

Selection compulsory electives section 'High-Performance Sport' worth a total of 40 ECTS credits.



An das
Prüfungssekretariat Sport
der Fakultät HW
Bereich Empirische Humanwissenschaften
der Universität des Saarlandes
Campus, Geb. B 3 1
66123 Saarbrücken

Name, First name	_____
Enrolment number	_____
E-Mail Uni Saarland	_____

Selection of compulsory electives section M. Sc. High-Performance Sport

I hereby choose the following modules for the compulsory electives section (40 CP) including two 5 CP modules out of the other two specialist areas that are not my chosen main specialist areas.

Module Socio-economics of elite sports

- Socio-economics in high-performance, economic and social conditions of sporting success – 5 CP
- Doping world-wide: Current situation and reasons for doping / Doping prevention and education – an international task – 10 CP
- Advanced research methods and statistics – 5 CP

Module Medicine and physiology in high-performance sport

- Advanced exercise physiology and sport medical care – 5 CP
- Athletes' musculoskeletal assessment / Injury mechanisms, screening and prevention – 10 CP
- Mechanisms of training adaptation – 5 CP

Module Strength and conditioning

- Biomechanics of strength and conditioning I+II – 10 CP
- Training programmes in elite sports – 5 CP
- Training and monitoring processes in an international context – 5 CP

Module Sport psychology in elite environments

- Coaching, communication and stress management – 5 CP
- Skill acquisition in motor and cognitive domains – 5 CP
- Elite performance in different life domains / Career transitions in professional sport in a global world – 10 CP

Module Talent identification and development

- Talent identification and development in an international context / National and international sport structures and regulations – 10 CP

Module Recovery management

- Recovery management and monitoring / Recovery strategies – 10 CP

Module Applied practice in elite sport

- Coaching the elite athlete: international experiences / Placement project in the high-perf. Environment – 10 CP

Module Training the endurance athlete (deletion possible at module level)

- The science of endurance training and performance / Planning and monitoring the athlete’s training response – 10 CP

Module Science and medicine in football

- Football science around the world / Current questions in international football science – 5 CP

Module Sports Nutrition

- Elite sports nutrition – 5 CP

Module Physical exercise and measurement

- International performance analysis and diagnostics / Testing the elite athlete: a global perspective – 10 CP

Module Diagnostics and training

- International diagnostics in psychology / Current challenges in sport psychology during training and competition – 10 CP

Module Elective module

- Current relevant topics in high-performance sport – 5 CP

Module Internship / Research project

- Internship – 10 CP
- Research project – 10 CP

Module Language courses (max. 12 CP, include achieved CP) – ungraded

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Date	Signature Student