

Master's Days 2023

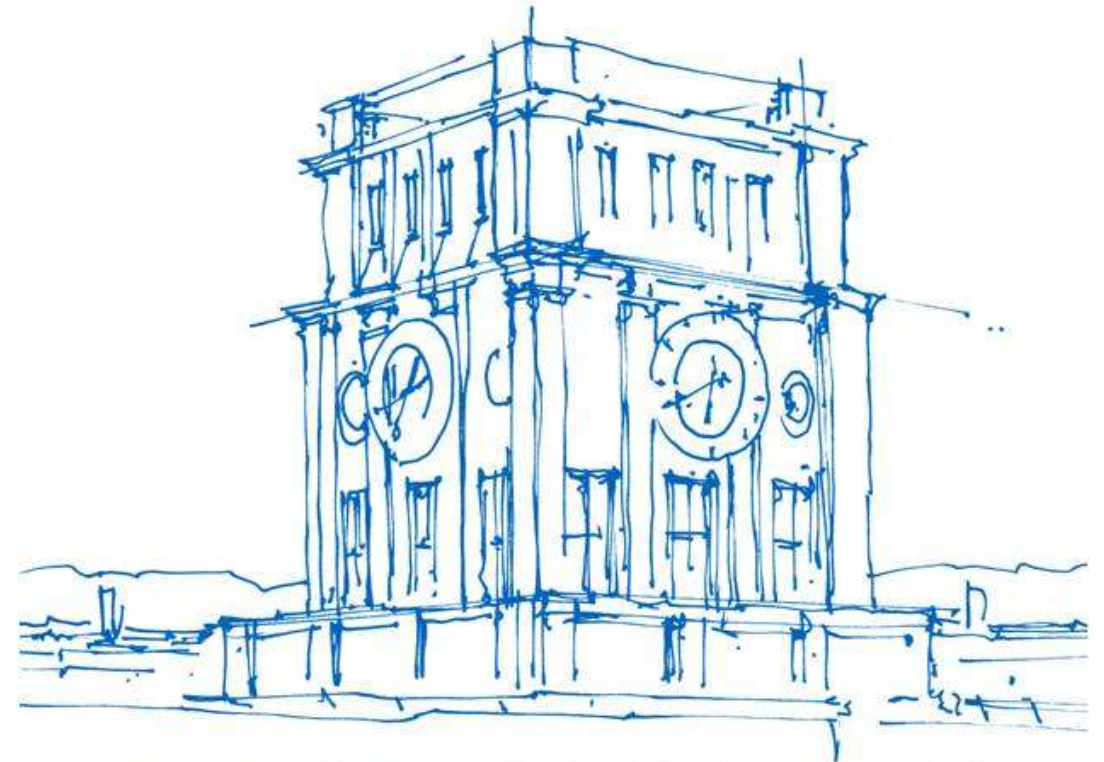
Application for the Master's degree programs in
"Health Science – Prevention and Health Promotion" and
"Sport and Exercise Science"

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Technische Universität München

