**Note:**
The following curriculum is a consolidated version. It is legally non-binding and for informational purposes only.
The legally binding versions are found in the University of Innsbruck Bulletins (in German).

**Original version** published in the University of Innsbruck Bulletin of 28 May 2015, Issue 58, No. 441
**Modification** published in the University of Innsbruck Bulletin of 9 April 2019, Issue 34, No. 383
**Modification** published in the University of Innsbruck Bulletin of 28 June 2019, Issue 66, No. 590

# Complete version as of 1 October 2019

Curriculum for the

# Master's Programme Sport Science

at the Faculty of Psychology and Sport Science of the University of Innsbruck

**Contents**

## § 1 Allocation

The Master's Programme Sport Science is grouped among the studies in the natural sciences according to § 54 Para 1 Universities Act 2002.

## § 2 Qualification Profile

Building on a Bachelor's Programme Sports Science, the master's programme qualifies for the following areas:

1. Graduates of the Master's Programme Sports Science are able to convey a comprehensive high-quality demand-oriented and targeted sports and exercise offer. They are able to carry out scientific work independently and to implement research projects in different fields of health, popular and competitive sports.
2. Graduates possess well-founded knowledge to supervise training processes for different target groups and objectives. They are experts in analysing movement with the competence of supporting learning processes and technological developments.
3. The programme conveys in-depth knowledge of the methods of empirical research and sport-scientific measurement methods, and it qualifies students for critical evaluations.
4. The study programme offers the possibility to acquire special scientific competences.
5. Graduates have in-depth and advanced sport-scientific qualifications which enable them to hold sport-related management positions with wide-ranging planning and decision functions. Problem-solving strategies in new challenges and the elaboration of appropriate concepts and their successful realization are conveyed.
6. Graduates possess communicative skills to implement individual, group-related and organizational measures in sports or to counsel organisations and business companies in terms of sport- and movement-related issues.
7. Combined with the successful completion of the Bachelor's Programme in Sport Science at the University of Innsbruck and within the framework of the medical assistant professions law (MABG, BGBl. I No 89/2012, 3rd section), they possess defined qualifications the field „training therapy". When choosing the corresponding internship, they are qualified to carry out training-therapeutic and medically prescribed measures required for the training therapy. Within the framework of medical prescription and depending on the respective therapeutic goal, they are able to implement training therapy plans individually adjusted to patient. The general and individual accreditation is awarded by the Federal Ministry of Health.
8. Graduates of the Master's Programme Sport Science are qualified for a relevant doctoral programme.

## § 3 Scope and duration

The Master's Programme Sport Science covers 120 ECTS-Credits with a duration of four semesters. One ECTS-Credit is equivalent to a work-load of 25 hours.

## § 4 Admission

(1) Admission to the Master's Programme Sport Science is granted for persons with a thematically relevant bachelor's programme or a relevant bachelor's programme at a University of Applied Sciences or other equivalent studies completed at an acknowledged Austrian or non-Austrian post-secondary educational institution.

(2) In any case, the Bachelor's Programme Sport Science at the University of Innsbruck counts as relevant study programme. Based on the regulations for admission to master programs as defined by the University Act, the Rector's office decides whether other thematically relevant studies completed at an acknowledged Austrian or non-Austrian postsecondary educational institution can be accepted or considered equivalent.

(3) If equivalence is given and only minor requirements are missing for full equivalency, the Rector's office may require applicants to take additional exams during the Master Program to have their degrees acknowledged as equivalent to the requirements stated above.

## § 5 Courses and numbers of participants

(1) Courses without continuing performance assessment:

Lectures (VO) are courses held in lecture format. They introduce the research areas, methods and schools of thought for a given subject. No maximum number of participants

(2) Courses with continuing performance assessment:

1. Practical courses (UE) focus on the practical treatment of concrete scientific tasks within an area. Maximum number of participants: 15–20 according to safety issues
2. Seminars (SE) provide in-depth treatment of scientific topics through students' presentations and discussion thereof. Maximum number of participants: 20
3. Lectures with integrated practical parts (VU) focus on the practical treatment of concrete scientific tasks that are discussed during the lecture parts of the course. Maximum number of participants: 20
4. Practical training courses (PR) provide practical experience with concrete scientific tasks, complementing occupational and/or academic training. Maximum number of participants: 15
5. Excursions (EX) take place outside the university and serve to provide practical experiences outside the course and deepen course contents. Maximum number of participants: 10–20 according to safety issues, legal and organizational conditions

