

Study
Sports Science:
BA Fitness and Health
at the UE

Start your career in the fitness and health sector.



Why the UE?

The sports science degree programme currently 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 supplemented by knowledge of the sports science professional field. Our sports degree programme includes an semester abroad which is unique in the German-speaking world.

Your sports science degree specialising in fitness and health sports is based on topics such as sports education 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:

BA Bachelor of Arts

Duration, credits:

6 Semester, 180 ECTS

Start of study:

Winter semester - September

Summer semester - March

Teaching languages:

German and English

Locations:

Iserlohn

Admission requirements:

- **100% completed Online application form**
- **High school/Bachelor diploma and transcript**
- **Language qualification, B2 Level**
- **Curriculum Vitae (CV)**
- **Copy of Passport (scanned)**
- **Motivation letter (min. 500 words)**
- **Admission test**

Apply now



Prospects at the UE

The degree programme is offered at the Seilersee sports campus in Iserlohn. In cooperation with our partners, this campus has an exceptional, centralised infrastructure of sports facilities (sports halls, swimming pool, ice rink and much more), which ensure a high-quality sports science education.

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

The advantages at a glance

- Wide range of sports facilities in the local area, both indoor and outdoor
- Stay abroad in the 5th semester
- Integrated internships
- Unique opportunities to establish contacts during your studies
- Teaching by experts from science and practice
- Individual support in small learning groups
- Support with applications and job placement through our Career Centre Dortmund

1. – 2. Semester	3. – 4. Semester	5. Semester	6. 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 • Practical Training in Sport and Exercise 	<ul style="list-style-type: none"> • Disease prevention and health promotion • Special features and target groups • Technology and innovations • Organisations and quality in fitness and health sports • Medical fitness and prevention • Nutrition and lifestyle 	Semester abroad or Internship semester	<ul style="list-style-type: none"> • Internship <p>Bachelor Thesis Bachelor Kolloquium</p>

For further information, please contact our student advisory service.

Contact

Student Admissions for enquiries from applicants and prospects from Germany and EU countries:

Contact number: **+49 (0)30 338 539 710**

E-Mail address: **study@ue-germany.com**

Student Advice for enquiries from applicants and prospects from NON-EU countries:

Contact number: **+49 (0)30 338 539 510**

E-Mail address: **student.advice@ue-germany.com**