Department of Sport and Health Sciences

Munich, March 23rd 2023



Uhrenturm der TUM

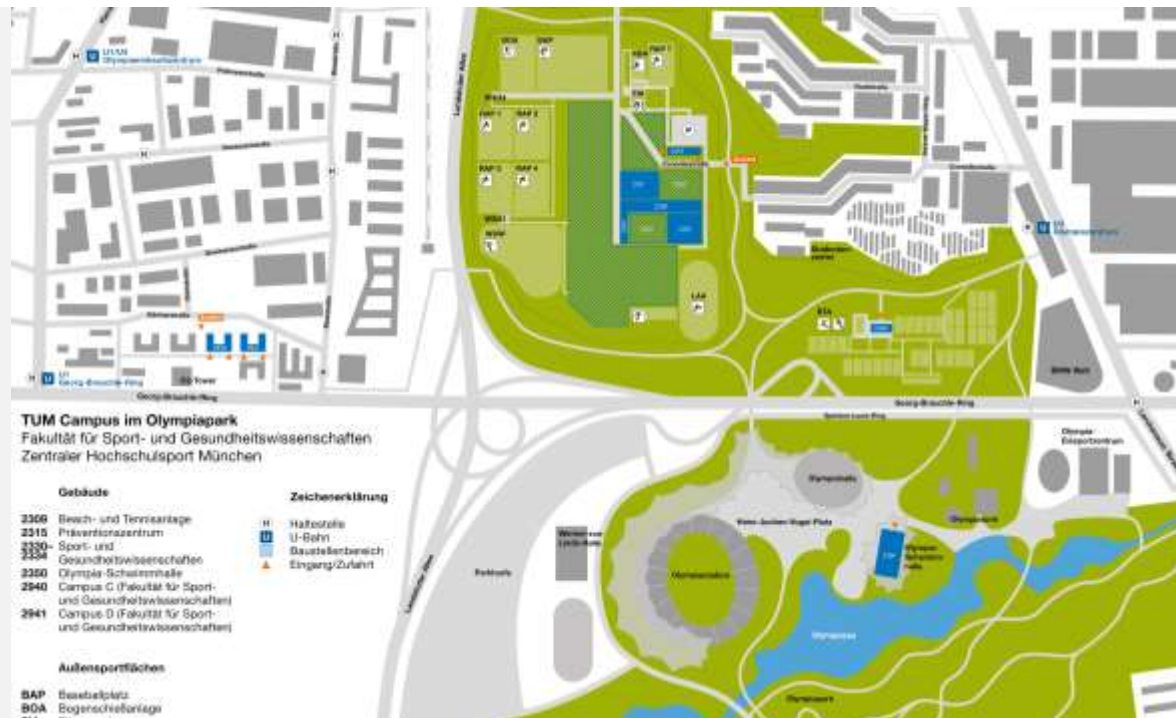
Agenda

- I. Study programs and locations
- II. Dates and Online Application
- III. Required Documents
- IV. Aptitude assessment process
- V. FAQ
- VI. Any questions?



Campus in the Olympic Parc

Key location of sports and health sciences at TUM



Studies at the Department of Sport and Health Sciences of the Technical University of Munich



Sports

- Bachelor of Science **Sportwissenschaften**
- Master of Science
- **Sport & Exercise Science**

Health

- Bachelor of Science **Gesundheitswissenschaften**
- Master of Science
- **Health Science – Prevention and Health Promotion**

II. Dates and Online Application

Application is only possible for the winter semester.

Application period:

For the following winter semester: January 1st – May 31st

Application:

Online-Application of Technical University of Munich:

<https://www.tum.de/en/studies/application/master/application-master>

Faculty Website:

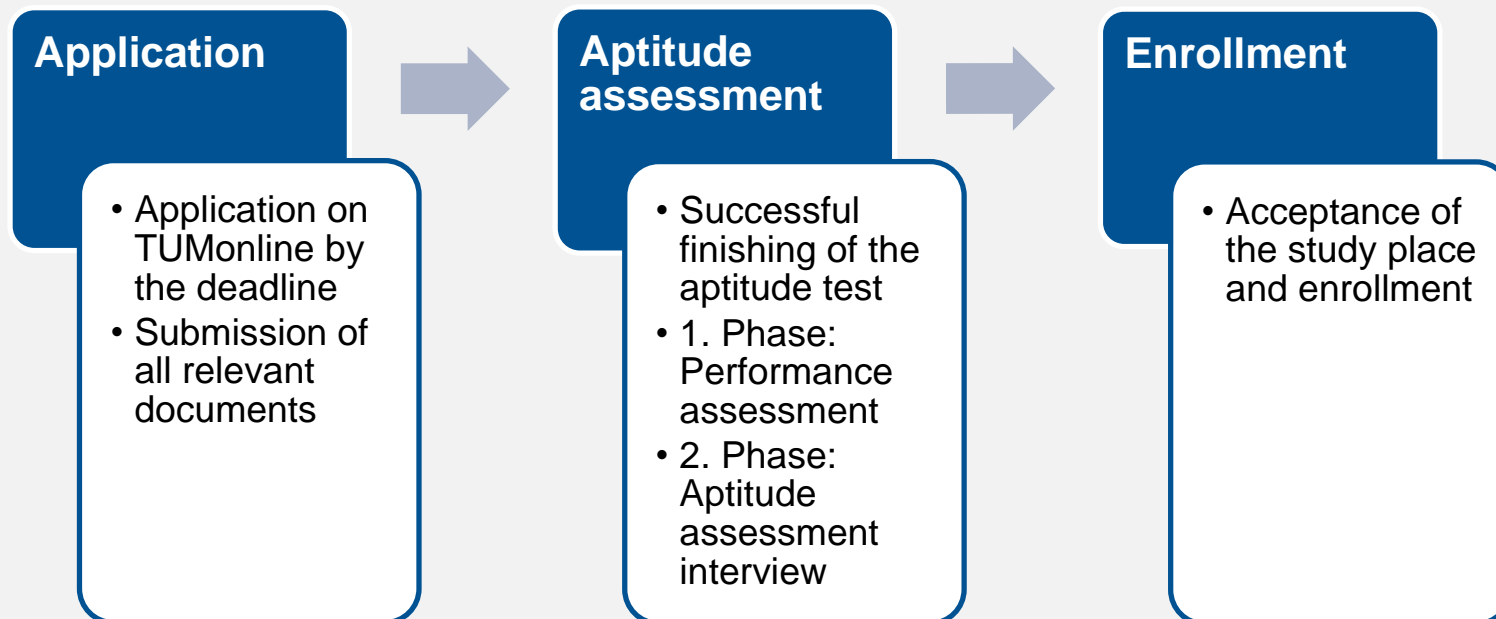
<https://www.sg.tum.de/en/sg/study-programs/prospective-students/application-procedure/>

Applicants:

In case of questions may contact application@sg.tum.de

II. Dates and Online Application

Application process



III. Required Documents

Please note: We can only consider your application if you upload all required documents and submit the **complete** application within the **application period**.



