UNIVERSITÄT DES SAARLANDES

Faculty of Human and Business sciences

Moduls: Master degree High-Performance Sport

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Table 1: Study organisation of the mandatory units of „*Generic aspects: Methodology and Basic Theories*“ (Man. = mandatory, WT = winter term, ST = summer tem).

Module	**Man**	**Regular study term**	**Module element**	**Type**	**Semester hours**	**CP**	**Regular cycle**
Research design and analysis	M	1	Advanced statistics	Ü	2	5	WT
	M	2	Applied statistics and research designs, empirical methods of social research	S	2	5	ST
SUMME					**4**	**10**	

Module	**Man**	**Regular study term**	**Module element**	**Type**	**Semester hours**	**CP**	**Regular cycle**
Evaluation, organisation and quality assessment	P	1	Evaluation and quality assessment	S	2	5	WT
	P	1	Organisational theories and problems of organisational management	Ü	2	5	WT
SUMME					**4**	**10**	

Table 2: Study organisation of the elective units in the core themes. Within the elective units “High-Performance Sports” students have to choose two core modules with a total of 40 CP. Core modules are always marked (E = elective).

MEDICINE AND EXERCISE PHYSIOLOGY IN HIGH-PERFORMANCE SPORT

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Medicine and physiology in high-performance sport	E	1	Athletes' musculoskeletal assessment	S	2	5	WT
	E	1	Advanced exercise physiology and sport medical care	S	2	5	WT
	E	2	Injury mechanisms, screening and prevention in high-perf. sport	S	2	5	ST
	E	2	Mechanisms of training adaptation	S	2	5	ST
SUMME					**8**	**20**	

SOCIO-ECONOMICS IN ELITE SPORTS

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Socio-economics of elite sports	E	1	Socio-economics in high-performance, economic and social conditions of sporting success	S	2	5	WT
	E	1	Doping world-wide: Current situation and reasons for doping	S	2	5	WT
	E	2	Doping prevention and education – an international task	S	2	5	ST
	E	2	Advanced research methods and statistics	S	2	5	ST
SUMME					**8**	**20**	

STRENGTH AND CONDITIONING IN HIGH-PERFORMANCE SPORT

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Strength and Conditioning	E	1	Biomechanics of strength and conditioning I	S	2	5	WT
	E	1	Biomechanics of strength and conditioning II	S	2	5	WT
	E	2	Training programs in high-perf. sports	S	2	5	ST
	E	2	Training and monitoring processes in an international context	S	2	5	ST
SUMME					**8**	**20**	

SPORT PSYCHOLOGY IN ELITE ENVIRONMENTS

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Sport psychology in elite environments	E	1	Coaching, communication and stress management	Ü	2	5	WT
	E	1	Skill acquisition in motor and cognitive domains	S	2	5	WT
	E	2	Elite performance in different life domains	S	2	5	ST
	E	2	Career transitions in professional sport in a global world	S	2	5	ST
SUMME					**8**	**20**	

Tabel 3: Study organisation of the elective units in the complementary modules to the core themes as well as the free elective modules. Within these elective units students have to choose two complementary modules to their core themes (recommendations are provided from the degree coordinator) with a total of 40 CP. Additionally, students have to choose two free elective units with a total of 40 CP.

MODULE: RECOVERY MANAGEMENT

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Recovery management in high-perf. sport	E	3	Recovery management and monitoring	S	2	5	WT
	E	4	Recovery strategies in different contexts and sports	S	2	5	ST
SUMME					**4**	**10**	

MODULE: APPLIED PRACTICE IN COACHING, PLANNING AND MONITORING

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Applied practice in high-perf. sport	E	3	Coaching the elite athlete: international experiences	S	2	5	WT
	E	4	Placement project in the high-perf. environment	S	2	5	ST
SUMME					**4**	**10**	

MODULE: TRAINING THE ENDURANCE ATHLETE

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Training the endurance athlete	E	3	The science of endurance training and performance	S	1	2	WS
	E	4	Planning and monitoring the athlete´s training response	S	2	3	SS
SUMME					**3**	**5**	

MODULE: SCIENCE AND MEDICINE IN FOOTBALL

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Science and medicine in football	E	4	Football science around the world	S	1	2	WT
	E	4	Current questions in international football science	S	2	3	ST
SUMME					**3**	**5**	

MODULE: SPORTS NUTRITION

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Sports nutrition	E	3	International questions in elite sports nutrition	S	2	5	ST
SUMME					**2**	**5**	

MODULE: TALENT IDENTIFICATION AND DEVELOPMENT

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Talent identification and development	E	3	Talent identification and development in an international context	S	2	2	WT
	E	4	Sport structures and regulations – international perspectives	S	2	3	ST
SUMME					**4**	**5**	

MODULE: PHYSICAL EXERCISE AND MEASUREMENT

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Physical exercise and measurement	E	3	International performance analysis and diagnostics	S	2	5	WT
	E	4	Testing the elite athlete: a global perspective	S	2	5	ST
SUMME					**4**	**10**	

MODULE: DIAGNOSTICS AND TRAINING IN SPORT PSYCHOLOGY

Module	Man.	Regular study term	Module element	Type	Semester hours	CP	Regular cycle
Diagnostics and training	E	3	International diagnostics in psychology	S	2	5	WT
	E	4	Current challenges in sport psychology during training and competition	S	2	5	ST
SUMME					**4**	**10**	

Table 4: Modules internship (free elective modules; not marked).

MODULE: INTERNSHIP/RESEARCH PROJECT

Module	Man.	Regular study term	Module element	Type	Semester hours	CP
Internship	P	4	minimum 4-week internship	I	-	10
SUMME					**-**	**10**

Module	Man.	Regular study term	Module element	Type	Semester hours	CP
Research project	W	4	minimum Research project	RP	-	10
SUMME					**-**	**10**

Table 5: Module Master´s Thesis

MODULE: MASTERTHESIS						
Modul	**Verb.**	**Empfohl. Semester**	**Lehrveranstaltung**	**Art**	**SWS**	**CP**
Master´s Thesis	W	4	Master´s Thesis	P	-	20
SUMME					**-**	**20**