

Master's Days 2024

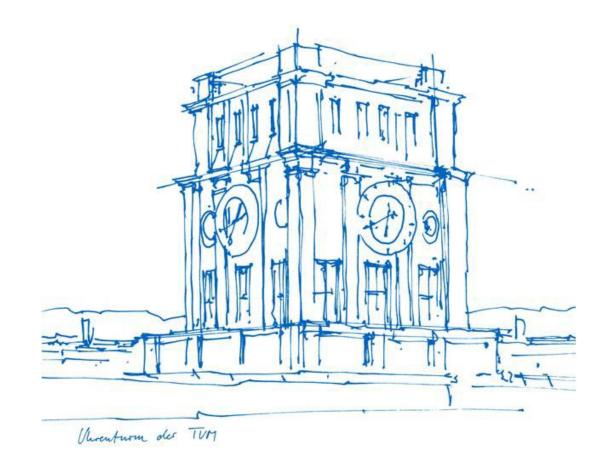
Application for the Master's degree programs in "Health Science – Prevention and Health Promotion" and "Sport and Exercise Science"

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School of Medicine and Health | Student Office

Munich, March 20th 2024





Agenda

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



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Online info sessions 18 - 22 March 2024



I. Master Programs





M.Sc. Sports & Excersice Science

M.Sc. Health Science – Prevention & Health Promotion



I. Location

TUM Campus in the Olympic Park



TUM Campus C & D at Georg-Brauchle Ring





I. Location

New TUM Campus in the Olympic Park





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

School Website:

https://www.mh.tum.de/

Applicants:

In case of questions may contact studium.gsw.sto@mh.tum.de

At the moment our domains are restructured due to the merging process of the new School of Medicine and Health. Soon you'll find all the information under "Studium / Academic Programs"



II. Application Process

Application Aptitude Enrollment assessment Application Successful Acceptance finishing of of the study on **TUMonline** the aptitude place and by the enrollment test deadline • 1. Phase: Submission Performance of all relevant assessment documents • 2. Phase: Aptitude assessment interview



III. Required Documents - M.Sc. Health science Prevention and health promotion & M.Sc. Sport and Exercise Science

Curriculum Vitae (tabular form)

Proof of university degree a qualified bachelor's degree of at least six semesters obtained at a national or foreign university or a degree of at least equivalent value.

→There is no requirement as to which subject this degree is in!

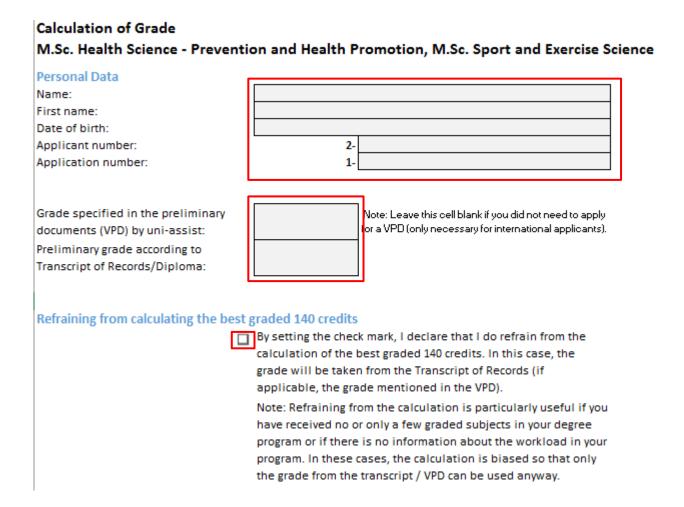
- If the previous degree is not completed at the period of application, the applicant has to submit proof of the credit requirements in the first-degree study (Transcript of Records); at least 140 credit points (164/187)
- The final bachelor's degree has to be submitted within one year after the start of the master's program

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



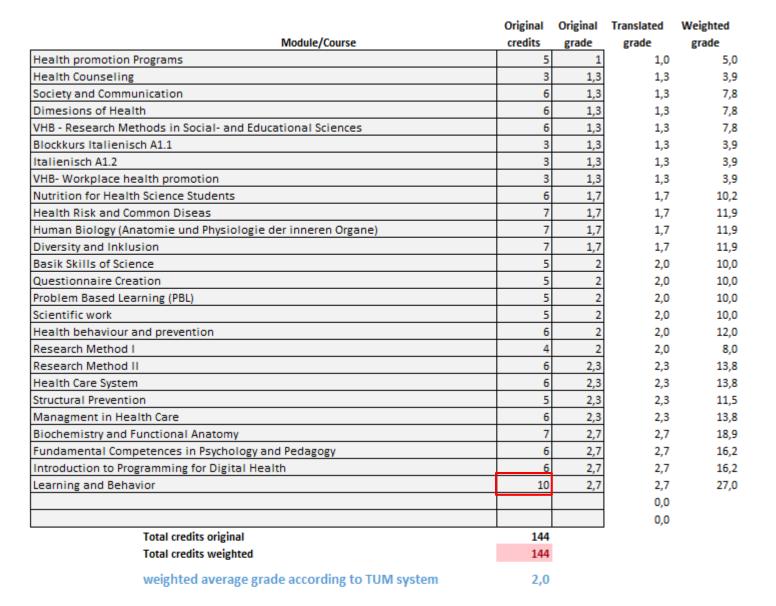
Exempel: Listing of the highest graded modules totaling 140 credits