Curriculum Vitae



Listing of the highest graded modules totaling 140/164/187 credits



Proof of internship or work experience (job reference from employer)



Proof of university degree



Essay of the Bachelor's or Diploma Thesis



Proof of knowledge of the English language

III. Required Documents



Curriculum Vitae

- Tabular form



Proof of university degree

- Qualified bachelor's degree of at least six semesters obtained at a national or foreign university or a degree of at least equivalent value → **no subject requirement**
- If the previous degree is not completed at the period of application, the applicant has to submit proof of the credit requirements in the first-degree study (Transcript of Records); at least 140 credit points (164/187)
- The final bachelor's degree has to be submitted within one year after the start of the master's program

III. Required Documents



**Listing of the highest graded modules
totaling 140/164/187 credits**

- Including assurance that the listing is accurate
- The template for the listing is available in the application portal



**Essay of the Bachelor's or Diploma Thesis
English | 300-500 words**

- If the thesis is not completed at the period of application, the abstract can be a description of the main concept (scientific problem, method).
- **No bachelor thesis?** Exposé which includes a scientific question and proposed methods. The exposé should cover a research project conducted during the Bachelor studies and relevant to the field of **sport science OR health science** and by what scientific methods one might use to answer this question.
- The abstract has to meet international scientific standards in form and content.
- **Declaration** that the applicant has written the abstract by him/herself and unaided, and that he/ she has marked the thoughts from external sources as such

Example: Listing of the highest graded modules totaling 140/164/187 credits

Calculation of Grade
M.Sc. Health Science - Prevention and Health Promotion, M.Sc. Sport and Exercise Science

Personal Data

Name:

First name:

Date of birth:

Applicant number: 2-

Application number: 1-

Grade specified in the preliminary documents (VPD) by uni-assist: Note: Leave this cell blank if you did not need to apply for a VPD (only necessary for international applicants).

Preliminary grade according to Transcript of Records/Diploma:

Refraining from calculating the best graded 140 credits

By setting the check mark, I declare that I do refrain from the calculation of the best graded 140 credits. In this case, the grade will be taken from the Transcript of Records (if applicable, the grade mentioned in the VPD).
If the calculation of the best-graded 140 credits is waived by marking the check box, the following cells of this Excel sheet can and have to be left blank.

Note: Refraining from the calculation is particularly recommended if there are not enough graded subjects/courses (at least 140 TUM Credits) or if there is no information about the workload in your program. If ungraded subjects/courses are entered in the list below or there is no information about the workload, the calculation will be biased and the grade from the transcript or VPD will be used anyway.

Example: Listing of the highest graded modules totaling 140/164/187 credits

Course of study referred to in the application

In the following fields, please provide information on the (undergraduate) degree program that you have already (completely or almost) finished.

Name of the university:	Technical University of Munich	
Country of the university:	Germany	
Name of the program:	B. Sc. Health Science (B.Sc. Gesundheitswissenschaften)	
Regular duration of the program (years):	3	Equivalent to six semesters
Total number of credits:	180	
Translation factor:	1,000	<i>(factor for the weighting of the credits)</i>

Grades

Please first enter the highest possible and the lowest possible grades to pass. (e.g. A=1 till D=4).

Then list the best modules of your study program up to 140 credits (the last one partly if necessary). "Original grade" is the grade listed in your transcript. Please enter only the credits for ungraded ("passed") modules and leave the cell for the grade empty (ungraded courses can only be entered if **all graded** courses have already been entered). Please arrange the modules in descending order by grade - starting with the module with the best grade, the last module entered in the table is then the one with the worst grade.

