

**Subject-Specific Provisions  
for the Master of Science Degree Programme  
in Exercise Science and Training  
(120 ECTS credits)**

at Julius-Maximilians-Universität Würzburg (JMU)

dated 15 February 2023

(This document is available for download at [https://www.sportwissenschaft.uni-wuerzburg.de/fileadmin/06080000/2023/FSB\\_Master\\_Exercise\\_Science\\_and\\_Training\\_Appendix\\_231031.pdf](https://www.sportwissenschaft.uni-wuerzburg.de/fileadmin/06080000/2023/FSB_Master_Exercise_Science_and_Training_Appendix_231031.pdf))

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Art. 13 (1) Sentence 2, in conjunction with Art. 58 (1) and Art. 61 (2) Sentence 1 *Bayerisches Hochschulgesetz* (Bavarian Higher Education Act, BayHSchG) dated 23 May 2006 (*Bayerisches Gesetz- und Verordnungsblatt* (Bavarian Law and Ordinance Gazette, GVBl) p. 245, *Bayerische Rechtssammlung* (Collection of Bavarian Laws, BayRS) 2210-1-1-WFK) as amended from time to time forms the framework for the following subject-specific provisions decreed by Julius-Maximilians-Universität Würzburg, which are hereby announced:

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## **Part 1: General Provisions**

### **Section 1 Scope**

These subject-specific provisions (FSB) supplement the general academic and examination regulations for Bachelor's and Master's degree programmes (ASPO) at Julius-Maximilians-Universität Würzburg (JMU) dated 1 July 2015 as amended from time to time.

### **Section 2 Aims and Objectives of the Degree Programme**

<sup>1</sup>The Master's degree programme in Exercise Science and Training leading to the degree of Master of Science (MSc) is offered by the Faculty of Human Sciences at JMU in the framework of a consecutive Bachelor's/Master's model. <sup>2</sup>The Master of Science degree is a further professional and research-oriented university degree. <sup>3</sup>Potential areas of employment for graduates from the Master's degree programme in Exercise Science and Training include the conceptual design of exercise and training processes as well as careers at the interface of the science and the practice of sport (e.g. in regional or national sports federations, umbrella associations, preventative healthcare or convalescent care centres, sports clubs or at sporting goods manufacturers). <sup>4</sup>Another potential area of employment is academic research and teaching.

(2) The Exercise Science and Training programme has been designed in English and is therefore taught in English in compliance with Section 12 (3) and Section 19 (5) ASPO.

### **Section 3 Start, Structure and Standard Length of Programme**

(1) The Master's degree programme in Exercise Science and Training offers winter intake only.

(2) <sup>1</sup>The programme is structured as follows:

<i>Area or sub-area</i>	<i>ECTS credits</i>	
Mandatory courses	80	
Mandatory electives	10	
Master's thesis	30	
<i>Total</i>	120	

(3) The standard length of programme for the MSc in Exercise Science and Training is four semesters, in which students will have to earn a total of 120 ECTS credits.

### **Section 4 Prerequisites for Admission to the Programme, Recommended Fundamental Knowledge and Skills**

(1) Admission to the Master's degree programme in Exercise Science and Training is conditional on the following prerequisites (to be met cumulatively):

- a) A Bachelor's degree (180 ECTS credits) completed at JMU or another higher education institution in Germany or abroad or an equivalent German or foreign qualification (e.g. state examination) and
- b) Proof of having earned at least 40 ECTS credits in total for modules with a focus on sports and/or sports science or kinesiology (including physiotherapy) according to the ECTS credit scheme used at JMU for Bachelor's programmes or – in the case of programmes not modularised within the meaning of the ECTS – proof that the applicant possesses knowledge and skills on a corresponding scale (usually acquired in the framework of the first degree indicated under Letter a)). The required knowledge and skills can be developed, for example, by studying the Bachelor's programme in Sport Science (Focus on Health and Movement Pedagogy; 75 ECTS credits) or studying for a teaching degree for *Grundschule, Mittelschule, Realschule* or *Gymnasium* schools with physical education studied as an *Unterrichtsfach* subject (subject studied with a focus on the academic discipline) at JMU; and
- c) Suitable proof of English language proficiency at least to level B2 of the Common European Framework of Reference for Languages (CEFR), for example:
  - aa) Test of English as a Foreign Language (TOEFL) with a minimum of 72 points (internet-based TOEFL test) or with a minimum of 550 points (paper-based TOEFL test) or
  - bb) International English Language Testing System (IELTS) with a result of 6.0 or higher or
  - cc) Cambridge First Certificate in English (FCE) or
  - dd) A grade in English of at least 'satisfactory' (*befriedigend*; equivalent to at least 7 out of 15 points) as part of a German higher education entrance qualification or a foreign higher education entrance qualification with proof of English language proficiency which is at least equivalent to the above-mentioned higher education entrance qualification.