Exempel: Listing of the highest graded modules totaling 140 credits

Course of study referred to in the a	oplication	
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	Enter completed/ almost
Name of the program:	B. Sc. Health Science (B.Sc. Gesundheitswissenschaften)	completed bachelor's
Regular duration of the program (years	3 Equivalent to six semesters	•
Total number of credits:	180	degree program
Translation factor:	1,000 (factor for the weighting of the credits)	•
Grades		
Then list the best modules of your studin your transcript. Please enter only the courses can only be entered if all grade	and the lowest possible grades to pass. (e.g. A=1 till D=4). dy program up to 140 credits (the last one partly if necessary). "Original credits for ungraded ("passed") modules and leave the cell for the discourses have already been entered). Please arrange the modules grade, the last module entered in the table is then the one with the	grade empty (ungraded in descending order by grade -
Highest possible grade Lowest possible grade to still pass	1 4	



The credits entered deviate from the specified number of 140 TUM credits. Please adjust the list by

-4,0 original credits



		П	

	Original	Original	Translated	weighted
Module/Course	credits	grade	grade	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 Diseas	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	6	2,7	2,7	16,2
			0,0	
			0,0	
Total credits original	140			
Total credits weighted	140			

weighted average grade according to TUM system 1,9

As you can see the remaining 4 ETCs have been adjusted

Original Original Translated Weighted



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 a	pplication	
Name of the university:	Technical University of Munich	
Country of the university:	Germany	
Name of the program:	B. Sc. Health Science (B.Sc. Gesundheitswi	ssenschaften)
Regular duration of the program (years	s): 3	
weighted average grade according	to TUM system ("best 140 credits")	2,0
Statement of agreement		
When the form is completed, please check	and confirm your entries, save the form and uplo	ad it into your TUMonline application!
and omissions const	entered all information correctly. I am aware the citute an administrative offense and may lead to revocation of my aptitude testing and enrolment.	my exclusion from or, if determined
Date Place		



III. Required Documents

Essay of the Bachelor's or Diploma Thesis

- In 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).
- If the applicant does not have a bachelor's thesis: the abstract can be a scientific exposé
 which includes a scientific question and proposed methods. The exposé should cover a
 research project conducted during the Bachelor studies e.g. in one of the courses or during
 an internship. 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.
- 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



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 <u>not</u> have to submit this document

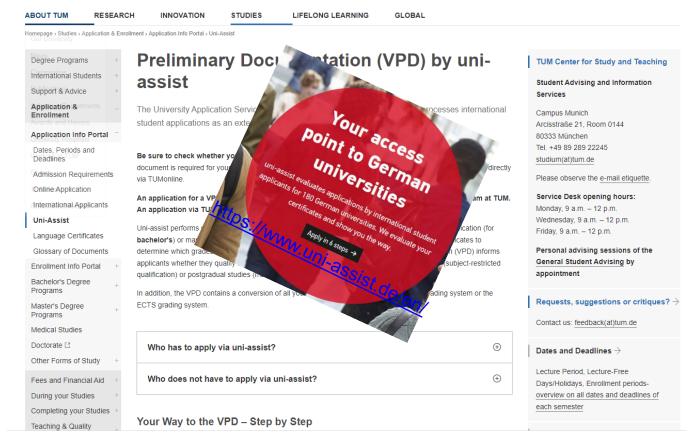
Proof of knowledge of the English language

- 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: Additional documents required from international students

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



Step by step instructions for applying to uniassist can be found on the shown website



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

Subject areas:

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.)

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

A maximum of 48 points can be achieved in the test.



IV. Implementation: First Phase

Performance assessment 2024:

The performance survey will take place in the June 2024!

- The performance survey takes place only once per application phase.
- The specific date will be announced by the commission at least one week in advance.
- An alternative date due to vacation or similar is not possible.
- There will be one subsequent date later that year. Participation is only possible in justified exceptional cases with written proof.

Information on **how to prepare for the performance assessment** can be found in the document on our application website – The website should be online again the next weeks.

Note: The manual is from last year. For the current year, an updated manual will be made available in June 2024. It is expected that there will be only minor changes to the manual.

