

Study Regulations Governing the Single-Subject Master's Degree Programme 'High-Performance Sport'

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Note: This translation is provided for information purposes only. In the event of any discrepancy between the translation and the original German version published in the Official Bulletin (*Dienstblatt der Hochschulen des Saarlandes*), the provisions of the latter shall take precedence.

Pursuant to Section 64 of the Saarland Higher Education Institutions Act of 30 November 2016 (Official Gazette of Saarland, p. 1080), as amended by the Act of 22 August 2018 (Official Gazette I, p. 674), and based on the Examination Regulations Governing Bachelor's and Master's Degree Programmes at Faculty 5 (Humanities Faculty III – Social and Applied Human Sciences) at Saarland University of 5 November 2015 (Official Bulletin 2016, p. 114) and with the consent of the University Senate at Saarland University, the Faculty of Human and Business Sciences at Saarland University hereby issues the following Study Regulations Governing the Single-Subject Master's Degree Programme 'High-Performance Sport'.

Section 1 Scope

These study regulations, which govern the contents and structure of the Master's degree programme 'High-Performance Sport', are based on the Examination Regulations Governing Bachelor's and Master's Degree Programmes at Faculty 5 (Humanities Faculty III – Social and Applied Human Sciences) at Saarland University of 5 November 2015. The organization of the curriculum, teaching and examinations in this programme is the responsibility of the Faculty of Human and Business Sciences at Saarland University.

Section 2 Objectives of the degree programme and career relevance

(1) The research-focused Master's degree programme 'High-Performance Sport' builds on and expands the knowledge and skills acquired during the Bachelor's degree programme 'Sport' so that graduates from the Master's programme are equipped with a thorough understanding of specific areas of sport science, are able to work in an independent, self-organized way and have well-developed methodological skills. The M.Sc. programme 'High-Performance Sport' is a consecutive research-focused degree programme conducted in English. It includes advanced modules in areas such as research methods, methodology and statistics, and in the specific sub-disciplines within sport science. It also offers students the opportunity to undertake advanced study in an area that is both career-specific and relevant to elite performance sports in an international context. Examples include global perspectives on internationally recognized elite training and diagnostic methods, on international sport structures and talent development programmes and on cultural aspects in international negotiation and communication strategies. The curriculum is divided into the mandatory sections 'General Aspects: Methodology and Basic Theories' and 'Specific Aspects of High-Performance Sport' as well as the electives section. The mandatory section 'General Aspects: Methodology and Basic Theories' comprises advanced

modules on research design and methodology (qualitative and quantitative), statistics, evaluation and quality management, physiology, biomechanics and motor skills. In the mandatory section 'Specific Aspects of High-Performance Sport', sports science topics relevant to elite sport are studied in greater depth. These include advanced modules on training methodology and management specific to elite and professional sport, talent development, doping prevention and social issues in elite sport. In the electives section, students can select modules to strengthen their individual academic profile.

The curriculum structure is designed to provide students with a broad education by requiring them to take modules in a variety of areas relevant to international elite sport. The electives section also offers students the opportunity to select areas that are of particular relevance to the field in which they later wish to work. Additionally, the Master's degree programme 'High-Performance Sport' aims to prepare graduates for research work in the field of elite and professional sports. The language of instruction is exclusively English.

(2) Graduates from the Master's degree programme 'High-Performance Sport' are equipped with the skills to tackle new and complex challenges and assignments and are able to independently manage processes in the field of sport science that are relevant to international professional and performance-oriented sports. A particular objective of the programme is to produce graduates with the knowledge and skills to be able to take on appropriate positions in a global context. In addition to possessing the necessary subject-specific proficiency in English, graduates are also acquainted with international communication strategies, enabling them to identify and provide constructive solutions to the types of intercultural conflicts that arise in professional and elite sports and making them ideally prepared to work in a globally connected labour market. Graduates from the Master's degree programme

- are able to reflect upon and contextualize questions of practical significance in international high-performance sports in the light of current theoretical ideas in sport science
- are able to interact successfully and appropriately in culturally diverse environments
- are able to deal with intercultural barriers to communication, and have the ability to identify such areas of conflict and resolve such issues constructively by applying the appropriate communicative strategies
- have a good command of the internationally established methods used in professional and elite sport science and in neighbouring and parent disciplines
- have practical experience of working with elite athletes from a variety of cultures and, as a result, have a global perspective on and an effective understanding of the practical day-to-day problems that arise in training and competition environments (training management, coordinating and balancing the demands of career and sport, the law of diminishing returns in elite sport training programmes, etc.).

