The English version of the curriculum for the „Master's Programme in Sports and Human Movement Science" is not legally binding and is for informational purposes only. The legal basis is regulated in the curriculum published in the University of Innsbruck Bulletin on 30 April 2007, issue 47, No. 213.

Decision of the Curriculum Committee of the Faculty of Psychology and Sport Science on 19 April 2007 approved by Senate Decree on 24 March 2009:

On the basis of § 25 para. 1 no. 10 University Organisation Act 2002, BGBl. I (Federal Law Gazette) No. 120, most recently amended by Federal Law BGBl. I (Federal Law Gazette) No. 87/2007 and § 32 Section "Regulations of Study Law", republished in the University of Innsbruck Bulletin of 3 February 2006, Issue 16, No. 90, most recently amended by the University of Innsbruck Bulletin of 7 May 2008, issue 42, No. 272, the following is decreed:

Curriculum for the Master's Programme in Sports and Human Movement Science at the Faculty of Psychology and Sports Science at the University of Innsbruck

§ 1 Qualification profile

(1) The Master's Programme in Sports and Human Movement Science is part of the group of natural science studies.

(2) Sports and human movement are highly significant in ensuring a high standard of living in our society. Whether maintaining physical health and motor performance, fulfilling leisure activities, or finding relaxation to balance the stress of work and everyday life; sport, games and exercise play an important part, simultaneously acting as important economic drivers.
Due to this positive influence on our standard of living, sporting institutions and practitioners are in great demand for their ability to offer a highly qualitative and specific sports and exercise programme to society. Preventive health, improvement in performance and motor fitness, entertainment and inner fulfilment are core objectives. Furthermore, sports and human movement will be analysed from an economic point of view (the sports equipment industry, tourism). The subject is then examined in a modern context to optimise sports programming in the multi-faceted sporting environment, characterised by both a complex club and association network, and commercial sport providers. These tasks require managing positions with major planning and decision-making powers, which can prove challenging for people equipped with in-depth sports science qualifications. Conveyed by this programme will be the expertise to develop and implement problem solving strategies and their corresponding concepts for new challenges.
The curriculum meets these standards by building the master's programme on a sports science bachelor's degree, providing expansion and scientific specialisation in sports science branches. The programme will give special attention to knowledge and critical evaluation of research methods, seeking to deepen the knowledge of statistics and the

methods of empirical social research. In addition, selected special aspects and case studies are offered to provide an extended professional expertise.
A thematic focus on alpine sports is provided by the location of Innsbruck.

§ 2 Scope and duration

The Master's Programme in Sports and Human Movement Science comprises 120 ECTS credits (hereafter: ECTS credits; one ECTS credit = 25 working hours). This corresponds to a study duration of four terms.

§ 3 Entry requirements

(1) The entry requirements for the Master's Programme in Sports and Human Movement Science are a degree from a relevant technical bachelor's programme, or a relevant technical degree in another equivalent programme at a recognized Austrian or foreign post-secondary educational institution.

(2) In all cases, relevant technical degrees according to paragraph 1 include the Bachelor's Programme for Health and Performance Sports and the Bachelor's Programme for Sports Management completed at the University of Innsbruck.

§ 4 Types of courses

(1) Lectures (VO) verbally explore main and/or special topics as well as research methods and doctrines of the subject in form of speeches. Students are encouraged to actively contribute.

(2) Evaluative courses:

1. Seminars (SE) are courses which comprise advanced scientific discussion. Participants are expected to work scientifically and autonomously, specifically in the form of a presentation plus a written paper or equivalent submission.
   Number of participants: 20

2. Tutorials (UE) aim to convey skills and/or the application of scientific knowledge and methods. The course tutor is responsible for the preparation, structuring and management of the course.
   Number of participants: 20

3. Classes (KU): Classes are an instruction in sporting performance, including sport scientific comprehension and awareness of health and safety issues.
   Number of participants: 12 - 20 (dependant on safety, legal and organisational considerations)

4. Lecture with tutorial (VU): These courses combine practical and verbal training instruction for a fuller understanding of the syllabus.

§ 5 Procedure for the allocation of study places on courses with a limited number of participants

The following principles are to be followed (in succession):

1. Students of the Master's Programme in Sports and Human Movement Science.
2. Decision by lot.

§ 6 Mandatory Modules

The following mandatory modules are to be completed at an extent of 92.5 ECTS credits.