(2) <sup>1</sup>Applications for admission to the Master's degree programme in Exercise Science and Training for the following semester must be submitted to the chairperson of the examination committee by 15 July for winter intake in the form and by the closing date specified by the examination committee (cf. (4)) for the Master's degree programme in Exercise Science and Training; in particular, an electronic application procedure via the relevant JMU websites may be foreseen here. <sup>2</sup>Should there be reasons beyond the applicant's control, the documents referred to in (3) No. 1 Letter a) may be submitted later and by 15 September at the latest for winter intake in order to be granted final admission to the Master's degree programme in Exercise Science and Training. <sup>3</sup>In the event that the

applicant cannot meet the closing date (e.g. because the Bachelor's degree certificate has not yet been issued), the only remaining option shall be admission subject to a resolutive condition in accordance with (7).

(3) <sup>1</sup>Applications must include:

1. Academic achievements from the first degree as specified in (1) Letter a)
  - a) Proof of a university degree or an equivalent qualification (in the case of applications for final admission to the Master's degree programme); or
  - b) Proof of 150 ECTS credits or – in the case of programmes not modularised within the meaning of the ECTS – academic achievements on a corresponding scale (in the case of applications for admission to the Master's degree programme subject to a resolutive condition).
2. Course and examination achievements
  - a) A transcript of records (overview of course and examination achievements) detailing the modules passed in relation to the Exercise Science and Training programme and the examination achievements attributed to them, including the ECTS credits and grades awarded and, if applicable, accredited examination achievements; or
  - b) In the case of applications for admission to the Master's degree programme subject to a resolutive condition, a provisional overview of course and examination achievements with the details referred to above.
3. Proof of English language skills as specified in (1) Letter c).

<sup>2</sup>Upon request from the examination committee, additional proof of the knowledge and skills referred to in (1) Letter b) may need to be provided, e.g. module descriptions.

(4) <sup>1</sup>The examination committee for the Master's degree programme in Exercise Science and Training decides whether the applicant fulfils the requirements listed in (1) Letter a) as well as whether the applicant possesses the required minimum knowledge and skills ((1), Letter b)). <sup>2</sup>The provisions of Section 14 ASPO apply mutatis mutandis. <sup>3</sup>When deciding on the equivalence of first degrees with the above-mentioned reference qualification as well as for verifying the required minimum knowledge and skills and their scale (in particular in the case of non-modularised programmes), the principle of reverse burden of proof and the obligation to establish equivalence shall apply in accordance with Art. 63 BayHSchG, insofar as there are no significant differences with regard to the knowledge and skills acquired (learning outcomes). <sup>4</sup>Even if the conditions set out in (1) Letters a) and b) are met, the examination committee may, in individual cases, recommend that the applicant complete additional Bachelor's level modules.

(5) <sup>1</sup>In the case that the requirements set out in (1) Letter a) and/or b) are not met, admission to the Master's degree programme in Exercise Science and Training is not possible, unless

admission to the Master's degree programme is possible in accordance with (7). <sup>2</sup>If admission is not possible, applicants will receive corresponding notification stating the reasons for the decision and instructions on the available legal remedies.

(6) If the requirements set out in (1) Letters a) to c) are met, the applicant will be admitted to the Master's degree programme in Exercise Science and Training.

(7) <sup>1</sup>In order to facilitate an uninterrupted transition from a Bachelor's programme to the Master's degree programme, applicants who are not yet able to produce corresponding proof of the degree required in accordance with (1) Letter a) at the time of application may be admitted to the Master's degree programme in the semester immediately following, subject to a resolutive condition as follows:

- a) Proof at the time of application of at least 150 ECTS credits or – in the case of programmes not modularised within the meaning of the ECTS – academic achievements on a corresponding scale in the first degree required in accordance with (1) Letter a);
- b) Proof of having earned at least 30 ECTS credits in total for modules with a focus on sports and/or sports science or kinesiology (including physiotherapy) according to the ECTS credit scheme used at JMU for Bachelor's programmes or – in the case of programmes not modularised within the meaning of the ECTS – proof that the applicant possesses knowledge and skills on a corresponding scale (usually acquired in the framework of the first degree indicated under Letter a)). The required knowledge and skills can be developed, for example, by studying the Bachelor's programme in Sport Science (Focus on Health and Movement Pedagogy; 75 ECTS credits) or studying for a teaching degree for *Grundschule, Mittelschule, Realschule* or *Gymnasium* schools with physical education studied as an *Unterrichtsfach* subject (subject studied with a focus on the academic discipline) at JMU; and
- c) Proof of English language proficiency as specified in (1) Letter c).