## § 6 Allocation of places in courses with a limited number of participants

In courses with a limited number of participants, course places are allocated as follows:

1. Students for whom the study duration would be extended due to the postponement are to be given priority.
2. If the criteria in No 1 do not suffice, first, students for whom this course is part of a compulsory module are to be given priority, and second, students for whom this course is part of an elective module.
3. If the criteria in No 1 and 2 do not suffice, the available places are drawn by random.

## § 7 Compulsory and Elective Modules

(1) The following compulsory modules covering altogether 80 ECTS-Credits are to be taken:

| **1.** | **Compulsory Module: Basics in Sport Science 1** | **h** | **ECTS-Credits** |
|---|---|---|---|
| **a.** | **VO Current Research in Training Science**<br>In-depth knowledge and ability to critically assess training-scientific research results; assessment of research methods based on current literature | 2 | 4 |
| **b.** | **VO Current Research in Sports and Exercise Psychology, Sports Sociology, Sports Education**<br>In-depth knowledge and ability to critically assess sports psychological and sports sociological and sport educational research results; Ability to critically assess the research methods based on current literature | 2 | 4 |
| **c.** | **VO Injuries in Alpine Sports**<br>Knowledge of accident causes, prevalence and incidences of injuries as well as preventive measurements among various alpine sports, gender differences | 1 | 2 |
| | **Total** | **5** | **10** |

| | |
|---|---|
| | **Learning Outcomes:**<br>Graduates are able to discuss current subjects in the fields of training science and sport psychology, sport sociology, and sport education. They are able to explain and critically assess current research methods. They have knowledge of selected research projects and results which are essential for these special fields. They are able to interpret current research literature and review current research flows in the research fields of sport science mentioned. They understand gender-specifics relating to training, psycho-social issues and injury risk. |
| | **Prerequisites:** none |

| **2.** | **Compulsory Module: Basics in Sport Science 2** | **h** | **ECTS-Credits** |
|---|---|---|---|
| **a.** | **VO Current Research in Neurophysiology**<br>In-depth knowledge and ability to critically assess research methods and results in neurophysiology focusing on movement control and movement learning | 2 | 4 |
| **b.** | **VO Current Research in Biomechanics**<br>In-depth knowledge, application and critical evaluation of recent biomechanical research in various areas of exercise and sport | 2 | 4 |
| **c.** | **VU Sport Science Aspects of Sports Facilities and Sports Equipment**<br>Knowledge of general and sport-specific fundamentals and safety requirements for the planning, construction and operation of sports facilities of all sorts; knowledge of the function of important sports devices; classification of new developments on the sports equipment market | 1 | 2 |
| | **Total** | **5** | **10** |
| | **Learning Outcomes:**<br>Graduates are able to explain current topics in the field of neurophysiology focusing on movement control, movement learning and biomechanics. They are able to explain and critically assess current research methods. They evaluate the importance of selected research projects and results for the subject. They are able to recognize current trends in the research fields of sport science mentioned. Graduates are able to analyse the function of sports equipment and classify new developments on the sports equipment market. | | |
| | **Prerequisites:** none | | |

| **3.** | **Compulsory Module: Methods in Sport Science 1** | **h** | **ECTS-Credits** |
|---|---|---|---|
| | **VU Multivariate Statistics**<br>Treatment of sport-scientific issues in complex examination designs with methods such as variance analyses and regression analyses, factor analysis, reliability analyses | 3 | 7.5 |
| | **Total** | **3** | **7.5** |
| | **Learning Outcomes:**<br>The graduates are able to design research designs for specific tasks in sport science. They can process data of different scales statistically and answer questions with adequate test statistics. | | |
| | **Prerequisites:** none | | |