Section 3

Start and duration of programme

(1) Students generally begin studying the single-subject Master's degree programme 'High-Performance Sport' in the winter semester.

(2) The standard period of study is four semesters.

Section 4

Types of academic instruction

(1) Seminars (S) provide an opportunity for students to gain practice in critically assessing the

scientific literature on selected issues or problems. The number of participants shall not exceed 30.

(2) Exercise classes (Ü) serve to impart to students subject-specific techniques and methods of academic study and to consolidate their understanding of fundamental aspects of the subject. The number of participants shall not exceed 30.

(3) Like exercise classes, practical skills classes (PR) provide students with the opportunity to acquire subject-specific practical skills and typically require participants to engage in a higher level of student-directed activity. The number of participants shall not exceed 15.

(4) Project work / Research-driven practical assignments (PA) allow students to gain knowledge and insight into discussions of current scientific interest and to gather relevant factual data in selected specialist areas. Students are required to compile a high-quality review paper covering the work undertaken. Students will also be required to make independent judgements regarding the methods and techniques of sport science used. The deeper understanding acquired in the project may act as the foundation for a student's Master's thesis. The number of participants shall not exceed 15.

(5) In guided research seminars (BS) students work together with members of professorial staff, departmental staff and project team members. Students present their work concepts and proposals for critical appraisal and participate in discussions and decisions regarding questions of current research interest from larger projects. The number of participants shall not exceed 15.

Section 5

Structure and content of the programme

(1) The programme is modular in structure and is divided into four sections:

- the mandatory section 'General Aspects: Methodology and Basic Theories' worth a total of 20 ECTS credits (often referred to in Germany as 'credit points' or 'CPs')
- the mandatory section 'Specific Aspects of High-Performance Sport' worth a total of 65 ECTS credits
- the electives section worth a total of 15 ECTS credits
- and the Master's thesis worth 20 ECTS credits.

(2) The modules should include components that cover the basics of the topic as well as more advanced aspects, learning exercises and/or applications.

(3) The 'General Aspects: Methodology and Basic Theories' section comprises a module with four module elements in which basic skills from the areas of research methods, methodology and statistics, qualitative research, and evaluation and quality assurance are taught.

(4) In the 'Specific Aspects of High-Performance Sport' section, students shall take modules amounting to 65 credits. The modules equip students with the skills for the conceptual design and realization of training in elite sport.

(4) The curricular content is typically, but not exclusively, offered in seminars and exercise classes.

(5) The modules in the mandatory section cover

- a methodological module (20 credits)

- and core-content modules each worth 10 or 15 credits, whereby each module may comprise either 2 or 3 module elements, with each element worth 5 credits, or two module components each worth 10 credits (= two module elements each worth 5 credits).

(6) In the electives section, students may select modules worth 5 credits each. Individual modules can only be offered every three semesters. It shall be ensured that all elective modules are offered at least once in the standard period of study of each study cohort. An appropriate selection of elective modules offered each year shall be guaranteed.

