



Study **Sports Science: Fitness & Health, BA** at the UE

Start your career in the sport and health industry.



Why the UE?

The programme design of sports science consists of two bachelor programmes, Training and Performance and Fitness and Health. The core of both programmes forms the basis of sports science and is complemented by knowledge about the professional field of sports science. Our sports studies programme includes an integrated semester abroad and is unique in the German-speaking world.

Our teachers come from the sports industry, holding sports science qualifications. The programme has a focus on fitness and sports health with topics such as sports pedagogy, sports medicine and sports psychology as well as occupational health management and current topics such as regeneration management and digital technologies in sports.



Degree:
Bachelor of Arts (BA)

Duration and credits:
6 semesters, 180 ECTS

Start:
Winter semester - September

Language:
German

Location:
Iserlohn

Admission requirements:

- **General higher education entrance qualification or entrance qualification for studies at universities of applied sciences including practical part**
- **Participation in the admission procedure**
- **Proof of sports aptitude**



Perspectives at the UE

The programme is offered at the Seilersee sports campus in Iserlohn. In cooperation with our partners, this campus has an exceptional, central infrastructure of sports facilities, which ensure a high-quality sports science education.

Our programme prepares students for various jobs in health and fitness sports, such as counselling, education, coordination or training at sports associations, health insurance companies, rehabilitation facilities, practices and companies in the sports industry.

All advantages at a glance

- A wide range of sports on offer in the immediate vicinity, both indoor and outdoor
- Study abroad in the fifth semester
- Two integrated internships
- Unique opportunities to build up contacts during your studies
- Taught by industry experts in science and practice
- Individual support in small learning groups
- Support with applications and job placements through our Career Centre.

Short Curricula

1st -2nd semester	3rd - 4th semester	5th semester	6th semester
<ul style="list-style-type: none"> • Introduction to sports anatomy and sports medicine • Training science basics • Communication in sport • Fundamentals of Health Sciences • Biomechanics and orthopaedics <p>Internship 1</p>	<ul style="list-style-type: none"> • Disease prevention and health promotion • Special features and target groups, such as training for children, young people and senior citizens • Technology and innovations • Organisations and quality in fitness and health sport <p>Internship 2</p>	<ul style="list-style-type: none"> • Internship or semester abroad 	<ul style="list-style-type: none"> • Medical fitness and prevention • Nutrition and lifestyle • Settings in fitness and sports health • Bachelor's thesis

Contact