Highest possible grade	1
Lowest possible grade to still pass	4

Example: Listing of the highest graded modules totaling 140/164/187 credits

Module/Course	Original credits	Original grade	Translated grade	Weighted grade
Health promotion Programs	5	1	1,0	5,0
Health Counseling	3	1,3	1,3	3,9
Society and Communication	6	1,3	1,3	7,8
Dimesions of Health	6	1,3	1,3	7,8
VHB - Research Methods in Social- and Educational Sciences	6	1,3	1,3	7,8
Blockkurs Italienisch A1.1	3	1,3	1,3	3,9
Italienisch A1.2	3	1,3	1,3	3,9
VHB- Workplace health promotion	3	1,3	1,3	3,9
Nutrition for Health Science Students	6	1,7	1,7	10,2
Health Risk and Common Diseases	7	1,7	1,7	11,9
Human Biology (Anatomie und Physiologie der inneren Organe)	7	1,7	1,7	11,9
Diversity and Inklusion	7	1,7	1,7	11,9
Basik Skills of Science	5	2	2,0	10,0
Questionnaire Creation	5	2	2,0	10,0
Problem Based Learning (PBL)	5	2	2,0	10,0
Scientific work	5	2	2,0	10,0
Health behaviour and prevention	6	2	2,0	12,0
Research Method I	4	2	2,0	8,0
Research Method II	6	2,3	2,3	13,8
Health Care System	6	2,3	2,3	13,8
Structural Prevention	5	2,3	2,3	11,5
Managment in Health Care	6	2,3	2,3	13,8
Biochemistry and Functional Anatomy	7	2,7	2,7	18,9
Fundamental Competences in Psychology and Pedagogy	6	2,7	2,7	16,2
Introduction to Programming for Digital Health	6	2,7	2,7	16,2
Learning and Behavior	10	2,7	2,7	27,0
			0,0	
			0,0	
Total credits original	144			
Total credits weighted	144			
weighted average grade according to TUM system	2,0			

The credits entered deviate from the specified number of 140 TUM credits. Please adjust the list by -4,0 original credits

Example: Listing of the highest graded modules totaling 140/164/187 credits

Module/Course	Original credits	Original grade	Translated grade	Weighted grade
Health promotion Programs	5	1	1,0	5,0
Health Counseling	3	1,3	1,3	3,9
Society and Communication	6	1,3	1,3	7,8
Dimesions of Health	6	1,3	1,3	7,8
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Basik Skills of Science	5	2	2,0	10,0
Questionnaire Creation	5	2	2,0	10,0
Problem Based Learning (PBL)	5	2	2,0	10,0
Scientific work	5	2	2,0	10,0
Health behaviour and prevention	6	2	2,0	12,0
Research Method I	4	2	2,0	8,0
Research Method II	6	2,3	2,3	13,8
Health Care System	6	2,3	2,3	13,8
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Fundamental Competences in Psychology and Pedagogy	6	2,7	2,7	16,2
Introduction to Programming for Digital Health	6	2,7	2,7	16,2
Learning and Behavior	6	2,7	2,7	16,2
			1,0	
			1,0	
Total credits original	140			
Total credits weighted	140			
weighted average grade according to TUM system	1,9			

Example: Listing of the highest graded modules totaling 140/164/187 credits

Executive summary

Personal Data
 Name:
 First name:
 Date of birth:
 Applicant number: 2- 01979000
 Application number: 1- 00635000

Course of study referred to in the application
 Name of the university: Technical University of Munich
 Country of the university: Germany
 Name of the program: B. Sc. Health Science (B.Sc. Gesundheitswissenschaften)

Regular duration of the program (years): 3

weighted average grade according to TUM system ("best 140 credits") 1,9

Statement of agreement

When the form is completed, please check and confirm your entries, save the form and upload it into your TUMonline application!

I declare that I have entered all information correctly. I am aware that intentionally false statements and omissions constitute an administrative offense and may lead to my exclusion from or, if determined at a later date, the revocation of my aptitude testing and enrolment.

Date	Place

III. Required Documents



Proof of internship or work experience (job reference from employer)

- In the field of sport OR health science
- at least 8 weeks, full-time
- Internships passed during an undergraduate degree will be recognized
- **Department-internal applicants** : do not have to submit this document

