

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

**1 March 2018**

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*Please note: This translation is provided for information purposes only. In the event of any discrepancies between the translation and the original German version, the latter shall take precedence.*

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Pursuant to Section 64 of the Saarland Higher Education Institutions Act of 30 November 2016 (Official Gazette of Saarland, p. 1080) and to 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 Master's Degree Programme 'High-Performance Sport'.

**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.

**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. 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 a mandatory section 'Generic Aspects: Methodology and Basic Theories' and the compulsory electives section 'High-Performance Sport'. The mandatory section 'Generic Aspects: Methodology and Basic Theories' comprises advanced modules on: *research design and*

*analysis; statistics; evaluation, organization and quality assessment.* In the compulsory electives section 'High-Performance Sport', students select two of the following specialist areas:

- *Socio-economics of elite sport*
- *Medicine and exercise physiology in high-performance sport*
- *Strength and conditioning in high-performance sport*
- *Sport psychology in elite environments*

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. It 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.

(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.).

### 3

#### **Start and duration of the 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.

## 4

### Teaching and learning formats

(1) Seminars (S) provide an opportunity for students to gain practice in critically assessing the scientific literature on selected issues or problems. The knowledge acquired in a seminar is assessed either by written examination or by means of a seminar assignment, and/or students are required to compile and present an original report covering the results established and the methods and/or techniques encountered in the seminar. The report shall be in the form of an oral presentation and/or a written seminar paper. The number of participants shall not exceed 20.

(2) Exercise classes (Ex) 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 20.

(3) Like exercise classes, practical skills classes (PSC) 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 (PW) 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 (GRS) 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.

## 5

### The structure and content of the programme

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

- the mandatory section 'Generic Aspects: Methodology and Basic Theories' worth a total of 20 ECTS credits (often referred to in Germany as 'credit points' or 'CPs')
- the compulsory electives section 'High-Performance Sport' worth a total of 80 ECTS credits
- and the Master's thesis worth 20 credits.

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

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

(4) The modules in the mandatory section 'Generic Aspects: Methodology and Basic Theories' cover

- a methodological subject area (10 credits)
- and a core-content subject area (10 credits)

(5) The modules in the compulsory electives section 'High-Performance Sport' cover

- two specialist modules each worth 20 credits, whereby each module may comprise either four module elements, with each element worth 5 credits, or two module components each worth 10 credits (= two module elements each worth 5 credits)
- supplementary modules worth 20 credits, which are either in the form of one large supplementary module comprising four module elements, with each element worth 5 credits, or are made up of two supplementary modules each worth 10 credits (= two module elements each worth 5 credits)
- and freely selectable electives worth 20 credits.

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

- Research design and analysis
- Organization, evaluation and quality assessment

(7) The following specialist modules are offered in the compulsory electives section 'High-Performance Sport' (cf. Table 2)

- Socio-economics of elite sport
- Medicine and exercise physiology in high-performance sport
- Strength and conditioning in high-performance sport
- Sport psychology in elite environments

As specified in Paragraph 5, students shall select two of these specialist modules. Each specialist module comprises either four module elements, with each element worth 5 credits, or two module components each worth 10 credits (= two module elements each worth 5 credits). Specialist modules are always graded (cf. Table 2). A specialist module can only be chosen if it has not already been included in the mandatory section.

(8) For the supplementary part of the compulsory electives section, students may select the supplementary modules (see Section 5) listed in Table 3 irrespective of their chosen specialist area. Students can also include module elements from specialist modules for the supplementary part of their compulsory electives section, provided that these module elements are not already part of the student's chosen specialist area.

(9) As set out in Paragraph 5, the freely selectable modules in the compulsory electives section are worth 20 credits and can be chosen from the modules in the Master's degree programmes in sport science offered at Saarland University. Modules with relevant content from other degree programmes in other disciplines may also be selected. Such modules are subject to approval from the Chair of the Examination Board.

(10) Of the total 80 credits that students are required to earn in the compulsory electives section, at least 5 credits must be acquired from each of the specialist areas listed in Paragraph 7 above.

(11) Students are strongly recommended to undertake a work placement / internship 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.

(12) 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.

(13) 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 freely selectable part of the compulsory electives section.

