

CURRICULUM PLAN

MASTER'S DEGREE PROGRAMME IN EXERCISE SCIENCE AND SPORTS NUTRITION PART-TIME (6 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
Testing and Training Strength, Speed, Agility, and Quickness	5	#
	20	4
2nd Semester	CP	WD
Applied Physiology of Sport and Exercise	10	2
Organ Systems	10	2
	20	4
3rd Semester	CP	WD
Testing and Training Flexibility and Endurance	5	#
Bioenergetics of Training and Exercise	10	2
Designing Training Programs	5	2
	20	4
4th Semester	CP	WD
Nutrition Strategies and Plans	5	2
Applied Biomechanics and Technology	10	2
Elective module*	5	2
	20	6
5th Semester	CP	WD
Management of Recovery in Sport	5	2
Practical Sports Nutrition	5	2
Research Project	5	3
Elective module*	5	2
	20	9
6th Semester	CP	WD
Colloquium on the Master's Thesis	5	1
Master Thesis	15	
	20	1
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