

CURRICULUM PLAN

MASTER'S DEGREE PROGRAMME IN EXERCISE SCIENCE AND SPORTS NUTRITION FULL-TIME (4 SEMESTER)

Compulsory modules

Elective modules

CP: Credit points WD: Webinar days #: Optional one-week Summer or Winter School

1st Semester	CP	WD
Applied Sports Anatomy	10	2
Sport and Exercise Psychology for Coaches	5	2
Organ Systems	10	2
Testing and Training Strength, Speed, Agility, and Quickness	5	#
	30	6
2nd Semester	CP	WD
Applied Physiology of Sport and Exercise	10	2
Testing and Training Flexibility and Endurance	5	#
Bioenergetics of Training and Exercise	10	2
Designing Training Programs	5	2
	30	6
3rd Semester	CP	WD
Nutrition Strategies and Plans	5	2
Applied Biomechanics and Technology	10	2
Management of Recovery in Sport	5	2
Research Project	5	3
Elective module*	5	2
	30	11
4th Semester	CP	WD
Practical Sports Nutrition	5	2
Colloquium on the Master's Thesis	5	1
Master Thesis	15	
Elective module*	5	2
	30	5
credit points / webinar days total	120	28

*Elective modules

In each of these semesters you choose one of the elective modules offered.

Elective modules	CP	WD
Youth Fitness Development	5	2
Sports Injuries and Rehabilitation	5	2
Nutrition Supplements	5	2
Modern Diets	5	2