

Study
**Sports Science:
BA Training and
Performance** at the UE

Train the young athletes and professionals of tomorrow
and start your career in the world of sport!



Why the UE?

The study programme model of sports science currently consists of two Bachelor programmes 'Training and Performance' and 'Fitness and Health'.

The centre of both programmes forms the basis of sports science and is supplemented knowledge of the sports science professional field. Our sports degree programme includes an semester abroad which is unique in the in the German-speaking world.

Your sports science studies with a focus on performance and health sports is based on subjects such as sports pedagogy, sports medicine and sports psychology, health management and regeneration management or digital technologies in Sport.

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

Become an expert in international elite sport. Train top athletes as well as junior athletes in pre- and young athletes in preparation for international competitions: Olympic Games, World and European Championships.

Our programme prepares you for various jobs in health and competitive sports, e.g. counselling, training, coordination or training with sports associations, health insurance companies, rehabilitation facilities, 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 • Sports pedagogy • Concepts of trainings methodology • Physiological and internistic basics of competitive sport • Organisation of Competitive Sport 	<ul style="list-style-type: none"> • Psychology in Sport • Sociology of Sport and Management • Diversity and teams • Development and talent potentials in competitive sport • Nutrition and Lifestyle • Diagnostics and Training in competitive sport 	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**