| 3a. | Compulsory Module: Methods in Sport Science 2 | h | ECTS-Credits |
|---|---|---|---|
| a. | **VU Methods of Empirical Social Research**<br>Knowledge of quantitative and qualitative methods of empirical social science; collection, processing, evaluation, presentation and interpretation of quantitative and qualitative data. | 1 | 1.5 |
| b. | **Courses covering 6 ECTS-Credits must be selected:**<br>**UE Methods in Sports Medicine (1 h, 2 ECTS-Credits)**<br>Application of sports medical measuring equipment in selected problems, data evaluation, critical assessment of measuring processes<br>**UE Methods in Neurophysiology (1 h, 2 ECTS-Credits)** Application of neuro-physiological measuring equipment in selected problems, data evaluation, critical assessment of measuring processes<br>**UE Methods in Sports Psychology (1 h, 2 ECTS-Credits)** Application of sports-psychological measuring methods in selected problems, data evaluation, critical assessment of measuring processes<br>**UE Methods in Biomechanics (1 h, 2 ECTS-Credits)**<br>Application of biomechanical measuring equipment in selected problems, data evaluation, critical assessment of measuring processes<br>**UE Innovative Methods (1 h, 2 ECTS-Credits)**<br>Application of measuring methods to solve complex questions currently applied in research projects, data evaluation, critical assessment of measuring processes | 3 | 6 |
| | **Total** | **4** | **7.5** |
| | **Learning Outcomes:**<br>The graduates master the basic steps for the design and evaluation of questionnaires, the preparation of interview guidelines and the evaluation of interviews. They are able to independently carry out measurements with selected measuring equipment, process the data, interpret it professionally and evaluate it critically. | | |
| | **Prerequisites:** none | | |

| 4. | Compulsory Module: Basics of Law in Therapy Training and Sports | h | ECTS-Credits |
|---|---|---|---|
| | **VO Legal Aspects in Sports**<br>Legal basics of professional practice in therapy training and health care in general and in organized sports; introduction to criminal law, questions of liability, contract administration and social law; knowledge of important aspects of professional law, in particular of medical assistant professions (including training therapy); knowledge of adjacent healthcare professions and facilities, knowledge of existing professional obligations | 2 | 5 |
| | **Total** | **2** | **5** |
| | **Learning Outcomes:**<br>Graduates recognize the diversity of legal aspects in sports and healthcare. They are able to classify legal issues to the fields of damages, criminal law, professional and social law. They have basic knowledge of legal aspects of sport practice and instruction, professional law and professional obligations in training therapy, health and competitive sports. They are able to differentiate the occupational fields of sport science and adjacent professions in healthcare. | | |
| | **Prerequisites:** none | | |

| 5. | Compulsory Module: Advanced Topics in Sport Science | h | ECTS-Credits |
|---|---|---|---|
| | **Courses with a total of 15 ECTS-Credits are to be taken:**<br>**SE Problem Analysis and Research in Training Science (2 h, 5 ECTS-Credits)**<br>Treatment of selected training-scientific issues with different forms of sporting activities; planning, development and presentation of a paper corresponding to scientific criteria<br>**SE Problem Analysis and Research in Sports Psychology, Sports Sociology, Sports Education (2 h, 5 ECTS-Credits)**<br>Empirical treatment of selected sport-educational, sport psychological and health psychological issues; planning, development and presentation of a paper corresponding to scientific criteria<br>**SE Problem Analysis and Research in Biomechanics (2 h, 5 ECTS-Credits)**<br>In-depth knowledge and critical assessment of biomechanical results with different forms of sporting activities; planning, development and presentation of a paper corresponding to scientific criteria<br>**SE Problem Analysis and Research in Neurophysiology (2 h, 5 ECTS-Credits)**<br>Treatment of selected neuro-physiological issues focusing on movement control and movement learning; planning, development and presentation of a paper corresponding to scientific criteria<br>**SE Problem Analysis and Research in Health Sports (2 h, 5 ECTS-Credits)**<br>In-depth knowledge and critical assessment of sport medical results with different forms of sporting activities focusing on health sports; planning, development and presentation of a paper corresponding to scientific criteria | 6 | 15 |
| | **Total** | **6** | **15** |
| | **Learning Outcomes:**<br>Graduates are able to apply specific expert knowledge and relevant research methods and to implement in the process of movement and sport-scientific problem. They are able to process the results of empirical surveys and record according to scientific criteria in written form. They are able to present and adequately discuss the results. | | |
| | **Prerequisites:** successful completion of compulsory module 3 | | |