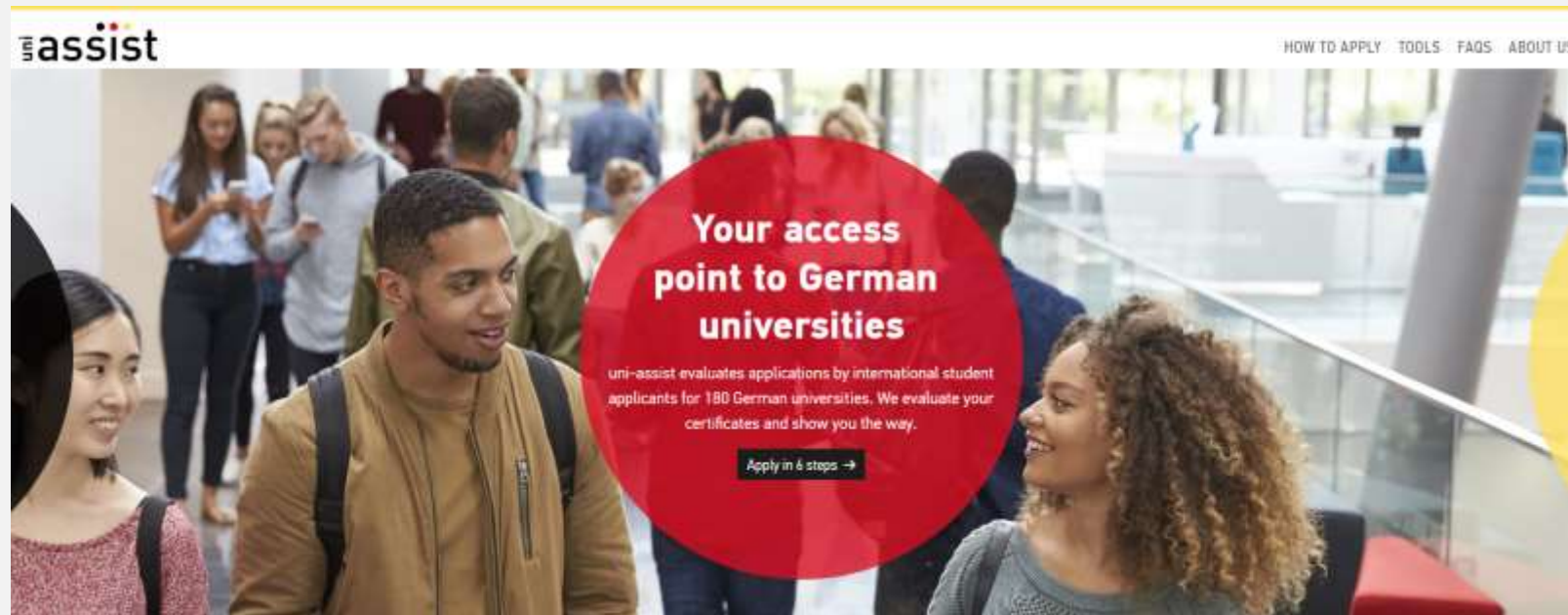


Proof of knowledge of the English language

- Recognized language test (TOEFL, IELTS, Cambridge Certificate CAE/CPE, PTE)
- Bachelor's Thesis in English
- At least 20 Credits in English modules during the lower-division course
- All information and scores: <https://www.tum.de/en/studies/application-andacceptance/university-admission/language-certificates>
- **Department-internal applicants** can upload the transcript of records for the language certificate
- **TUM internal applicants:** TUM Language courses marked with "Gateway to English Master's Programs C1" are accepted for the language certificate.

III. Required Documents for international students

International Students additional need a preliminary documentation (VPD) before applying to TUM - <https://www.tum.de/en/studies/application/application-info-portal/uni-assist>



<https://www.uni-assist.de/en/>

A step by step instruction can be found on both websites.

IV. Assessment: First Phase

a) Bachelor's degree

- The applicant receives 3 points for every tenth part that his/ her bachelor's grade is better than 2,6.
- The grade is calculated out of 140 credits of the bachelor's program (maximum score = 48 points).
- If the Transcript of Records includes more than 140 credit points, the grade is calculated out of the best 140 credits.
- The overall grade is calculated as an weighted average of all modules (weight according to the respective credit points of each module).

Points for bachelor's grade:

1,0	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2,0	2,1	2,2	2,3	2,4	2,5
48	45	42	39	36	33	30	27	24	21	18	15	12	9	6	3

IV. Assessment: First Phase

b) Performance assessment

- written format and lasts 90 minutes.
- The assessment date will be announced by the commission at least one week in advance.
- → check website regular for schedule announcements and information on how to prepare for the performance assessment

Health Science (M.Sc.)

1. Research methods (30%)
2. Epidemiology (15%)
3. Biosciences/medicine (15%)
4. Psychology/social sciences (15%)
5. Health management/policy (15%)
6. Public Health (10%)