(7) The mandatory section referred to in Paragraph 3 and 4 above is composed of the following modules (cf. Table 1)

- Research and evaluation
- Medicine and physiology in elite sports
- Biomechanics and motor control
- Training and competition in elite sports
- Social issues in elite sports
- Developing the elite athlete

(8) As set out in Paragraph 5, the freely selectable modules in the electives section are worth 15 credits and can be chosen from the modules in the Master's degree programmes in the Department of Sports Science offered at Saarland University. Modules completed in areas relevant to the degree programme in other departments and/or from the courses offered by other German or international universities may also be included after assessment by the director of sports science degree programmes, programme advisor, programme coordinator or Erasmus representative. Students may apply to have interdisciplinary qualifications (core skills), voluntary work, committee activities, mentoring or tutoring recognized in the electives section in accordance with Section 11 of the Examination Regulations of Faculty 5 (Humanities Faculty III – Human and Business Sciences). Such modules are subject to approval from the Chair of the Examination Board. Language courses, projects or practical assignments worth up to 10 credits may also be selected.

(9) Students are strongly recommended to undertake a work placement / internship amounting to a minimum of 200 hours during the Master's programme. The work placement / internship may be undertaken abroad. Confirmatory certification shall be provided by the company or organization hosting the work placement / internship. As an alternative to a work placement / internship, students may participate in a practical research project (certification to be provided by the research institution). The organization hosting the work placement / internship or the practical research project shall require prior approval by the programme coordinator.

(10) In addition to the certification confirming a student's work placement / internship or participation in a research project, students are required to submit an ungraded report on the work placement or research project.

(11) The student workload associated with the work placement or practical research project, which includes the time taken to find, set up and organize the work placement or research project and to manage the related requirements, represents 10 ECTS credits. These credits are included in the electives section.

(12) The final assessment phase of the Master's degree programme comprises the student

assessments completed during the degree programme and the Master's thesis. The student assessments completed over the course of the degree programme represent 100 ECTS credits in total, of which 60 shall be awarded for graded assessments. As set out in Paragraphs 1 to 3 above, students are required to earn the following numbers of ECTS credits in the three sections:

- 20 credits from modules in the mandatory section 'General Aspects: Methodology and Basic Theories'
- 65 credits from modules in the mandatory section 'Specific Aspects of High-Performance Sport'
- 20 credits for the Master's thesis.

(13) The language of instruction in modules in the mandatory section is English. Student assessments that involve a significant quantity of written English, such as seminar papers or the Master's thesis, may be written in German on request to the examiner.

(14) Detailed information regarding the content of modules and module elements is provided in the module catalogue that will be made available in suitable form. Any changes or amendments to the information in the module catalogue not covered in these study regulations shall be reported to the Dean of Studies and documented in appropriate form.

(15) Course attendance may be compulsory for certain seminars, exercise or problem-solving classes and practical skills classes. Students will be notified of this by the instructor at the beginning of the course.

Section 6

Overview of coursework assessments and examination requirements

(1) The student assessments and examination requirements for the Master's degree programme 'High-Performance Sport' are summarized below.

(2) The type of assessment used depends on the knowledge and skills to be imparted in the relevant module or module element. The forms of academic assessment used are knowledge tests, cognitive competence tests, social competence tests and professional presenting assessments.

(3) Knowledge tests (WT) are used to assess the simple cognitive skills of factual learning and comprehension and include multiple-choice tests, written exams, oral tests of student knowledge and comprehension, oral presentations and written assignments in which students process factual information and connections between facts, class reports, etc.

Cognitive competence tests (KKT) are used to assess more complex cognitive skills relating to the use, application and production of knowledge and include written exams, oral exams and presentations, written assignments and essays or seminar papers that address complex questions and require independent analysis of the literature and evaluative comparisons.

Social competence tests (SKT) are used to assess a student's ability to communicate and cooperate with others and include teaching skills tests in the form of teaching demonstrations, which incorporate written lesson preparations, group work (such as poster presentations, organizing a journal club) etc.

Professional presenting assessments (PrA) are used to evaluate professional self-awareness and include, in particular, the work placement or research project reports and the Master's thesis.

Table 1: Student assessments and examination requirements for modules in the mandatory section 'General Aspects: Methodology and Basic Theories' (b = graded, ub = ungraded, P/W = mandatory or elective, P = mandatory, W = elective, PVL = preliminary assessment, PL = examination or assessment, WT = knowledge test, KKT = cognitive competence test).