(14) 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 at least 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 'Generic Aspects: Methodology and Basic Theories'
- 80 credits from modules in the compulsory electives section 'High-Performance Sport' (specialist, supplementary and freely selectable modules)
- 20 credits for the Master's thesis.

(15) The language of instruction in modules in the mandatory section 'Generic Aspects: Methodology and Basic Theories' and in the compulsory electives section 'High-Performance Sport' 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.

(16) Detailed information regarding the content of modules and module elements are described 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.

## 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 (KT) 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 (CCT) 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 (SCT) 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 (PPA) 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 'Generic Aspects: Methodology and Basic Theories' (g = graded, u = ungraded, M/E = mandatory or elective, PA = preliminary assessment, EA = examination or assessment, KT = knowledge test, CCT = cognitive competence test).

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Research design and analysis	M	1	Advanced statistics	Ex	2	5	WS	PA; EA: KT (g)
	M	2	Applied statistics and research designs, empirical methods of social research	S	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Organization , evaluation and quality assessment	M	2	Evaluation and quality assessment	S	2	5	SS	PA; EA: KT (g)
	M	2	Organizational theories and problems of organizational management	Ex	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

Table 2: Student assessments and examination requirements for the specialist modules in the compulsory electives section 'High-Performance Sport'. Students are required to choose two specialist modules worth a total of 40 ECTS credits. The module elements in specialist modules are graded in all cases.

## SOCIO-ECONOMICS OF ELITE SPORT

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Socio-economics of elite sports	E	1	Socio-economics in high-performance, economic and social conditions of sporting success	S	2	5	WS	PA; EA: KT (g)
	E	1	Doping world-wide: Current situation and reasons for doping	S	2	5	WS	PA; EA: CCT (g)
	E	2	Doping prevention and education – an international task	S	2	5	SS	
	E	2	Advanced research methods and statistics	S	2	5	SS	PA; EA: CCT (g)
<b>TOTAL</b>					<b>8</b>	<b>20</b>		

## MEDICINE AND EXERCISE PHYSIOLOGY IN HIGH-PERFORMANCE SPORT

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Medicine and physiology in high-performance sport	E	1	Athletes' musculoskeletal assessment	S	2	5	WS	PA; EA: CCT (g)
	E	1	Advanced exercise physiology and sport medical care	S	2	5	WS	PA; EA: CCT (g)
	E	2	Injury mechanisms, screening and prevention	S	2	5	SS	PA; EA: CCT (g)
	E	2	Mechanisms of training adaptation	S	2	5	SS	PA; EA: CCT (g)
<b>TOTAL</b>					<b>8</b>	<b>20</b>		



## STRENGTH AND CONDITIONING IN HIGH-PERFORMANCE SPORT

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Strength and conditioning	E	1	Biomechanics of strength and conditioning I	S	2	5	WS	PA; EA: CCT (g)
	E	1	Biomechanics of strength and conditioning II	S	2	5	WS	PA; EA: CCT (g)
	E	2	Training programmes in elite sports	S	2	5	SS	PA; EA: CCT (g)
	E	2	Training and monitoring processes in an international context	S	2	5	SS	PA; EA: CCT (g)
<b>TOTAL</b>					<b>8</b>	<b>20</b>		

## SPORT PSYCHOLOGY IN ELITE ENVIRONMENTS

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Sport psychology in elite environments	E	1	Coaching, communication and stress management	Ex	2	5	WS	PA; EA: CCT (g)
	E	1	Skill acquisition in motor and cognitive domains	S	2	5	WS	PA; EA: CCT (g)
	E	2	Elite performance in different life domains	S	2	5	SS	PA; EA: CCT (g)
	E	2	Career transitions in professional sport in a global world	S	2	5	SS	PA; EA: CCT (g)
<b>TOTAL</b>					<b>8</b>	<b>20</b>		

Table 3: Student assessments and examination requirements for the supplementary modules and freely selectable modules in the compulsory electives section 'High-Performance Sport'. Students are required to choose supplementary and freely selectable modules worth a total of 40 ECTS credits.