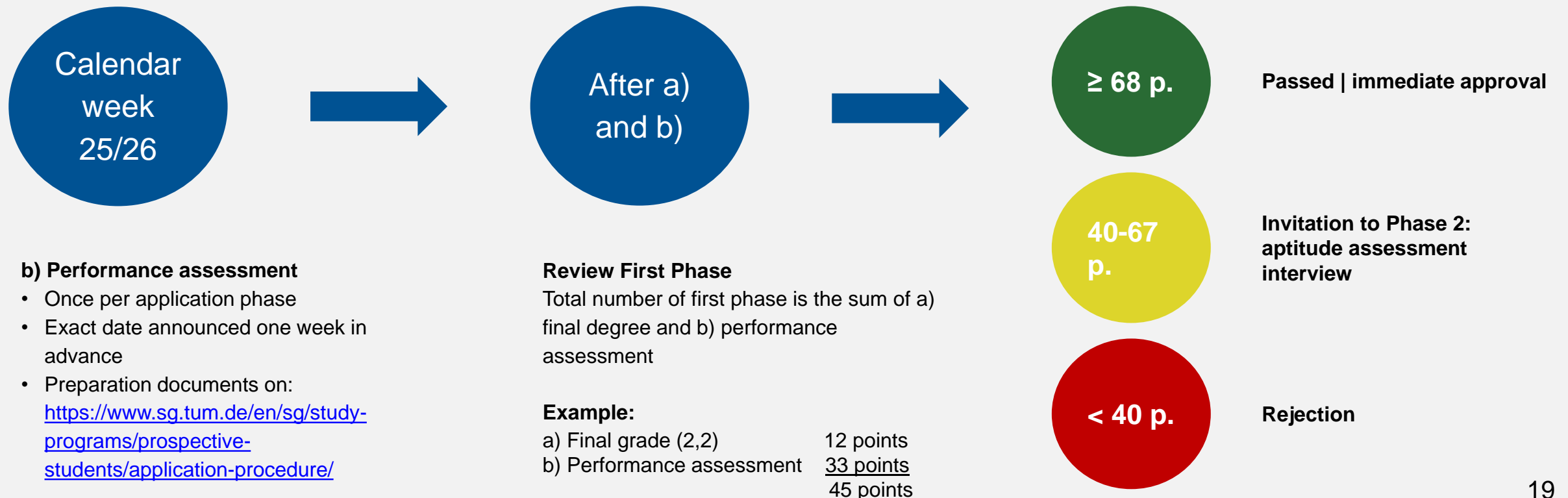
Sport & Exercise Science (M.Sc.)

1. Physiology / anatomy (35%)
2. Research methods (30%)
3. Biomechanics (20%)
4. Exercise science, movement science, sociology, and sports psychology (15%)

48 points
maximum

IV. Assessment: First Phase

Implementation



IV. Assessment: Second Phase

Aptitude assessment interview (both master's programs) | approx. 20-30 minutes

- Carried out by at least two members of the committee
- Each member assigns the aptitude assessment interview results to a point scale of 0-48
- The number of points results from the arithmetic mean of the individual evaluations.
- Four main topics with the same weight

Health Science (M.Sc.)

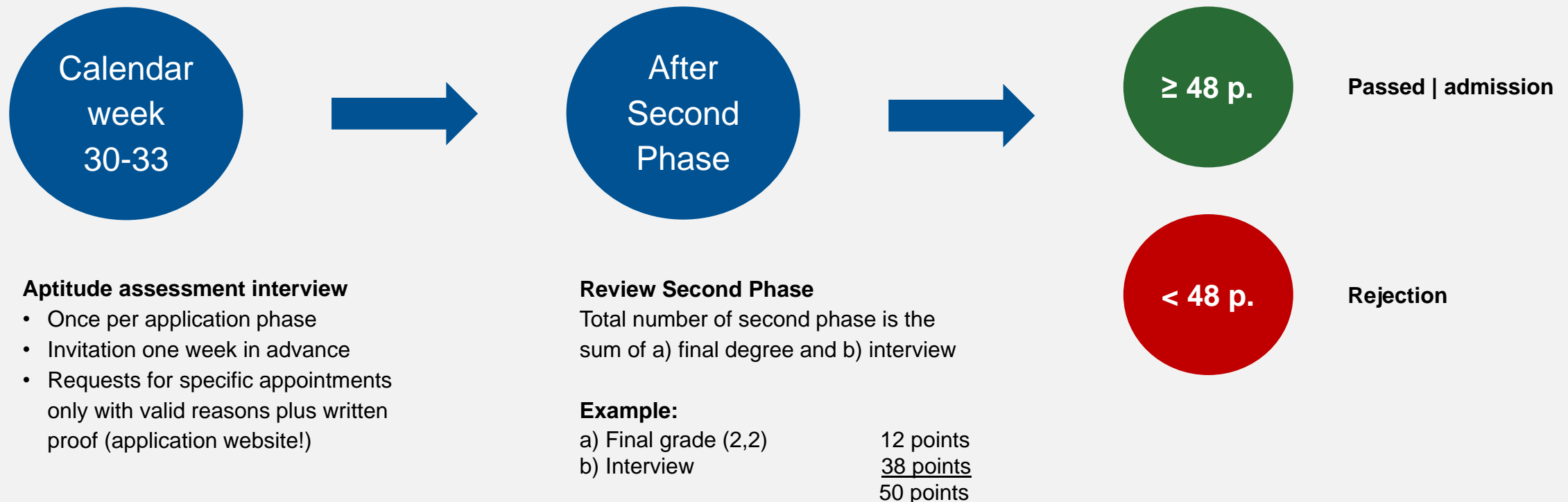
1. Basic and applied questions in the field of health science (professional qualification)
2. Special suitability and willingness to perform due to other relevant qualifications and practical experience in the field of health science
3. Ability to analyze health science issues, particularly in the area of prevention and health promotion
4. Explanation of the submitted abstract/exposé

Sport & Exercise Science (M.Sc.)