MODULE: RESEARCH DESIGN AND EVALUATION

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Research design and evaluation	P	1	Advanced statistics	Ü	2	5	WS	PVL; PL: WT (b)
	P	1	Evaluation and quality assessment	S	2	5	WS	PVL; PL: WT (b)
	P	2	Research Methods	S	2	5	SS	PVL; PL: WT (b)
	P	2	Qualitative research	S	2	5	SS	PVL; PL: WT (b)
TOTAL					8	20		

Table 2: Student assessments and examination requirements for modules in the mandatory section ‘Specific Aspects of High-Performance Sport’. The module elements are graded in all cases.

MODULE: MEDICINE AND PHYSIOLOGY IN ELITE SPORTS								
Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Medicine and physiology in elite sports	P	1	Advanced exercise physiology and sport medical care	S	2	5	WS	PVL; PL: KKT (b)
	P	1	Athletes’ musculoskeletal assessment	S	2	5	WS	PVL; PL: KKT (b)
	P	2	Injury mechanisms, screening and prevention	S	2	5	SS	
TOTAL					6	15		
MODULE: BIOMECHANICS AND MOTOR CONTROL								
Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Biomechanics and motor control	P	1	Biomechanics of the elite athlete I	S	2	5	WS	PVL; PL: KKT (b)
	M	1	Biomechanics of the elite athlete II	S	2	5	WS	
	P	2	Motor control and learning	S	2	5	SS	PVL; PL: KKT (b)
TOTAL					6	15		

MODULE: TRAINING AND COMPETITION IN ELITE SPORT

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Training and competition	P	2	Training the elite athlete	S	2	5	SS	PVL; PL: KKT (b)
	P	2	Training and monitoring processes	S	2	5	SS	PVL; PL: KKT (b)
	P	3	Preparing for and recovering from competition	S	2	5	WS	PVL; PL: KKT (b)
TOTAL					6	15		

MODULE: DEVELOPING THE ELITE ATHLETE

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Developing the elite athlete	P	3	Talent identification and development	S	2	5	WS	PVL; PL: KKT (b)
	P	3	Elite performance and career transitions in professional sports	S	2	5	WS	PVL; PL: KKT (b)
TOTAL					4	10		

MODULE: SOCIAL ISSUES IN ELITE SPORTS

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Social issues in elite sports	W	3	Doping world-wide: current situation and reasons for doping	S	2	5	WS	PVL; PL: KKT (b)
	W	3	Social problems and social crises in elite sport	S	2	5	WS	PVL; PL: KKT (b)
TOTAL					4	10		

Table 3: Student assessment and examination requirements for the electives section. Students are required to choose electives modules worth a total of 15 ECTS credits.

MODULE: LEADING ATHLETES AND SPORTS ORGANISATIONS

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Leading athletes and sport organisations	W	3	Leading athletes and sports organisation	S	2	5	WS	PVL; PL: KKT (b)
TOTAL					4	5		

MODULE: DIAGNOSTICS AND TRAINING IN SPORT PSYCHOLOGY

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Diagnostics and training in sport psychology	W	3	International diagnostics in psychology	S	2	5	WS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: PERFORMANCE ANALYSIS

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Performance analysis and data science	W	3	Performance analysis and data science	S	2	5	SS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: COACHING AND COMMUNICATION IN THE ELITE SPORTS ENVIRONMENT

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Coaching and communication in the elite sports environment	W	4	Coaching and communication in the elite sports environment	S	2	5	SS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: SKILL ACQUISITION IN MOTOR AND COGNITIVE DOMAINS

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Skill acquisition in motor and cognitive domains	W	3	Skill acquisition in motor and cognitive domains	S	2	5	WS or SS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: TESTING THE ELITE ATHLETE

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Testing in high-performance sport	W	1 or 4	Testing in high-performance sport	S	2	5	WS or SS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: ADVANCED RESEARCH METHODS AND STATISTICS IN SOCIAL SCIENCES

