

Study  
**Sport Science: Training  
& Performance, BA**  
at the UE

Train the athletes of tomorrow and start your career in sport.



**TOP 10**  
in Business  
Studies  
at private universities  
in Germany.\*  
\* multirank 2020

## 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 professors bring a wealth of practical experience and have a background with a focus on performance and health sports, such as sports pedagogy, sports medicine, sports psychology and health management as well as regeneration management or digital technologies in sport.



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

Become an expert in international elite sport. Train top athletes and young athletes in preparation for international competitions.

At the University of Europe for Applied Sciences (UE) you can study Numerus Claus (NC) free and through an integrated semester abroad, you can also enter the international sport arena with confidence. Our programme prepares you for various jobs in health and competitive sports, such as counselling, training, coordination, training with 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"> <li>• Introduction to sports anatomy and sports medicine</li> <li>• Training science basics</li> <li>• Sports pedagogy</li> <li>• Concepts of training methodology</li> <li>• Physiological and internal fundamentals of competitive sport</li> </ul> <p><b>Internship 1</b></p>	<ul style="list-style-type: none"> <li>• Psychology in sport</li> <li>• 5 Pedagogical and organisational aspects of competitive sport</li> <li>• Sociology of Sport and Management</li> <li>• Diversity and Teams</li> <li>• Development and talent potential in competitive sport</li> </ul> <p><b>Internship 2</b></p>	<ul style="list-style-type: none"> <li>• Internship or semester abroad</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition and lifestyle</li> <li>• Health and doping</li> <li>• Diagnostics and Training in Competitive Sports</li> <li>• Bachelor's thesis</li> </ul>

# Contact

