



› Research

The bachelor degree enables students to develop their own research objectives using appropriate study designs. Students will be trained in data collection, data analysis and the presentation and documentation of their research findings. The program differentiates between two main research areas:

Health:

Lack of physical activity and poor diet represent major ‘civilization diseases’. As a systematic approach for prevention, therapy and rehabilitation, physical exercise offers a unique prospect to address these modern society health problems.

Expertise:

Psychological and physical conditions of elite sports and potential performance improvements initiated through training and interventions are a focus in the expertise research strand.

Excellent study and working opportunities in our scientific labs are offered in each research area. International cooperations with various universities worldwide can be utilised to enhance the learning and research process.

We actively encourage international students and students with a handicap to apply.

› Figures & Facts

Start: each winter term

Participation is limited to 30 students

Duration: 6 terms, 3 years

Enrollment fee: 0,00 €

Administration fee (including e.g. regional transport tickets, reduced prices): 200€

› Enrollment

Admission qualifications:

- (1) General qualification for university entrance (e.g., Abitur, Matric or equivalent qualifications).
- (2) As 80-90% of the lectures are held in English, good to excellent English skills are required.
- (3) A personal interest in critical thinking and scientific research methods within the field of sports and exercise sciences.

› Contact for further information

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Design: Markus Jürgens, media lab IFS



Bachelor of Science „Human Movement in Sports & Exercise“



institute of
sport and
exercise sciences



› General Information

The University of Münster (WWU) is one of the **largest universities in Germany**. The WWU is currently placed at 101-150 in the international Shanghai Ranking.

The Institute of Sport and Exercise Sciences is one of the **leading sport science research and teaching organisations** with cutting edge research facilities in Germany and takes one of the top places in the CHE ranking.

The campus provides **excellent training facilities** with a modern sports hall and a new track and field stadium as well as numerous other facilities. A new Centre for Health and Performance in Sports is under construction.



Institute Director
Prof. Dr. Heiko Wagner



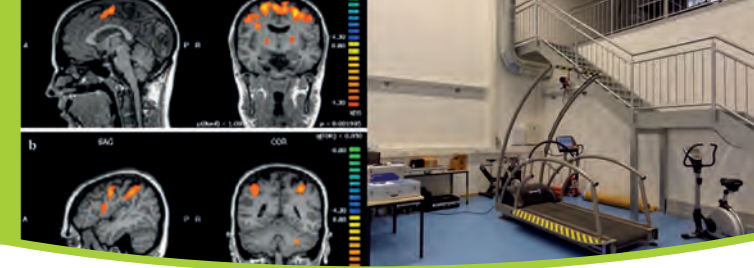
Program Director
Prof. Dr. Karen Zentgraf



› Studying

The aim of the bachelor degree is a **multidisciplinary approach to human movement and exercise**. Students acquire sound scientific knowledge and expertise in research methodologies within the field of human movement and exercise sciences.

- M1: Basic Module*
- M2: Lecture Module*
- M3: Professional Acting in Elite Sports*
- M4: Research Design and Statistics*
- M5: Neuromotor Control and Modeling*
- M6: Gender and Diversity*
- M7: Internship in Sport and Exercise Organisations*
- M8: Sport Psychology*
- M9: Neurocognition and Performance*
- M10: Data Acquisition and Data Analysis*
- M11: Professional Acting in Health Sports*
- M12: Experimental Research Project*
- M13: Scientific Internship*
- M14: Supervision and Coaching*
- M15: Final Module*



› Job

The bachelor degree enables graduates to work in areas which require the application of scientific expertise. Graduates will have the opportunity to postgraduate qualifications, such as a Master Degree and a PhD. These are essential to pursue a university career.

The development of health-related programs, new sporting technologies, and diagnosis of potentials in elite sports using methods such as biomechanical modeling and neuroscience approaches, are contents of this degree. Internships enable an early career orientation and provide contacts to potential employers.



We are happy to welcome you in Münster!