| 6. | Compulsory Module: Competencies Related to Sport Professions | h | ECTS-Credits |
|---|---|---|---|
| | **Courses covering 10 ECTS-Credits must be selected:**<br>**UE Performance Diagnostics in Therapy Training (1 h, 2.5 ECTS-Credits)**<br>Knowledge of training equipment in training therapy (e.g. motion-controlling robots) and possibilities to record performance changes;; introduction to documentation of patient progresses, practical implementation and discussion of suitable performance diagnostics for the application area of training therapy, adaption of adequate training therapy plans<br>**UE Conversation Techniques (1 h, 2.5 ECTS-Credits)**<br>Awareness for communication processes, training of social perception, | 4 | 10 |

| | | | |
|---|---|---|---|
| | knowledge of communication-influencing factors and barriers, communication with patients to guarantee compliance.<br>**VU Current Research in Therapy Training (2 hrs., 5 ECTS-Credits)**<br>Advanced study, expansion and critical assessment of new insights in training-therapeutic use of exercise and sports, increase of comprehension to evidence-based work in training therapy, classification of selected research projects and results<br>**VU Project Management (1 h, 2.5 ECTS-Credits)**<br>Planning, implementing and evaluation research projects<br>**VU Corporate Health Management (1 h, 2.5 ECTS-Credits)**<br>Getting to know the terms, concepts and relevance of occupational health management. Overview of various projects and their implementation. Conceptual design and study of case studies and implementation opportunities in practice<br>**VU Scientific Writing and Publishing (1 h, 2.5 ECTS-Credits)**<br>Expansion of the competences required for writing scientific publications<br>**VU Presenting Research Results (1 h, 2.5 ECTS-Credits)**<br>Acquisition of competences for the presentation of scientific findings, tailored to the respective target audience<br>**UE Technical Terminology in English (1 h, 2.5 ECTS-Credits)**<br>Expansion of spoken and written English, knowledge of relevant technical terminology, competences for discussions on topics in sports science in English<br>**VU Data Analysis, Data Presentation (2 h, 5 ECTS-Credits)**<br>Introduction and study of simple problems with programmes for computer-aided measurement and data acquisition, creation of simple programmes for the preparation of data | | |
| | **Total** | **4** | **10** |
| | **Learning Outcomes:**<br>Graduates have knowledge in areas related to<br>high-quality implementation of sports science research, especially in the field of health sports and training therapy. They acquire skills that support evidence-based work in the various occupational fields. | | |
| | **Prerequisites:** none | | |

| **7.** | **Compulsory Module: Interdisciplinary Skills** | **h** | **ECTS-Credits** |
|---|---|---|---|
| | Courses with a maximum number of 5 ECTS-Credits can be chosen freely from all curricula of master's and/or diploma programs offered at the University of Innsbruck. It is recommended to choose one course from the fields of gender studies. | - | 5 |
| | **Total** | **-** | **5** |
| | **Learning Outcomes:**<br>This module serves to widen the study programme and to acquire additional qualifications. | | |
| | **Prerequisites:** the prerequisites for registration specified in the relevant curricula do apply. | | |

| 8. | Compulsory Module: Preparation of the Master's Thesis | h | ECTS-Credits |
|---|---|---|---|
| | The students get an overview of the current state of research on the topic of the Master's thesis and – on the basis of this – they formulate a scientific questions. In an abstract, the students outline their reflections on the research questions dealt with in their Master's Thesis, their plan for examining the question and on the methodical implementation. On this basis, the further work steps are agreed on as well as a timeframe for completing the Master's Thesis. | - | 7.5 |
| | **Total** | **-** | **7.5** |
| | **Learning Outcomes:**<br>After successful completion of this module, the students are able to get an overview of the current state of research, to develop an independent research question, write an abstract on the planned Master's Thesis, outline a timeline and conclude a Master's Thesis agreement. | | |
| | **Prerequisites:** none | | |

| 9. | Compulsory Module: Master's Thesis Defence | h | ECTS-Credits |
|---|---|---|---|
| | Final oral defence of the Master's Thesis before an examination board | - | 2.5 |
| | **Total** | **-** | **2.5** |
| | **Learning Outcomes:**<br>Reflection of the master's thesis in the general context of the master's programme. In this context, theoretical understanding, methodical fundamentals, presentation of results of the master's thesis and presentation skills are the main focus. | | |
| | **Prerequisites:** successful completion of all other compulsory and elective modules as well as the master's thesis | | |