<sup>2</sup>In the event that the resolutive condition takes effect, i.e. that proof of the first degree specified in (1) Letter a) is not produced at the latest by the end of the re-enrolment period for the third subject semester in the Exercise Science and Training programme leading to the degree of Master of Science (120 ECTS credits), the applicant must be disenrolled at the end of the second subject semester. <sup>3</sup>If the resolutive condition does not take effect, the applicant will be granted final admission to the programme referred to above.

(8) <sup>1</sup>Applicants who did not obtain their higher education entrance qualification or the relevant first degree at a German-speaking institution are recommended to acquire sufficient basic knowledge of the German language (e.g. level B1 of the Common European Framework of Reference for Languages (CEFR)) during their first year of study. <sup>2</sup>Proof of German language proficiency is not required for admission to the Master's degree programme in Exercise Science and Training.

### Section 5 Minimum ECTS Score Requirement

These FSB do not prescribe a minimum ECTS score requirement as described in Section 13 (5) ASPO.

### Section 6 Examination Committee

The examination committee will be set up as stipulated in Section 14 (1) Sentence 3 ASPO.

## Part 2: Assessments

### Section 7 Other Subject-Specific Assessments

These FSB do not prescribe any other subject-specific assessments.

### Section 8 Area of Degree Finalisation: Master's Thesis and Thesis Defence

(1) <sup>1</sup>The Master's thesis is worth 30 ECTS credits. <sup>2</sup>The time allowed for completion of the thesis is six months.

(2) There will be no thesis defence.

### Section 9 Overall Grade, Grade for the Degree Subject and Grades Awarded for Individual Areas

<sup>1</sup>A student's overall grade will be calculated in accordance with the provisions of Section 35 (1) ASPO. <sup>2</sup>The grade for the subject Exercise Science and Training will be calculated in accordance with Section 35 (2) ASPO, and the grades for the respective areas will be calculated in accordance with Section 35 (3) to (5) ASPO.

<sup>3</sup>When calculating the grade for the degree subject and the overall grade, the individual areas will be assigned the following weight values :

<i>Area or sub-area</i>	<i>ECTS credits</i>	<i>Weight value for</i>		
		<i>Area</i>	<i>Grade in degree subject</i>	<i>Overall grade</i>
Mandatory courses	80	80/80	80/120	120/120
Mandatory electives	10	10/10	10/120	
Master's thesis	30	30/30	30/120	
<i>Total</i>	120			

## Part 3: Final Provisions

### **Section 10 Entry into Force**

<sup>1</sup>These FSB will enter into force on the day following their announcement. <sup>2</sup>They apply to all students enrolled in the degree programme in Exercise Science and Training that leads to the award of the degree of Master of Science (120 ECTS credits) who commence studies in that programme at JMU in the winter semester 2023/2024 or later and whose programmes are governed by the ASPO (general academic and examination regulations) for the Bachelor's and Master's degree programmes at Julius-Maximilians-Universität Würzburg dated 1 July 2015 as amended from time to time.

Würzburg,  
The President of Julius-Maximilians-Universität Würzburg

Prof. Dr. Paul Pauli

**Appendix: SFB (List of Modules)**

## Appendix SFB (List of Modules) for the Master's Degree Programme in Exercise Science and Training (120 ECTS credits)

(Chair for Integrative and Experimental Movement and Training Science)

### Abbreviations:

B/NB = pass/fail, E = field trip, K = colloquium, LV = course(s), NUM = numerical grading, O = conversatorium, P = practical course/work placement, PL = method(s) of assessment, R = project, S = seminar, SS = summer semester, T = tutorial, TN = participants, Ü = exercise, VL = prerequisite(s), V = lecture, WS = winter semester

### Notes:

The **language of instruction and assessment** is English, unless otherwise indicated.

If there is the **option to choose between several methods of assessment**, the lecturer will, in coordination with the module coordinator, choose the method to be used in the current semester by two weeks after the start of the course and will communicate their decision to the participants in the customary manner.

If a module comprises **two or more graded assessments**, all assessments will be equally weighted, unless otherwise indicated below.

If assessment in a module has **two or more components**, students must pass all of those assessment components to be deemed to have passed the module as a whole.