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Advanced research methods and statistics in social sciences	W	1 or 4	Advanced research methods and statistics in social sciences	S	2	5	WS or SS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: SCIENCE AND HEALTH IN FOOTBALL

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Science and Health in Football	W	1 or 4	Science and Health in Football	S	2	5	WS or SS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: INFECTIOUS DISEASES IN HIGH-PERFORMANCE SPORT

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Infectious diseases in high-performance sport	W	1 or 4	Infectious diseases in high-performance sport	S	2	5	WS or SS	PVL; PL: KKT (b)
TOTAL					2	5		

MODULE: WORK PLACEMENT / INTERNSHIP / RESEARCH PROJECT

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Work placement / internship	W	4	Work placement / internship	PR	-	10	-	Project report / presentation
TOTAL					-	10		

Module	P/W	Standard study semester	Module element	Type	hrs/wk	ECTS credits	Repeat cycle	Examinations and academic assessments
Research project	W	4	Research project	PA	-	10	-	Project report / presentation
TOTAL					-	10		

Section 7

Study abroad period

(1) All students on the Master's degree programme 'High-Performance Sport' are encouraged to spend time studying abroad in order to advance their foreign language proficiency, promote intercultural competence and prepare them for work in the international field of professional and elite sports. The institutes involved in the Master's programme maintain a wide range of international cooperative arrangements that can be used for this purpose. Students should begin planning one year before they intend to study abroad.

(2) Students are strongly encouraged to undertake international work placements / internships as they not only enable students to acquire skills of practical relevance, but also provide significant insight into the communicative, social and cultural practices of other countries.

(3) Students who have earned academic credits abroad shall have these credits transferred in accordance with the provisions of Section 19 of the Examination Regulations Governing Bachelor's and Master's Degree Programmes at Faculty 5 (Humanities Faculty III – Social and Applied Human Sciences) at Saarland University.

(4) To assist student preparation, Saarland University typically offers language courses and workshops on intercultural competence. Students are strongly encouraged to make use of the appropriate resources.

Section 8

Double-degree programmes

(1) Double-degree programmes are subject to the relevant cooperation agreements between the Faculty of Human and Business Sciences at Saarland University and the overseas partner university and, notwithstanding the provisions of these study regulations, to the rules set out in Paragraphs 2 to 4 below.

(2) Students who are enrolled in one of the degree programmes specified in the cooperation agreements shall spend at least six months studying at the partner university where they shall earn at least 30 credits in accordance with the appropriate examination regulations at the host university. Academic credits earned in accordance with the relevant study plan at the overseas university shall be fully recognized by Saarland University. Academic credits acquired in this way make it possible for students to earn a double degree from both universities.

(3) A committee shall be formed in accordance with the provisions of the cooperation agreements that shall be responsible for implementing the relevant double-degree programmes, compiling coordinated and harmonized study plans and selecting students, and shall also recommend in which year of the programme students should study at which university.

(4) Student assessments and examinations completed abroad will appear on the Master's degree certificate with their original titles.

Section 9

Study plan

The Dean of Studies shall compile a study plan based on the study regulations. The study plan shall be appended to the study regulations as a recommendation for students on how to structure

their studies effectively. The study plan will be made available in suitable form.

Section 10 Student advisory services

(1) The Central Student Advisory Service (*Zentrale Studienberatung*) at Saarland University provides counselling and guidance to prospective students and enrolled students concerning the content, structure and requirements of academic study at Saarland University. It also can advise and assist students with respect to their study options as well as with planning and organizing their studies.

(2) Questions concerning curricular demands, learning objectives, admission requirements and study planning and organization can be addressed to the departmental academic adviser for the Master's degree programme 'High-Performance Sport'.

(3) Questions specific to individual modules should be addressed to the respective module coordinators.

Section 11 Commencement

These regulations shall come into force on the day after they are announced in the Official Bulletin of the Institutions of Higher Education in Saarland (*Dienstblatt der Hochschulen des Saarlandes*).

Saarbrücken, XXX

President of Saarland University
(Univ.-Prof. Dr. Ludger Santen)