(2) Two elective modules from the modules 1–4 and the elective module 5 or 6 with a total of 20 ECTS-Credits are to be taken:

| 1. | Elective Module: Practical Courses Related to Alpine Sports - Winter | h | ECTS-Credits |
|---|---|---|---|
| **a.** | **EX Hiking in the Winter**<br>Development and implementation of different forms of alpine sports movement offer (winter), route planning and orientation, snow and avalanche awareness, knowledge of alpine dangers, risk management and individual responsibility; critical assessment of movement offers for health tourism | 2 | 3 |
| **b.** | **Courses with a total of 2 ECTS-Credits are to be taken:**<br>**EX Specialisation Winter Sports (1 h, 2 ECTS-Credits)**<br>Command of basic techniques in gliding sports (e.g. skiing, snowboarding or cross-country skiing), technique analysis and assessment of effects on preventive and curative effect of exercise; planning and implementation of teaching sequences in different performance areas<br>**EX Alpine Touring (1 h, 1 ECTS-Credits)**<br>Route planning and orientation, assessment of performance and adequate route choice, assessment of dangers, correct behavior in free ski terrain, handling with avalanche detectors, evaluation of sport equipment<br>**EX Trends in Winter Sports (1 h, 1 ECTS-Credits)**<br>Practice and presentation of new movement techniques in alpine winter sports, critical assessment of alpine dangers and of sport equipment, subject- | | 2 |

| | | | |
|---|---|---|---|
| | didactic concepts to risk education, assessment of the importance within common winter sports offers | | |
| | **Total** | **-** | **5** |
| | **Learning Outcomes:**<br>Graduates know movement techniques of alpine winter sports, are able to assess alpine dangers and behave situation-specifically in the terrain. They are able to assess the importance of alpine winter sports for movement offers in health sports and training therapy. They are able to assess the performance of other people and set set exercise load appropriately. | | |
| | **Prerequisites:** none | | |

| **2..** | **Elective Module: Practical Courses Related to Alpine Sports – Summer** | **h** | **ECTS-Credits** |
|---|---|---|---|
| **a** | **EX Hiking in Summer**<br>Route planning and orientation, safe climbing in rough terrain, knowledge of Alpine dangers, risk management and individual responsibility; critical assessment of exercise offers for health tourism | 2 | 3 |
| **b.** | **Courses covering 2 ECTS-Credits must be selected:**<br>**UE Trends in Running (1 h, 1 ECTS-Credit)**<br>Knowledge of new trends in running sports, didactic concepts of running training, technique analysis and critical assessment of different running styles on health-related aspects<br>**UE Orienteering (1 h, 1 ECTS-Credits)**<br>Orientation in terrain, development of adequate routes for different performance levels, didactical concepts for different age- and performance levels<br>**UE Trends in Summer Sports (1 h, 1 ECTS-Credit)**<br>Performing and designing of new exercise techniques in alpine summer sports; critical evaluation of alpine dangers and sports equipment, subject-didactical concepts for risk education, evaluation of the importance of trend sports within conventional summer sports activities<br>**UE Specialisation Trends in Summer Sports (1 h, 2 ECTS-Credits)**<br>Advancing of existing conditional and technical requirements in alpine sports, technical analysis and assessment of the preventive and curative effect of exercise, planning and implementation of lesson sequences for different levels of performance | 2 | 2 |
| | **Total** | **4** | **5** |
| | **Learning Outcomes:**<br>Graduates are familiar with exercise techniques of alpine summer sports, are able to assess alpine dangers and behave adequately in the terrain. They understand the importance of alpine summer sports for exercise offers in health sports and health therapy. They are able to analyse and evaluate the movement techniques of selected sports. They are able to assess the performance of others and to choose adequate training intensity. | | |
| | **Prerequisites:** none | | |