Unless otherwise indicated, **assessments** in the modules listed in this SFB will be **offered** each semester.

Abbreviation	Version	Module title (German/English)	Course type (weekly contact hours)	ECTS credits	Duration (in semesters)	Participants and selection	Method of grading	Method and length of assessment	Language of assessment	Only after successful completion of	1)Creditable for bonus, 2)Language of instruction, 3)Assessment offered, 4) Additional prerequisites, 5) Additional information on duration, 6)Other additional Information
Mandatory courses (80 ECTS credits)											
06-EST-TAM	2023-WS	Theories and Models  <i>Theories and Models</i>	VL (2)	5	1		NUM	Written examination (approx. 60 min.)	English		2) English
06-EST-ATM	2023-WS	Advanced Training Methods  <i>Advanced Training Methods</i>	VL (2)	5	1		NUM	Written examination (approx. 60 min.)	English		2) English
06-EST-INF	2023-WS	Influencing Factors  <i>Influencing Factors</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English



Abbreviation	Version	Module title (German/English)	Course type (weekly contact)	ECTS credits	Duration (in semesters)	Participants and selection	Method of grading	Method and length of assessment	Language of assessment	Only after successful completion of	1)Creditable for bonus, 2)Language of instruction, 3)Assessment offered, 4) Additional prerequisites, 5) Additional information on duration, 6)Other additional Information
06- EST- TAD	2023-WS	<b>Advances in Technology</b>  <i>Advances in Technology</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06- EST- COT	2023-WS	<b>Current Trends</b>  <i>Current Trends</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06- EST- INM	2023-WS	<b>Information Management</b>  <i>Information Management</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06- EST- REM	2023-WS	<b>Research Methods</b>  <i>Research Methods</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06- EST- DIM	2023-WS	<b>Diagnostic Methods</b>  <i>Diagnostic Methods</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06- EST- MOT	2023-WS	<b>Monitoring Technology</b>  <i>Monitoring Technology</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06- EST- RPS	2023-WS	<b>Research Project Skills</b>  <i>Research Project Skills</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06- EST ANI	2023-WS	<b>Data Analysis and Interpretation</b>  <i>Data Analysis and Interpretation</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English

Abbreviation	Version	Module title (German/English)	Course type (weekly contact)	ECTS credits	Duration (in semesters)	Participants and selection	Method of grading	Method and length of assessment	Language of assessment	Only after successful completion of	1)Creditable for bonus, 2)Language of instruction, 3)Assessment offered, 4) Additional prerequisites, 5) Additional information on duration, 6)Other additional Information
06-EST-SCC	2023-WS	Science Communication  <i>Science Communication</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06-EST-SAI	2023-WS	Interaction of Science and Application  <i>Interaction of Science and Application</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06-EST-SCL	2023-WS	Scientific Debate  <i>Scientific Debate</i>	S (2)	5	1		NUM	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06-EST-INT	2023-WS	Internship  <i>Internship</i>	P (2)	10	1		B/NB	Internship report (approx. 8 pages)	English		5) Duration: 8 weeks 6) Before the start of the internship, approval must be obtained from the internship supervisor.
<b>Mandatory electives (10 ECTS credits)</b>											
06-EST-PRH	2023-WS	Intervention and Implementation Project-Health  <i>Intervention and Implementation Project-Health</i>	R (4)	10	1		B/NB	Assessment group 'Seminar' <sup>1</sup>	English		2) English
06-EST-PRT	2023-WS	Intervention and Implementation Project-Performance  <i>Intervention and Implementation Project-Performance</i>	R (4)	10	1		B/NB	Assessment group 'Seminar' <sup>1</sup>	English		
<b>Master's thesis (30 ECTS credits)</b>											

Abbreviation	Version	Module title (German/English)	Course type (weekly contact)	ECTS credits	Duration (in semesters)	Participants and selection	Method of grading	Method and length of assessment	Language of assessment	Only after successful completion of	1)Creditable for bonus, 2)Language of instruction, 3)Assessment offered, 4) Additional prerequisites, 5) Additional information on duration, 6)Other additional Information
06- EST- MT	2023- WS	<b>Master-Thesis</b>  <i>Master's Thesis</i>		30	1		NUM	Master's thesis (approx. 80 pages)	English		5) Time allowed for completion of the Master's thesis: 6 months 6) Registration open on a continuous basis after consultation with supervisor.

<sup>1</sup> Assessment group 'Seminar': a) oral examination of one candidate each (approx. 30 min.) or b) presentation (15-30 min.) plus written elaboration (10-15 pages) or c) portfolio (15-20 pages).