		Type of course	Hours per week	ECTS credits
1. Module 1	**Research Aspects in Competitive Sports/Health Sports**		**4**	**7.5**
Learning targets	Knowledge and critical evaluation of current training-scientific and health-sport-scientific research methods; comprehension and application of training science and prevention in mass and high-performance sports, including specialisation; critical evaluation of selected training-scientific and preventive research projects and results.			
Courses/ contents	**a) Current research in Training Science:** Comprehension, critical evaluation and enhancement of training scientific knowledge; evaluation of research methods.	VO	2	4
	b) Current research in Health Sports: Discussion of the most important epidemiological, sports scientific and sports medical research methods through examination of selected scientific papers; study of the research development and workup of the current state of research.	VO	2	3.5
Registration requirements:	none			
2. Module 2	**Research Aspects of Sports Education, Sport and Exercise Psychology, Sports Sociology**		**4**	**7.5**
Learning targets	Knowledge and critical evaluation of sports educational, sports psychological and sports sociological research methods; comprehension and application of sports educational, sports psychological and sports sociological knowledge, including specialisation; critical evaluation of selected research projects and their results.			
Courses/ contents	**Current research in Sports Education, Sports and Exercise Psychology, Sports Sociology:** Comprehension, critical evaluation and enhancement of sports educational, sports psychological and sports sociological knowledge; evaluation of research methods.	VO	4	7.5
Registration requirements:	none			
3. Module 3	**Research Aspects in Kinesiology/Biomechanics**		**4**	**7.5**

Learning targets	Knowledge and critical evaluation of research methods in Kinesiology and Biomechanics; comprehension and practical application of knowledge, including specialisation; critical evaluation of selected research projects and their results.			
Courses/ contents	**a) Current research in Kinesiology:** Comprehension, practical application and critical evaluation of kinesiological knowledge. **a) Current research in Biomechanics:** Comprehension, application and critical evaluation of biomechanical knowledge applied to various sports.	VO VO	2 2	4 3.5
Registration requirements:	none			
4. Module 4	**Research Methods/Data Evaluation**		**4**	**7.5**
Learning targets	Proficiency in research planning; ability to conduct autonomous statistical evaluation of qualitative and quantitative study in sport.			
Courses/ contents	**a) Statistics in Sports Science:** Critical dispute and discussion of research designs; evaluation of sports scientific studies using techniques such as regression analysis, multiple correlation, reliability analysis, factor analysis and variance analysis. **b) Empirical social scientific methods:** Proficiency in research design planning, preparation of questionnaires, preparation of an interview guide, knowledge of quantitative and qualitative evaluation methods.	VU VU	3 1	5 2.5
Registration requirements:	none			
5. Module 5	**Seminar in Training Sciences**		**2**	**7.5**
Learning targets	Scientific evaluation of training related case studies and presentation of the results.			
Courses/ contents	**Problem analysis and research in training science:** Empirical evaluation of selected training-scientific studies; preparation and presentation of a seminar paper adherent to scientific criteria.	SE	2	7.5
Registration requirements:	Positive assessment in Modules 1 and 4.			
6. Module 6	**Seminar in Sports Education, Sport and Exercise Psychology, Sports Sociology**		**2**	**7.5**
Learning targets	Application of specific technical knowledge and relevant research methods in the analysis of sports educational, sports psychological or sports sociological case studies.			
Courses/ contents	**Current problem analysis and research in Sports Education, Sport and Exercise Psychology, Sports Sociology:** Analysis of selected case studies with appropriate scientific methods and guidelines; preparation and presentation of a seminar paper adherent to scientific criteria.	SE	2	7.5
Registration	Positive assessment in Modules 2 and 4.			

requirements:				
7. Module 7	**Seminar in Kinesiology**		**2**	**7.5**
Learning targets	Application of specific technical knowledge and relevant research methods in the analysis of kinesiological case studies.			
Courses/ contents	**Problem analysis and research in Kinesiology:** Comprehension and application of kinesiological knowledge, including critical evaluation; preparation and presentation of a seminar paper.	SE	2	7.5
Registration requirements:	Positive assessment in Modules 3, 4 and 10.			
8. Module 8	**Seminar in Biomechanics**		**2**	**7.5**
Learning targets	Application of biomechanical knowledge and research methods in the analysis of biomechanical case studies.			
Courses/ contents	**Problem analysis and research in Biomechanics:** Comprehension and application of biomechanical knowledge in various sports, including critical evaluation; preparation and presentation of a seminar paper.	SE	2	7.5
Registration requirements:	Positive assessment in Modules 3 and 4.			
9. Module 9	**Seminar in Health Sports**		**2**	**7.5**
Learning targets	Application of specific technical knowledge and research methods in the analysis of preventive case studies in Health Sports.			
Courses/ contents	**Problem analysis and research in Health Sports:** exemplary evaluation of selected case studies: Inquiry into the appropriate state of research and formulation of project objectives, selection of appropriate methodical approaches, experiment implementation, presentation and discussion of the results, presentation and preparation of the results in the form of a seminar paper.	SE	2	7.5
Registration requirements:	Positive assessment in Modules 1, 4 and 7.			
10. Module 10	**Supplementary Courses**		**4**	**7.5**
Learning targets	A broader and deeper knowledge in sports science branches and applied sport specific areas, including the effective use of target groups and appropriate use of equipment; mastery of the technical terminology in English; insight into research methods of technically relevant allied disciplines.			
Courses/ contents	**a) Technical terminology in English:** Knowledge and application of sports scientific technical terminology, both verbal and written. **b) Applied Biomechanics:** Application of biomechanical measurement devices in selected case studies, data analysis; critical evaluation of measurement processes. Optional courses for students with a work load of 2 ECTS credits: **c) Training and kinematics in skiing:** Use of equipment in the analysis of function and requirement;	UE VU VU	1 2 1	1.5 4 2