| 3. | Elective Module: Practical Courses Related to Therapy Training | h | ECTS-Credits |
|---|---|---|---|
| a. | **UE Gymnastics in Therapy Training**<br>Knowledge of a variety of perception, strength, and flexibility exercises to optimize movement functions, also with equipment; movement correction and adjusted training structure, importance of gender-specific differences | 1 | 2 |
| b. | **UE Water Therapy Training**<br>Basic techniques of water gymnastics, performance-adapted exercise forms from swimming and diving, realization models in health sports and training therapy | 1 | 1 |
| c. | **UE Psycho-Regulatory Techniques in Therapy Training**<br>Knowledge and application of sport-specific motivation, cognition and emotion theories; command of specific psycho-regulative techniques such as imagination techniques or relaxation techniques and biofeedback methods; use of sport-psychological diagnostics and intervention techniques in health sports and training therapy | 1 | 1 |
| d. | **UE Relaxation Techniques**<br>Knowledge of the diversity of forms of body-oriented relaxation techniques and their theoretical explanation; acquisition of a wide range of body-oriented relaxation techniques in group work with special regard to children and youths and gender-specific aspects; relations to concepts of movement and body experience | 1 | 1 |
| | **Total** | **4** | **5** |
| | **Learning Outcomes:**<br>Graduates are familiar with different movement forms in gymnastics and in the water, which they can apply for body work with performance-impaired people; they are competent in body-related relaxation techniques and biofeedback and are able to implement them in training practice. | | |
| | **Prerequisites:** none | | |

| 4. | Elective Module: Practical Courses Related to Elite Sport | h | ECTS-Credits |
|---|---|---|---|
| a. | **UE Strength Training**<br>Introduction to special training forms of strength training, critical assessment of common and new training methods, development of training plans, performance diagnostics and technique analysis of training and test exercises | 1 | 2 |
| b. | **UE Endurance Training**<br>Introduction to special training forms of endurance training (duration method, HIT), critical assessment of common and new training methods, development of training plans, performance diagnostics and technique analysis of training and test exercises | 1 | 1 |
| c. | **UE Speed and Coordination Training**<br>Introduction to special training forms of speed and coordination training, principles of relief; critical assessment of common and new training methods, development of training plans, performance diagnostics and technique analysis of training and test exercises | 1 | 1 |

| | | | |
|---|---|---|---|
| **d.** | **UE Psycho-RegulatoryTechniques in Elite Sports**<br>Knowledge and application of sport-specific motivation, cognition, and emotion theories; command of specific psycho-regulative techniques such as imagination techniques or relaxation techniques and biofeedback methods; use of sport-psychological diagnostics and intervention techniques in competitive sports | 1 | 1 |
| | **Total** | **4** | **5** |
| | **Learning Outcomes:**<br>Graduates know the current training methods of endurance and strength training, they are able to explain current trends of coordination and speed training. They are familiar with the application of motoric performance diagnostics and are able to develop appropriate training plans. They know psycho-regulative techniques and are able to apply them in competitive sports. | | |
| | **Prerequisites:** none | | |

| **5.** | **Elective Module: Internship in Exercise Therapy** | **h** | **ECTS-Credits** |
|---|---|---|---|
| **a.** | **Internship in the Field of Internal Diseases**<br>Planning, testing, application and evaluation of training-therapeutic measures and programmes independently within an interdisciplinary team in professionally qualified internships. Before starting the internship, permission is to be obtained by the Director of Studies.<br>The internship comprises 125 hours with the accompanying course. | | 4 |
| **b.** | **PR Accompanying Course for the Internship in the Field of Internal Diseases**<br>Accompanying theory-practice transfer; educational-didactical preparation, implementation, follow-up, reflection and evaluation of the internship | 1 | 1 |
| **c.** | **Internship in the Field of Neurology/Psychiatry/Psychosomatics**<br>Planning, testing, application and evaluation of training-therapeutic measures and programmes independently within an interdisciplinary team in professionally qualified internships. Before starting the internship, permission is to be obtained by the Director of Studies.<br>The internship comprises 125 hours with the accompanying course. | | 4 |
| **d.** | **PR Accompanying Course for the Internship in the Field of Neurology/Psychiatry/Psychosomatics**<br>Accompanying theory-practice transfer; educational-didactical preparation, implementation, follow-up, reflection and evaluation of the internship | 1 | 1 |
| | **Total** | **2** | **10** |
| | **Learning Outcomes:**<br>Graduates are able to plan, implement and document training-therapeutic interventions in the fields mentioned. | | |
| | **Prerequisites:** successful completion of compulsory module 1 and 2 | | |