Performance assessment (written online exam) 2024:

The performance test is conducted online or alternatively as on campus exam and will take place in June 2024. The exact date will be announced at the beginning of the year 2024. The performance test takes place only once per application phase. An alternative date due to vacation or similar is not possible.

There will be one subsequent date later that year. Participation is only possible in justified exceptional cases with written proof

You can take this aptitude test either in the lecture hall with human supervision or at home with Proctorio supervision. If you choose off campus attendance with Proctorio supervision, there is a one-time cost of \$25 to apply for a place in the M.Sc. Sport and Exercise Science degree program

1. ON Campus Exam:

- . Authentication and proctoring is done by human invigilators in the lecture hall
- For this test you must be present in the lecture hall/seminar room

2. OFF Campus Exam with proctoring (Proctorio):

- Proctorio will secure your computer, preventing you from accessing sources other than those allowed during the exam.
- For remote exams with Proctorio you need a computer (and software) that meets the necessary requirements and a working webcam. Please refer to: https://proctorio.com/support/requirements □
- You can carry out this exam remotely, please assure a quiet environment and stable internet connection
- Please have an identification document ready to verify your identity

You will receive a separate email with information how to access the exam course. Please be aware that you need to choose which type of exam you take (on or off campus) and a preparatory exam (test) has to be conducted before the actual exam, so please log onto the exam course as soon as you have access to familiarize yourself with the exam procedure.

Information on how to prepare for the performance assessment can be found in this document

• Preparation for the written exam within the aptitude test 🗠



IV. Implementation: First Phase

You can take this aptitude test either in the lecture hall with human supervision or at home with Proctorio supervision. If you choose off campus attendance with Proctorio supervision, there is a one-time cost of \$25 to apply for a place in the M.Sc. Sport and Exercise Science degree program.

1. ON Campus Exam:

Authentication and proctoring is done by human invigilators in the lecture hall.

For this test you must be present in the lecture hall/seminar room.

2. OFF Campus Exam with proctoring (Proctorio):

Proctorio will secure your computer, preventing you from accessing sources other than those allowed during the exam.

For remote exams with Proctorio you need a computer (and software) that meets the necessary requirements and a working webcam. Please refer to: https://proctorio.com/support/requirements

You can carry out this exam remotely, please assure a quiet environment and stable internet connection.

Please have an identification document ready to verify your identity.

You will receive a separate email with information how to access the exam course. Please be aware that you need to choose which type of exam you take (on or off campus) and a preparatory exam (test) has to be conducted before the actual exam, so please log onto the exam course as soon as you have access to familiarize yourself with the exam procedure.



IV. Implementation: First Phase

The number of points in stage 1 of the aptitude assessment results from the sum of the number of points calculated from the **final grade (a)** and the result of the **performance assessment (b)**.

Example:

1. Final grade (2,2) 12 points

2. Performance assessment <u>33 points</u>

45 points

≥ 68 points: Passed in phase 1, immediate approval

40-67 points: Invitation to the aptitude assessment interview (Phase 2)

< 40 points: Rejection



IV. Implementation: Second Phase

Sport & Exercise Science (M.Sc.) - Aptitude assessment interview

Duration: approx. 20-30 minutes

The main topics of the interview:

- 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

The four topics will be weighted equally.



IV. Implementation: Second Phase

Health Science (M.Sc.) - Aptitude assessment interview

Duration: approx. 20-30 minutes

The main topics of the interview:

- 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

The four topics will be weighted equally.



IV. Implementation: Second Phase

Aptitude assessment interview (both master's programs)

- 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**, with 0 being the worst and 48 the best possible result.
- The number of points results from the arithmetic mean of the individual evaluations.

Calculation of the total score

Example:

1. Final grade (2,2) 12 points

2. Interview <u>38 points</u>

50 points

Applicants with a score of ≥ 48 points will be admitted.



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)



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



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.

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



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.



Work opportunities after the Master's degree

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.

Health Science (M.Sc)

- experts in assessing costs, values, and efficiency of international health programs and feasibility studies.
- 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.



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

How high are the study fees (for Non-EU students) / Are there scholarships? Please find all the information regarding this topic on the central website: https://www.tum.de/en/studies/fees/tuition

What kind of modules are included in the Master programs?