	biomechanical and kinesiological basics of alpine skiing with regard to dynamic and kinematic movement structures; methodology, technique acquisition and athletic endurance. **d) Sports Science aspects of sports facilities and sports equipment:** Preparation of general and sports specific basics for the planning, construction and operation of sports facilities of any type, including safety considerations; function analysis of major sports equipment; new developments in the sporting goods market.	VU	1	2
Registration requirements:	none			
11. Module 11	**Key qualifications: Communication - Cooperation**		**5**	**7.5**
Learning targets	Basic and applied knowledge about communicative processes and social perception as well as understanding and overcoming of communication and cooperation barriers.			
Courses/ contents	**a) Communication and cooperation in professional everyday life:** Communicative processes, social perception, communication-influencing factors (including barriers). **b) Conducting negotiations and leadership/guidance of work groups:** Communication processes in a group environment.	VU VO	3 2	5 2.5
Registration requirements:	none			
12. Module 12	**Theory-guided practice: Immersion and Specialisation**		**4**	**5**
Learning targets	Improvement of athletic performance based on fundamental dynamic skills; advanced implementation of specific sports scientific branches.			
Courses/ contents	**Specialisation in sports:** Improvement of athletic performance in selected sports; application of sports scientific knowledge to optimise performance.	KU	4	5
Registration requirements:	Evidence of motorical performance in the relevant sports specific technique.			
13. Module 13	**Theory-guided practice: Enhancement**		**2**	**2.5**
Learning targets	Enhancement and improvement of athletic performance.			
Courses/ contents	**Extension in sports:** Kinesiological and scientific analysis of training techniques within new sports; improvement of performance.	KU	2	2.5
Registration requirements:	none			
14. Module 14	**Master's Thesis Defense**			**2.5**
Learning targets	Ability of student to present and argue around their thesis.			2.5
Courses/ contents				
Registration requirements:	Positive assessment in Modules 1 to 13 in addition to approval of the master's thesis subject and argument.			

	Total:		**41**	**92.5**

§ 7 Master's Thesis

The master's thesis demonstrates a critical understanding of technically relevant case studies, including the implementation and selection of methods within a wider literary context.
The subject of the master's thesis is to be selected within modules 1 to 3. The master's thesis comprises 27.5 ECTS credits.

§ 8 Examination regulations

(1) The performance evaluation of modules 1 to 13 is determined by examinations.
(2) In the case of examinations, the tutor determines the examination method (oral/written/test papers) at the beginning of the course.
(3) The master's programme concludes with the Master's Thesis Defense (Defensio) at a workload of 2.5 ECTS credits. The Master's Thesis Defense comprises a presentation of the main findings of the master's thesis and a public discussion in the form of an individual oral examination.

§ 9 Academic degree

The graduates of the Master's Programme in Sports and Human Movement Science are awarded the academic degree of "Master of Science", abbreviated as "MSc".

§ 10 Coming into effect

The curriculum comes into force on October 1st, 2007.

§ 11 Transitional regulations

(1) Regular students who commenced their Master Studies in Sports and Human Movement Science before October 1st, 2007 according to the curriculum of June 26th, 2002 are, from that moment on, entitled to complete their studies within a maximum of four terms.
(2) If Students do not complete the Master Studies in Sports and Human Movement Science according to the curriculum of June 26th, 2002 on time, the students are subject to the curriculum of the Master's Programme in Sports and Human Movement Science. Moreover, students are entitled to voluntarily submit to the curriculum of the Master's Programme in Sports and Human Movement Science at any time.

Annex 1: Recommended course sequence

No.	Module	Year of studies	
		1	2
1	Research Aspects in Competitive Sports/Health Sports	7.5	
2	Research Aspects in Sports Education, Sports and Exercise Psychology, Sports Sociology	7.5	
3	Research Aspects in Kinesiology/Biomechanics	7.5	
4	Research Methods/Data Evaluation	7.5	
5	Seminar in Training Sciences	7.5	
6	Seminar in Sports Education, Sports and Exercise Psychology, Sports Sociology	7.5	
7	Seminar in Kinesiology		7.5
8	Seminar in Biomechanics		7.5
9	Seminar in Health Sports		7.5
10	Supplementary Courses	7.5	
11	Key qualifications: Communication - Cooperation	7.5	
12	Theory-guided practice: Immersion and Specialisation		5
13	Theory-guided practice: Enhancement		2.5
14	Master's Thesis Defense		2.5
	Master's Thesis		27.5
	Total:	**60**	**60**