| 6. | Elective Module: Internship in Recreational Sport and Coaching | h | ECTS-Credits |
|---|---|---|---|
| a. | **Internship Coaching Programmes in Elite Sport**<br>Planning, testing, application and evaluation of training-therapeutic measures and programmes independently within an interdisciplinary team in professionally qualified internships. Before starting the internship, permission is to be obtained by the Director of Studies.<br>The internship comprises 125 hours with the accompanying course. | | 4 |
| b. | **PR Accompanying Course for the Internship Coaching Programmes in Elite Sport**<br>Accompanying theory-practice transfer; educational-didactical preparation, implementation, follow-up, reflection and evaluation of the internship | 1 | 1 |
| c. | **PR Accompanying Course for the Internship Coaching Programmes in Health Sport**<br>Planning, testing, application and evaluation of training-therapeutic measures and programmes independently within an interdisciplinary team in professionally qualified internships. Before starting the internship, permission is to be obtained by the Director of Studies.<br>The internship comprises 125 hours with the accompanying course. | | 4 |
| d. | **Internship Coaching Programmes in Health Sport**<br>Accompanying theory-practice transfer; educational-didactical preparation, implementation, follow-up, reflection and evaluation of the internship | 1 | 1 |
| | **Total** | **2** | **10** |
| | **Learning Outcomes:**<br>Graduates are able to implement the knowledge of training processes and to apply to the fields of health sports/wellness/competitive sports. They are able to realize movement and training programmes with different objectives and target groups according to didactical guidelines including the documentation and success control. | | |
| | **Prerequisites:** successful completion of compulsory module 1 and 2 | | |

## § 8 Master's Thesis

(1) A master's thesis with a workload of 20 ECTS-Credits is to be completed. The master thesis is a scientific piece of work which proves that students are able to apply the theoretical and methodical instruments of the subject area to a particular research question and to reflect on them independently.

(2) Written notification of the topic and of the supervisor requires successful completion of the compulsory modules 1 to 3.

(3) Students have the right to propose the topic of the master thesis or to choose it from a number of proposals.

(4) Students have the right to complete the master's thesis in a foreign language if the supervisor agrees.

(5) It is permissible for several students to work jointly on one single master's thesis topic, on the condition that each individual student's contribution is identified distinctly and can be assessed separately.

(6) To enable the students to complete writing the Master's Thesis within 6 months (corresponds to 30 ECTS-Credits) acc. to §81 (2) Universities Act, the students must pass the "Preparation of the Master's Thesis" (corresponding to 7.5 ECTS-Credits) prior to working on their Master's Thesis (20 ECTS-Credits). The study programme is completed with the Master's Thesis Defence (corresponding to 2.5 ECTS-Credits).

## § 9 Examination Regulations

(1) The performance of the courses of compulsory modules 1–7 and elective modules 1–4 is assessed by course examinations. Course examinations are

1. examinations which serve to proof the knowledge and skills covered in one course in which course assessment is based on a single examination at the end of the course. The course instructor has to define the method of examination (written or oral) and the assessment criteria before the course begins.

(2) The performance of the elective modules 5 and 6 is assessed by the instructor of the respective Accompanying Course. Positive completion is to be defined by “mit Erfolg teilgenommen” (successfully completed), negative completion is to be defined by “ohne Erfolg teilgenommen” (un successfully completed).

(3) The compulsory module “Preparation of the Master’s Thesis” is evaluated by the supervisor of the Master’s Thesis based on an abstract. Positive evaluation reads “participated with success”, negative evaluation “participated without success”.