Module Overview: M.Sc. Sport and Exercise Science



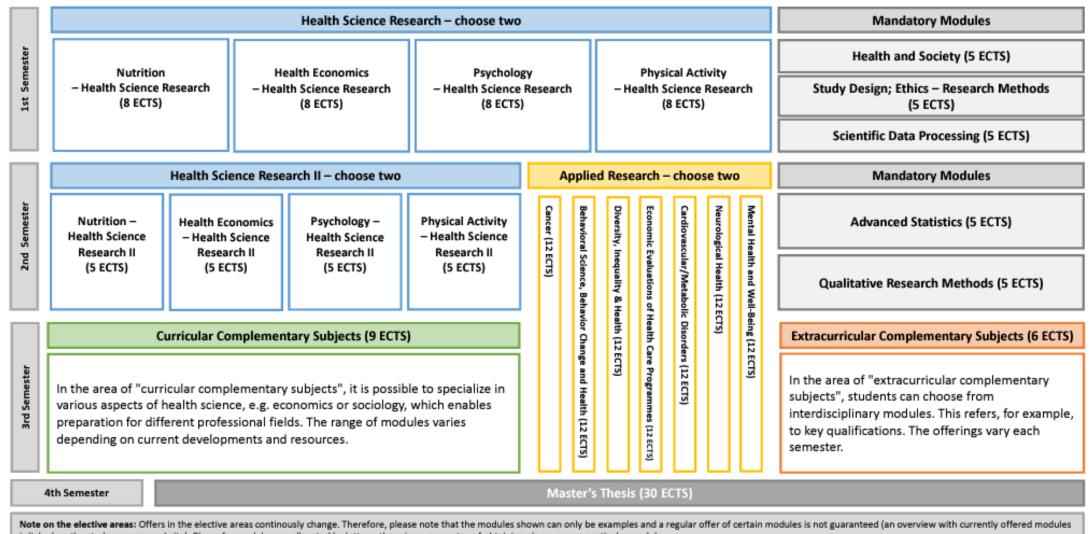
ter		Biomechanics & Neuroscience		Exercise Biology, Training & Health		Psychology & Social Sciences		Research Skills, Auxiliary Subjects		
Semester		Biomechanics, Human Movement and		Current Topics in Exercise Biology,		Current Social and Political Topics of	Study Design, Ethics – Research Methods (5 ECTS)			
1st		Neuromechanical Control (5 ECTS)	Neuromechanical Control Performance Testing and He (5 ECTS) (5 ECTS)		١	Sport in Global Societies (5 ECTS)		Technical Analysis (5 ECTS)		
				,, ,,			Entrepreneural Opportunity Development (5 ECTS			
		Biomechanical Methods and Application		Exercise Biology Methods		Methods in Performance Psychology				
Semester		Methods in Human Movement Science		Methods of Performance Analysis and Testing			П	Advanced Statistics		
2nd Sen		Methods in Neuromechanics	Nutrition for Human Performance: Current Topics and Research Methods			Electives A: Choose 4 (6 ECTS each)		(6 ECTS)		
7			j	Sports Informatics						
		Current Topics in Human Movement Science		Molecular Exercise Physiology		Psychophysiology of Stress in Sport				
		Neuromuscular Control and Learning		Performance Analysis Specialisation	j	Participation and Inclusion				
F		Biomechanics for Strength and Conditioning in Elite Sports	Sports Analytics		֓֞֞֞֞֞֞֞֞֞֞֞֞֞֞֞֓֓֞֝֞֓֓֓֞֞֓֓֞֝֓֡֡֞֡֓	Sponsorship-linked Marketing				
Semester		Muscle Function and Human Movement Studies	1	Evidence-Informed Training for Performance, Fitness & Health		Special Topics in Elite Level Sports		Extracurricular Qualifications		
3rd Se		Neuronal and Cognitive Aspects in Motor Control) 	a near		Qualitative Research Methods		(5 ECTS)		
		Human Robotics				Electives B: Choose 5 (5 ECTS each)				
		New Technologies in Neurohabilitation and Motor Learning								
	4th	h Semester		N	νla	aster's Thesis (30 ECTS)				

Note on the elective areas: Offers in the elective areas continously change. Therefore, please note that the modules shown can only be examples and a regular offer of certain modules is not guaranteed (an overview with currently offered modules is linked on the study program website). Places for modules are allocated by lottery: there is no guarantee of obtaining places on any particular module.

Further information on this can be found at https://www.sg.tum.de/en/sg/study-programs/students/information-about-courses/.

Module Overview: M.Sc. Health Science - Prevention and Health Promotion





Note on the elective areas: Offers in the elective areas continously change. Therefore, please note that the modules shown can only be examples and a regular offer of certain modules is not guaranteed (an overview with currently offered modules is linked on the study program website). Places for modules are allocated by lottery: there is no guarantee of obtaining places on any particular module.

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Student Advisory Team

Dipl.Soz.-Wiss. Annette Bauer



studium.gsw.sto@mh.tum.de

Phone: +49 89 – 289 – 24798

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

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

M.Sc. Stefan Unzeitig



studium.gsw.sto@mh.tum.de

Phone: +49 89 – 289 – 24716

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

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

Website: https://www.mh.tum.de/



Thanks for listening and good luck with your application!

https://www.mh.tum.de/