1. Basic and applied questions in the field of sport and exercise science (professional qualification)
2. Special suitability and willingness to perform due to other relevant qualifications and practical experience in the field of sport science
3. Ability to analyze sports science issues
4. Explanation of the submitted abstract/exposé

IV. Assessment: Second Phase

Implementation



IV. Application Note

After submitting your online application the following steps will be conducted:

- Examination of documents by the admission office for formal correctness
- Message about correct application received by our department
- Screening/ evaluation of the documents through these steps:
 - Announcement of the specific date of the performance assessment (must be done at least 1 week in advance
 - Time slots are set before the application period begins
 - Implementation of the performance assessment: written test
 - Calculation of the points in stage 1 of the aptitude test
 - Possible invitation to interview (must be announced 1 week before interview date)
 - Possible implementation of interview (period will be announced in time)

V. FAQ

What kind of proof of internship do I need to submit?

- Confirmation of an 8-week practical internship OR work experience
- we cannot provide you any specific examples of what such an internship would look like, as internship vary greatly among applicants
- document should includes the following information:
- Your position/responsibilities,
- the duration of the experience,
- and a signature/stamp from your supervisor/company.

Do I have to hand in both an essay and the Abstract of the Bachelor's or Diploma Thesis ?

- NO! Please just hand in your abstract the Bachelor's or Diploma Thesis.
- Applicant who did not have a bachelor's thesis hand in a scientific exposé

V. FAQ

How to write an a scientific expose and what should be its topic?

- This exposé should detail a scientific question that is relevant to the field of sport science OR health science and by what scientific methods one might use to answer this question. → you have to find a topic by yourself
- There are plenty of resources on how to write an academic paper, therefore we would recommend that you do your own literature research on this topic.
- Here you can you can familiarize yourself with current research topics, methodology and structure of the academic scientific paper within a particular research field. <https://www.sg.tum.de/en/sg/research/research-units/>

To which people would you recommend the Health Science Master/ what should I be interested in?

- The Master program offers a wide range of choices that allow you to pursue your interests → look at the module structure
- interest in research

V. FAQ

What are the professional fields and work opportunities after the Master's degree?

Health Science (M.Sc.)

1. experts in assessing costs, values, and efficiency of international health programs and feasibility studies.
 2. able to judge health concepts and programs while considering international quality standards; develop evidence-based approaches for enhanced health strategies while considering guidelines of good (clinical) practice and ethics.
- This approach can be adapted to different settings (e.g. kindergarten, universities, insurance, companies), populations, and age groups

Sport & Exercise Science (M.Sc.)

- Sport and Exercise Scientists are employed by universities, sports clubs, cities, insurance companies, sports associations and sports companies.
- offers not only a specific professional field, but also a wide range of possible applications.

V. FAQ

Do I now have to submit hard copies before admission approval?

- No. You only have to submit your documents to your TUM online account.
- In case you are admitted to the program, then you will need to send the documents in hard copy via post for enrolment in the study program. If this is the case, you will be timely notified of the further step via your personal TUM email account.

I have two degrees. Which one should I choose for my entrance qualification?

- Since the final grade counts in the Stage 1, it would be best to choose the degree with the best final grade.

Will I be able to get a more specified knowledge in one field or is the Master's degree widely ranged?

What kind of modules are included in the Master programs?

Modular Structure: *Health Science – Prevention and Health Promotion, M.Sc. (WS 2022/23)*

1st semester	Health Science Research (16) – choose two				Mandatory Modules (25)						
	Nutrition – Health Science Research (8)	Gesundheits- ökonomie – Health Science Research (8)	Psychology – Health Science Research (8)	Physical Activity – Health Science Research (8)	Health and Society (5)						
					Study Design; Ethics – Research Methods (5)						
					Scientific Data Processing (5)						
2nd semester	Health Science Research II (10) – choose two				Applied Research (24) – choose two						
	Nutrition – Health Science Research II (5)	Gesundheits- ökonomie – Health Science Research II (5)	Psychology – Health Science Research II (5)	Physical Activity – Health Science Research II (5)	Qualitative Research Methods (5)						
					Advanced Statistics (5)						
3rd semester	Curricular Complementary Subjects (9)			Extracurricular Complementary Subjects (6)							
	<p>In the area of "curricular complementary subjects", it is possible to specialize in various aspects of health science, e.g. economics or sociology, which enables preparation for different professional fields. The range of modules varies depending on current developments and resources.</p>			<p>In the area of "extracurricular complementary subjects", students can choose from interdisciplinary modules. This refers, for example, to key qualifications. The offerings vary each semester.</p>							
				Cancer (12)	Neurological Health (12)	Orthopaedic Health (12)	Mental Health and Well-Being (12)	Cardiovascular/Metabolic Disorders (12)	Evaluation Methods in Public Health and Health Care (12)	Economic Evaluations of Health Care Programmes (12)	Behavioral Science, Behavior Change and Health (12)
4rd semester	Master's Thesis (30)										