**MODULE: TALENT IDENTIFICATION AND DEVELOPMENT**

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Talent identification and development	E	3	Talent identification and development in an international context	S	2	5	WS	PA; EA: CCT (g)
	E	4	National and international sport structures and regulations	S	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

**MODULE: RECOVERY MANAGEMENT IN HIGH-PERFORMANCE SPORT**

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Recovery management	E	3	Recovery management and monitoring	S	2	5	WS	PA; EA: CCT (g)
	E	4	Recovery strategies	S	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

**MODULE: APPLIED PRACTICE IN COACHING, PLANNING AND MONITORING IN HIGH-PERFORMANCE SPORT**

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Applied practice in elite sport	E	3	Coaching the elite athlete: international experiences	S	2	5	WS	PA; EA: CCT (g)
	E	4	Placement project in the high-perf. environment	S	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

**MODULE: TRAINING THE ENDURANCE ATHLETE**

Module	M/E	Standard study semester	Module element	Format	hrs/wk	ECTS credits	Repeat cycle	Assessments
Training the endurance athlete	E	3	The science of endurance training and performance	S	2	5	WS	PA; EA: CCT (g)
	E	4	Planning and monitoring the athlete's training response	S	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

**MODULE: SCIENCE AND MEDICINE IN FOOTBALL**

<b>Module</b>	<b>M/E</b>	<b>Standard study semester</b>	<b>Module element</b>	<b>Format</b>	<b>hrs/wk</b>	<b>ECTS credits</b>	<b>Repeat cycle</b>	<b>Assessments</b>
Science and medicine in football	E	4	Football science around the world	S	1	2	WS	PA; EA: CCT (g)
	E	4	Current questions in international football science	S	2	3	WS	
<b>TOTAL</b>					<b>3</b>	<b>5</b>		

**MODULE: SPORTS NUTRITION**

<b>Module</b>	<b>M/E</b>	<b>Standard study semester</b>	<b>Module element</b>	<b>Format</b>	<b>hrs/wk</b>	<b>ECTS credits</b>	<b>Repeat cycle</b>	<b>Assessments</b>
Sports Nutrition	E	3	Elite sports nutrition	S	2	5	SS	PA; EA: CCT (g)
<b>TOTAL</b>					<b>2</b>	<b>5</b>		

**MODULE: PHYSICAL EXERCISE AND MEASUREMENT**

<b>Module</b>	<b>M/E</b>	<b>Standard study semester</b>	<b>Module element</b>	<b>Format</b>	<b>hrs/wk</b>	<b>ECTS credits</b>	<b>Repeat cycle</b>	<b>Assessments</b>
Physical exercise and measurement	E	3	International performance analysis and diagnostics	S	2	5	WS	PA; EA: CCT (g)
	E	4	Testing the elite athlete: a global perspective	S	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

**MODULE: DIAGNOSTICS AND TRAINING IN SPORTPSYCHOLOGY**

<b>Module</b>	<b>M/E</b>	<b>Standard study semester</b>	<b>Module element</b>	<b>Format</b>	<b>hrs/wk</b>	<b>ECTS credits</b>	<b>Repeat cycle</b>	<b>Assessments</b>
Diagnostics and training	E	3	International diagnostics in psychology	S	2	5	WS	PA; EA: CCT (g)
	E	4	Current challenges in sport psychology during training and competition	S	2	5	SS	
<b>TOTAL</b>					<b>4</b>	<b>10</b>		

**MODULE: WORK PLACEMENT / INTERNSHIP / PROJECT PLACEMENT**

<b>Module</b>	<b>M/E</b>	<b>Standard study semester</b>	<b>Module element</b>	<b>Format</b>	<b>hrs/wk</b>	<b>ECTS credits</b>	<b>Repeat cycle</b>	<b>Assessments</b>
Work placement / Internship / Research project	E	4	Four-week work placement / internship or research project	I/P	-	10	-	-
<b>TOTAL</b>					-	<b>10</b>		

## **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.

## **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.

## **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.



## **10**

### **Student advisory services**

(1) Programme-related advice is typically provided by the programme coordinator.

(2) Students should make use of these advisory services, particularly

– at the beginning of their studies, or

– if they have switched from another programme or another university.

(3) General study-related questions are dealt with by the Central Student Advisory Service at Saarland University, which can provide non-subject-specific information and personal advisory services to students.

## **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, 1 March 2018

President of Saarland University  
(Univ.-Prof. Dr. Manfred Schmitt)