(4) The performance of the module „Master's Thesis Defence“ is assessed by an oral board examination held by an examination board with three examiners.

## § 10 Academic Degree

Graduates of the Master’s Programme Sport Science are awarded the academic degree „Master of Science“, abbreviated „MSc“.

## § 11 Coming into force

(1) The curriculum is effective as of 1 October 2015.

(2) The changes of the curriculum according to the University of Innsbruck Bulletin of 9 April 2019, Issue 34, No. 383 come into effect as of 1 October 2019 and are to be applied to all students.

(3) The changes of the curriculum acc. to the version of the University of Innsbruck Bulletin of 28 June 2019, Issue 66, No. 590 come into effect on 1 October 2019 and are to be applied to all students.

## § 12 Transitional Provisions

(1) This curriculum applies to all students starting the study programme from the winter semester 2015/16.

(2) Regular students who have commenced the Master’s Programme Sports and Human Movement Science (curricula published in the University of Innsbruck Bulletin in the version of 30 April 2007, Issue 47, No 213) before 1 October 2015 are entitled from this point in time onwards to complete the this programme within a maximum of six semesters.

(3) If the Master’s Programme Sports and Human Movement Science is not completed within the specified time according to Para 2 then the curriculum of the Master’s Programme Sport Science will apply. Moreover, students are entitled to change to the Master’s Programme Sport Science at any time on a voluntary basis.

(4) The recognition of exams is set out in appendix of this curriculum.

**Appendix: Recognition of Exams**

Positively assessed exams, taken as part of the Master's Programme Sports and Human Movement Science at the University of Innsbruck (curriculum published in the version of the University of Innsbruck Bulletin from 30 April 2007, Issue 47, No 213) will be recognised according to § 78 Para 1 Universities Act 2002 as equal towards the Master's Programme Sport Science at the University of Innsbruck as follows:

| **Positively assessed exams** | **h/ECTS** | **Recognition as** | **h/ECTS** |
|---|---|---|---|
| Current Research in Training Science | 2/4 | Current Research in Training Science | 2/4 |
| Current Research in Health Sports | 2/3.5 | Current Research in Therapy Training | 2/5 |
| Current Research in Sports Education, Sports and Exercise Psychology, Sports Sociology | 4/7.5 | Current Research in Sports and Exercise, Sports Sociology, Sports Education | 2/4 |
| Current Research in Kinesiology | 2/4 | Current Research in Neurophysiology | 2/4 |
| Current Research in Biomechanics | 2/3.5 | Current Research in Biomechanics | 2/4 |
| Statistics in Sport Science | 3/5 | Multivariate Statistics | 3/7 |
| Empirical Scientific Social Methods | 1/1.5 | Methods of Empirical Social Research | 1/2 |
| Problem Analysis and Research in Training Science | 2/7.5 | Problem Analysis and Research in Training Science | 2/5 |
| Seminar in Sports Education, Sport and Exercise Psychology, Sports Sociology | 2/7.5 | Current Problem Analysis and Research in Sports Psychology, Sports Sociology, Sports Education | 2/5 |
| Problem Analysis and Research in Kinesiology | 2/7.5 | Problem Analysis and Research in Neurophysiology | 2/5 |
| Problem Analysis and Research in Biomechanics | 2/7.5 | Problem Analysis and Research in Biomechanics | 2/5 |
| Problem Analysis and Research in Health Sports | 2/7.5 | Problem Analysis and Research in Health Sports | 2/5 |
| Technical Terminology in English | 1/1.5 | Technical Terminology in English | 1/2.5 |
| Applied Biomechanics | 2/4 | Methods in Biomechanics and Innovative Methods | 1/2<br>1/2 |
| Sports Science Aspects of Sports Facilities and Sports Equipment | 1/2 | Sport Science Aspects of Sports Facilities and Sports Equipment | 1/2 |
| Communication and Cooperation in Professional Everyday Life | 3/5 | Interdisciplinary Skills | -/5 |
| Conducting Negotiations and Leadership/Guidance of Work Groups | 2/2.5 | Conversation Techniques | 1/2.5 |