Structure of the Master Program „Sport and Exercise Science“ (since 2019)

	Biomechanics and Neuroscience	Exercise Biology, Training & Health	Psychology & Social Sciences	Research Skills, Auxiliary Subjects
1st Semester:	Biomechanics, Human Movement and Neuromechanical Control (5 Credits)	Current topics in Exercise Biology, Performance Testing and Health (5 Credits)	Current Social and Political Topics of Sport in Global Societies (5 Credits)	Study Design, Ethics (5 Credits) Technical Analysis (5 Credits) Entrepreneurial Opportunity Development (5 Credits)
2nd Semester:	Biomechanical Methods and Application Methods in Human Movement Science Methods in Neuromechanics	Exercise Biology Methods Methods of Performance Analysis and Testing Nutrition for Human Performance: Current Topics and Research Methods Sports Informatics	Methods in Performance Psychology Mind-Body Interactions for Health and Well-Being Choose 4 (6 Credits each)	Advanced Statistics (6 Credits)
3rd Semester:	Current Topics in Movement Science Neuromuscular Control and Learning Human Robotics Biomechanics for Strength and Conditioning in Elite Sports Muscle Function and Human Movement Studies Neuronal and Cognitive Aspects in Motor Control	Exercise Biology Specialisation Performance Analysis Specialisation Sports Analytics Evidence-based training for performance, fitness & health Choose 5 (5 Credits each)	Psychophysiology of Stress in Sport Participation and Inclusion Sponsorship-Linked Marketing Special Topics in Elite Level Sports Qualitative Research Methods	Extracurricular Qualifications (5 Credits)
4th Semester:	Master's Thesis (30 Credits)			

https://www.sg.tum.de/fileadmin/tuspfs/p/www/Studiengaenge/2Masterstudien/gaenge_M.Sc/1_MES/20220721_Modulstruktur_abWS2019-20.pdf

V. Questions in advance

My bachelor's is in Aerospace Engineering. My career has taken a different path, and I am now a powerlifting coach with athletes worldwide. I've always been interested in Sports Science and do follow the research related to strength and hypertrophy training. Am I eligible to apply for a Master's degree?

- Yes

How can African international student get fund to pursue master's degree?

- <https://www.tum.de/en/studies/fees-and-financial-aid/scholarships/tum-scholarships/scholarship-for-international-students-of-tum>
- In general, there are more opportunities outside of TUM. Please figure out on your own.

Is the registration process possible without having the grades of the exams/thesis?

- Yes

Will there be enough places in the lectures that we are free to choose, so all of the students get the lecture they are interested in? (Problem during bachelor's study course)

- There is no guarantee. Our department always tries to match the demand of classes accordingly to the offered spots. It may be that there are not enough spots in some classes. Students from higher semesters are preferred within the registration period for the classes.

V. Questions in advance

What professions can I apply for with this degree?

- Already discussed

How can I benefit from this Master as a Management and Technology graduate? What can I do with this master? How does it benefit me in the labour market?

- Already discussed

Kann man mit einem Bachelor im Bereich Wirtschaftsingenieurwesen einen Master in Sportwissenschaften studieren?

- Yes.

V. Questions in advance

I have already obtained a Master's degree from the University of Edinburgh. Would this degree be considered as equipping me with research skills that could potentially give me an advantage in the application process?

- You should apply with the better graded degree to enhance the chances of admission. Your knowledge could be helpful within the performance assessment or the aptitude interview.

**Is laboratory work, incl. researching a part and if so how deep can the students dive into the practics
What are the modules of the Master? Is there an opportunity to go abroad or do an internship?**

- Laboratory work can be part of the master programs
- Depending on the master's program and your module election the part of laboratory work varies
- More information e.g. on: <https://www.sg.tum.de/en/sg/praeventionszentrum/teaching-and-educational-lab/>

Student Advisory Team

Website: <https://www.sg.tum.de/en/sg/study-programs/student-advisory-service/>

Dipl.Soz.-Wiss. Annette Bauer



studienberatung.sg@tum.de

Phone: +49 89 – 289 – 24798

Office Hours: Tue, 08:00 – 10:00; Room 2333.01.107 (CiO, 1st Floor)

Telephone consultation hour: Wed, 13:00 – 15:00

M.Sc. Stefan Unzeitig



studienberatung.sg@tum.de

Phone: +49 89 – 289 – 24716

Office Hours: Mon, 10:00 – 12:00; Room 2333.01.107 (CiO, 1st Floor)

Telephone consultation hour: Thu, 08:00 – 10:00

Any questions?

application@sg.tum.de



Thank you for your interest!

