



Deutscher Akademischer Austauschdienst
German Academic Exchange Service



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Master's degree



Sport Science – Movement and Wellbeing (MSc)

Johannes Gutenberg University Mainz • Mainz

Overview

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| Degree | Master of Science in Sport Science |
| Teaching language | <ul style="list-style-type: none">English |
| Languages | Courses are held in English only. |
| Full-time / part-time | <ul style="list-style-type: none">full-time |
| Mode of study | Fully on-site with voluntary online elements |
| Programme duration | 4 semesters |
| Beginning | Summer semester |
| Application deadline | 1 October to 15 November, for the start of studies in the following year |
| Tuition fees per semester in EUR | None |
| Combined Master's degree / PhD programme | No |
| Joint degree / double degree programme | No |
| Description/content | <p>From the point of view of human rights, human life goes beyond health without excluding or neglecting it. Whether wellbeing can be achieved without health or if wellbeing is even necessary for health is one of the problems to be discussed in this Master's programme. Furthermore, you will learn a variety of methods for achieving wellness related to movement, body-mind exercises, nutrition, and related activities as well as their cultural and philosophical backgrounds. The understanding of wellbeing and approaches for achieving this differs based on cultural backgrounds. Nonetheless, a growing number of studies reveal the parity of the different approaches at very different costs.</p> <p>A major goal of this Master's programme is to acquire a broad spectrum of non-invasive data collection methods and contemporary tools for data analysis in order to shed more light on the various approaches and the structures behind them and to compare them in terms of their effectiveness. Measuring brain states on the basis of the electro-magnetic and haemodynamic activity of the brain, effects on different heart beat dependent variables, changes of skin resistance, and variations in the infrared spectrum or the change in gas discharge are just a few examples that will be taught for precise diagnosis of changes related to wellness.</p> |

In addition to Western approaches, the traditional Chinese and Indian ways to wellbeing will be a focus of this Master's programme. In particular, we will spend some time studying Traditional Chinese Medicine and Ayurveda in China and India at our partner universities to bridge Eastern and Western thinking.

Course Details

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| Course organisation | <p>First semester:</p> <ul style="list-style-type: none"> • Methodological and Epistemological Foundations • Movement and Wellbeing Individually and Socially • Complex Systems and Sport Psychology <p>Second semester:</p> <ul style="list-style-type: none"> • Related Transdisciplinary Aspects • Movement and Wellbeing Projects • Key Qualifications <p>Third semester (study abroad):</p> <ul style="list-style-type: none"> • Movement and Wellbeing in Ayurveda and Yoga (Ujire, India: March/April) • Movement and Wellbeing in Traditional Chinese Medicine (Shanghai, China: September/October) • Specialised Internship <p>Fourth semester:</p> <ul style="list-style-type: none"> • Master's Thesis |
| Certificates for specific modules are awarded | Yes |
| International elements | <ul style="list-style-type: none"> • Courses are led with foreign partners |
| Integrated internships | <p>Internships can be completed at home and abroad, preferably at state-authorised and recognised institutions, and should be related to the Master's programme topic. The interns are supervised by the internship institution and a teacher of the Master's programme.</p> <p>The duration of the internship is 11 to 15 weeks (450 hours, i.e. 30 to 40 hours/week). The internship is completed during the third semester and can be completed as part of the stay abroad.</p> |
| Course-specific, integrated German language courses | No |
| Course-specific, integrated English language courses | No |

Online learning

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| Pace of course | Instructor-led (Specific due dates for lectures/assignments/exams) |
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Phase(s) of attendance in Germany (applies to the entire programme)

Yes, compulsory

Types of online learning elements

- Online study material provided by institution
- Video learning (Pre-recorded videos, Vlogs, Video-Podcasts)

Costs / Funding

Tuition fees per semester in EUR

None

Semester contribution

The Johannes Gutenberg University Mainz charges an administrative fee of approx. 350 EUR per semester. This includes a ticket for public transport, allowing you to use buses, trams, and the underground for free in Mainz and the surrounding area such as Frankfurt or Wiesbaden.

Funding opportunities within the university

No

Requirements / Registration

Academic admission requirements

Bachelor's degree

Applicants need to provide proof of a Bachelor of Arts or Bachelor of Education or Bachelor of Science degree from one of the following fields:

- Sport, Exercise or Sport Science or
- Social sciences or
- Health sciences or
- Life sciences or
- a degree from a domestic or foreign higher education institution that does not deviate significantly from the above

(Please note: Students without a Bachelor's degree in Sport, Exercise or Sport Science have to take up to three catch-up courses on sport science basics in the first year of study. Successful attendance of these courses must be proven by an examination which is completed with at least the grade "sufficient".)

Selection interview

In a selection interview (15 to 20 minutes), it is determined whether the applicants have sufficient motivation for the degree programme and whether there are any possible misconceptions regarding the requirements of the degree programme. In addition, the identification with the degree programme and the intended profession is ascertained. In addition to the interview behaviour of the applicants, the competence in dealing with open questions and problems from the sub-disciplines of sports science are also taken into account.

Places are allocated according to a ranking list. The applicant's place on the list is determined by the grade of the Bachelor's degree (70%) and the grade of the selection interview (30%).

English language skills at level B2 (see below)

Further prerequisites

For further prerequisites, please visit this website: <https://www.studium.uni-mainz.de/sport-science-m-sc-movement-and-wellbeing/>.

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| Language requirements | <p>Applicants must provide proof of English language skills at least at level B2 with one of the following certificates:</p> <ul style="list-style-type: none">• Proof of at least four years of school lessons, completed with at least the grade "sufficient"• University entrance qualification or undergraduate degree programme taught in English• "Test of English as a Foreign Language" (TOEFL) with a minimum total score of 213 (computer-based test, CBT), 79 (Internet-based test, IBT), 550 (paper-based test, PBT) - no more than three years old as of the application deadline• IELTS with a minimum total score of 5.5 – no more than three years old as of the application deadline• First Certificate in English (University of Cambridge ESOL Examinations) or higher (Advanced (CAE) oder Proficiency (CPE) – no more than three years old as of the application deadline |
| Technical equipment and programmes | <ul style="list-style-type: none">• Internet connection• Moodle• MS Teams |
| Application deadline | 1 October to 15 November, for the start of studies in the following year |
| Submit application to | https://jogustine.uni-mainz.de/ |

Services

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| Career advisory service | <p>The career service centre at Johannes Gutenberg University supports students and graduates in choosing a career, planning their professional future, and acquiring interdisciplinary skills. The centre offers a variety of services, such as counselling, workshops, and recruiting events. More information is available here.</p> |
| Support for international students and doctoral candidates | <ul style="list-style-type: none">• Buddy programme• Specialist counselling• Welcome event |
| General services and support for international students and doctoral candidates | <p>International Office: https://www.international-office.uni-mainz.de/</p> |

Contact

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🌐 Course website: <https://www.studium.uni-mainz.de/sport-science-m-sc-movement-and-wellbeing/>

Last update 17.05.2024 07:55:16

International Programmes in Germany - Database

www.daad.de/international-programmes
www.daad.de/sommerkurse

Editor

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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".

The publication is funded by the German Federal Ministry of Education and Research and by contributions of the participating German institutions of higher education.



Federal Ministry
of Education
and Research