close collaborations have been established with the University of Technology Sydney (UTS, Australia), University of Groningen (the Netherlands), Edith-Cowan University Perth (Australia), Centre Hospitalier de Luxembourg, and University of Basel (Switzerland). Doctoral students from Saarland University have the opportunity to earn a joint degree with either the UTS Sydney or the University of Groningen.
Teaching language	<ul style="list-style-type: none">English
Languages	Our primary language in the PhD programme is English. In addition to the mandatory English language skills, it is recommended to attend a German language course before the start (or during the initial stage) of the doctoral programme in Saarbrücken.
Programme duration	6 semesters
Beginning	Only for doctoral programmes: any time
Application deadline	Scholarship projects are usually advertised at the end of each year, with a deadline on 31 December. Students can always apply with self-funded PhD projects, as there are no deadlines for these applications.
Tuition fees per semester in EUR	None
Combined Master's degree / PhD programme	No
Joint degree / double degree programme	Yes
Description/content	<p>The international doctoral programme "Science and Health in Football" is hosted by the Institute of Sports and Preventive Medicine at Saarland University and funded by the German Football Federation (DFB). Close collaborations are established with the University of Technology in Sydney (UTS, Australia), the Edith-Cowan University in Perth (ECU, Australia), the Centre Hospitalier de Luxembourg (Luxembourg), the University of Basel (Switzerland), and the University of Groningen (The Netherlands). The programme aims to improve the scientific approach to football. In particular, the programme focuses on evaluating potential health benefits and further developing training standards and performance diagnoses for elite football players.</p> <p>The institute is a licensed FIFA (Fédération International de Football Association) Medical Centre of Excellence and a medical examination centre of the German Olympics Sports Federation (DOSB). Due to its long-term and extensive cooperation with the German Football Federation (DFB), it offers profound expertise in football science and medical care for athletes and patients.</p>

The programme covers the following disciplines: sports science, medicine, exercise physiology, and human biology. In addition to the thesis, PhD students will receive training in research methods, knowledge transfer, and teaching as well as practical work in patient health care and physical performance testing. Doctoral students will be awarded a PhD degree from Saarland University and have the opportunity to earn a joint degree with the University of Technology Sydney in Australia or the University of Groningen in the Netherlands.

Course Details

Course organisation	<p>The acquisition of a minimum of 35 credit points (CPs) is required as part of the PhD programme. Doctoral candidates can achieve the CPs in the following qualification areas: research-related training (graduate workshops, journal club, conference participations, review activities), training in transferable skills (language courses, teaching, transferable skills), and courses in cooperation with the Graduate Centre of the University (GradUS global) or the medical faculty.</p> <p>Organisation: Semester one: planning/preparing the project proposal, Basic German language course Semester two: preparing and conducting PhD data collection, teaching, attending conference(s), coursework Semester three: analysing PhD data (possibly publishing), teaching, coursework Semester four: publishing PhD results</p>
International elements	<ul style="list-style-type: none"> • International guest lecturers • Courses are led with foreign partners
Teaching/work obligations or opportunities	PhD students are obliged to teach the course "Science and Health in Football" in the German summer semester. The course includes one lecture and one seminar.
Course-specific, integrated German language courses	No
Course-specific, integrated English language courses	No

Costs / Funding

Tuition fees per semester in EUR	None
Semester contribution	319 EUR
Funding opportunities within the university	Yes
Description of the above-mentioned funding opportunities within the university	Up to two PhD scholarships (1,200 EUR/month, for three years) are usually advertised once a year.

Requirements / Registration

Academic admission requirements

In order to be considered for the programme, candidates must have completed (or be in the process of completing) a Master's degree or equivalent degree with a thesis in a field related to medicine, sports science, exercise physiology, human biology, or neighbouring fields. In rare cases, applications from excellent candidates with only a Bachelor's degree may also be considered for the programme.

The following pieces of information and documents are required

(1) Curriculum vitae

(2) Description of academic performance and research experience:

- Transcripts of records
- Certificates of your degrees (BSc, MSc, Diploma, Magister, Staatsexamen, etc.)
Please submit translated certificates if the originals are not written in English or German.
- Summary of research experience (e.g. description of activities or positions in research; list of published papers, conference attendance and presentations)
- An abstract of your graduation thesis in English

For the first application round, scanned PDF files of certificates are accepted. In the further application process, submission of legally certified transcripts is mandatory due to university regulations.

(3) Two letters of recommendation from two independent academics and/or practitioners within the field of sports science / sports medicine

(4) Letter of motivation

(5) A brief research proposal for the currently offered PhD project is preferable, but not required (mandatory for applications with self-funded or otherwise funded PhD projects).

Language requirements

For applicants who are non-native English speakers, it is necessary to demonstrate English knowledge by achieving adequate results in an internationally recognised test (TOEFL or IELTS test). Submitting detailed results of such tests is strongly recommended for non-native speakers. If previous studies were in English or if the applicant has already published in English, we might accept this as a demonstration of language proficiency.

Application deadline

Scholarship projects are usually advertised at the end of each year, with a deadline on 31 December. Students can always apply with self-funded PhD projects, as there are no deadlines for these applications.

Submit application to

Dr Sabrina Forster /
Maria Grammenou
Coordinators of the international PhD programme Science and Health in Football

Complete applications have to be submitted to the e-mail address as a single PDF file:
sabrina.forster@uni-saarland.de
and
maria.grammenou@uni-saarland.de

Services

Accommodation

Compared to other countries, students enrolled at German universities do not receive

accommodation. However, the institute offers to arrange short-term accommodation for the first one or two months of the programme. International students have the opportunity to either rent a room in a student residence or find private accommodation (single apartment or shared flats). Student accommodation provides either fully furnished rooms with shared bathrooms and kitchens or single/shared apartments with a bathroom and a small kitchen. Please note that the university only provides a limited amount of student residences, and these are usually very popular. Therefore, applications for a room/apartment have to be completed and sent back to the university by 15 July to be considered for the following winter semester.

Structured research and supervision	Yes
Research training / discussion	Yes
Support for international students and doctoral candidates	<ul style="list-style-type: none">• Welcome event• Accompanying programme• Cultural and linguistic preparation• Visa matters
Supervisor-student ratio	1:3

Contact

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🌐 Course website: <https://sportmedizin-saarbruecken.de/en/courses/international-phd-program-science-and-health-football>

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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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