

Advance through networks

The University of Erlangen-Nuremberg is one of Germany's largest universities. "Advance through Networks", the motto it has adopted, has been inspired by the lively dialogue between subjects and faculties that typifies the University and that has given rise to an almost unique range of interdisciplinary courses. The main focus in research and teaching is to be found at the interface between Natural Sciences, Engineering and Medicine in close cooperation with the classical university disciplines Law, Theology and the Humanities. Economics, Social and Educational Sciences complete the range of subjects offered.

The region

Both Erlangen, with its 100,000 inhabitants, the home of the Huguenots, cyclists and Siemens, and Nuremberg, a city with population of half a million and a metropolitan flair, have their own special charm. The opera, theatres and museums, cabaret and a lively pub culture and nightlife offer an attractive alternative after a day in lectures, labs or libraries. Some of the annual cultural highlights in Erlangen are the Audio Art Festival, the Comic Salon, the Marionette and Puppet Festival, the Poetry Festival and Arena, the Festival of Young Contemporary Theatre. Countless cultural venues in Nuremberg open their doors to culture fans for the "Blue Night". Every two years the research institutes in Erlangen, Nuremberg and Fürth hold an open night, the "Long Night of Knowledge". Franconian Switzerland, a paradise for climbers and walkers, offers the active all they could wish for right on their doorstep; water sports enthusiasts will find the new Franconian Lakes and the University water-sports centre a temptation they cannot resist.

Contact

Institute of Sport Science and Sport
Friedrich-Alexander-University Erlangen-Nuremberg
Gebbertstr. 123b
91058 ERLANGEN, GERMANY

Karim Abu-Omar, Ph.D.
Phone: +49 9131 85-25008
Fax: +49 9131 85-25002
E-Mail: karim.abu-omar@sport.uni-erlangen.de

International Master Physical Activity and Health



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**Friedrich-Alexander-Universität
Erlangen-Nürnberg**



Overview

The international Master „Physical Activity and Health“ provides graduate students with profound knowledge and experience of successful means of promoting health by physical activity and exercise from an international perspective. This includes:

- Conceptualization of interventional strategies for the promotion of physical activity and public health policies.
- Implementation of physical activity and health promotion measures within specific settings e.g. companies and schools, and for specific target groups like immigrants and older people.
- Developing and implementing measures for individual physical activity and health promotion programs for specific people who are prone to certain diseases and health risks e.g. back pain, osteoporosis.
- Quality assurance and management of offered physical activity and health promotion measures.
- Scientific evaluation of offered physical activity and health promotion programmes.

Modules

Nr. Modules

- 1 Introduction into Public Health (2.5 CP)
- 2 Introduction into Physical Activity and Public Health (5 CP)
- 3 Rehabilitation Science (7.5 CP)
- 4 Health Enhancing Exercise I (5 CP)
- 5 Basics in Methodology (7.5 CP)
- 6 Communication and Cooperative Planning (7.5 CP)
- 7 International Public Health (2.5 CP)
- 8 International Physical Activity and Public Health (5 CP)
- 9 International Rehabilitation (2.5 CP)

- 10 Conceptualization, Implementation, Evaluation I (5 CP)
- 11 International Internship (10 CP)
- 12 Health Enhancing Exercise II (5 CP)
- 13 Public Health Diagnostics (5 CP)
- 14 Diagnostics/Assessment in Rehabilitation and Prevention (5 CP)
- 15 Conceptualization, Implementation, Evaluation II (20 CP)
- 16 Master-Thesis (25 CP)

The programme puts a strong emphasis on how to conceptualize, implement, and evaluate interventional strategies for the promotion of physical activity through the participation of students in work projects. The internship i.e., between the 2nd and 3rd semester should be spent abroad, to provide students with a broader spectrum of experiences.

Admission requirements

The international Masters „Physical Activity and Health“ programme is open for students with a college or university degree (BA as a minimum requirement). The degree may be based on a basic health or physical activity focussed programme e.g. a Diploma, Master or Bachelor in Sports Science, Medicine, Health Sciences and Physiotherapy or alternatively a Diploma, Masters or Bachelor in Psychology, Pedagogy and Sociology majoring in health or physical activity from any German or foreign University or College and other comparable degrees. The degree must be graded with a minimum of „good“ or equivalent.

For all non-native English/German speakers, documentation of language proficiency in English and German of a minimum level of B2, in accordance with the European language portfolio is required.

Application deadlines, admission procedures and required documentation are posted online at <http://www.sport.uni-erlangen.de>

Tuition fees

The State of Bavaria charges a tuition fee of 500.- € per semester. The fee covers all course work, all Exams and the final Master thesis. No additional fees apply.

The Institute of Sport Science (ISS)

The ISS is one of the primary research institutions in the field of physical activity and health in Germany. Through a number of research projects, the ISS is involved in European and Worldwide discourses concerning Physical Activity and Health. It collaborates with institutions such as the World Health Organisation and the European Union, and is engaged in research projects with Universities in over 20 nations. The ISS has a special research expertise in the areas of:

Assessment and Surveillance of Physical Activity

Promotion of Physical Activity among Older People, Low-Income and Minority Groups

Dissemination and Implementation of Research Findings

Rehabilitation Science

Health-related Physical Activity and Exercise Therapy

Interdisciplinary Human Movement Science

Functional Analysis of the Motor System

Among agencies that are currently funding research projects at the ISS are the European Commission, the German Federal Ministries of Education and Research, and sickness and pension funds. The ISS is currently advising the World Health Organisation, the European Commission and German Ministries on physical activity related issues.