

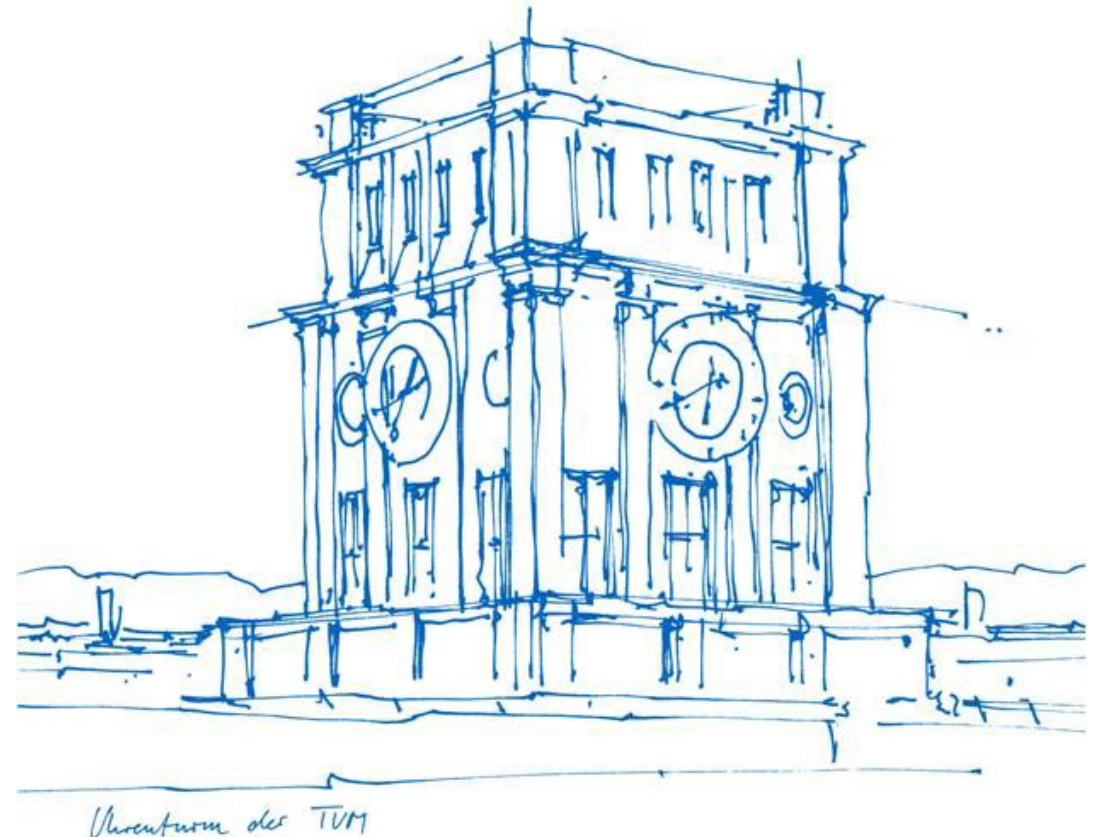
Application for the Master's degree programs in
“Health Science – Prevention and Health Promotion”
and
“Sport and Exercise Science”

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Technische Universität München

School of Medicine and Health | Student Office

Munich, March 25th 2025



Agenda

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



TUM Master's Days



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Online info sessions | 24 - 28 March 2025

Details and registration: www.tum.de/masters-days

Images: Astrid Eckert,
 Daniel Delang, Andreas
 Heddergott / TUM; Israel
 Tan Si Lie / TUMCREATE



I. Location

New TUM Campus in the Olympic Park (Completion construction summer 2025)



I. Master Programs



**M.Sc. Sport & Exercise
Science**



**M.Sc. Health Science –
Prevention & Health
Promotion**

Module Overview: M.Sc. Sport and Exercise Science

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

Note on the elective areas: Offers in the elective areas continuously 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

1st Semester	Health Science Research – choose two				Mandatory Modules								
	Nutrition – Health Science Research (8 ECTS)	Health Economics – Health Science Research (8 ECTS)	Psychology – Health Science Research (8 ECTS)	Physical Activity – Health Science Research (8 ECTS)	Health and Society (5 ECTS)								
					Study Design; Ethics – Research Methods (5 ECTS)								
					Scientific Data Processing (5 ECTS)								
2nd Semester	Health Science Research II – choose two				Applied Research – choose two		Mandatory Modules						
	Nutrition – Health Science Research II (5 ECTS)	Health Economics – Health Science Research II (5 ECTS)	Psychology – Health Science Research II (5 ECTS)	Physical Activity – Health Science Research II (5 ECTS)	Cancer (12 ECTS)	Behavioral Science, Behavior Change and Health (12 ECTS)	Diversity, Inequality & Health (12 ECTS)	Economic Evaluations of Health Care Programmes (12 ECTS)	Cardiovascular/Metabolic Disorders (12 ECTS)	Neurological Health (12 ECTS)	Mental Health and Well-Being (12 ECTS)	Advanced Statistics (5 ECTS)	
											Qualitative Research Methods (5 ECTS)		
3rd Semester	Curricular Complementary Subjects (9 ECTS)				Extracurricular Complementary Subjects (6 ECTS)								
	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.				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.								
4th Semester	Master's Thesis (30 ECTS)												

Note on the elective areas: Offers in the elective areas continuously 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/>.

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:

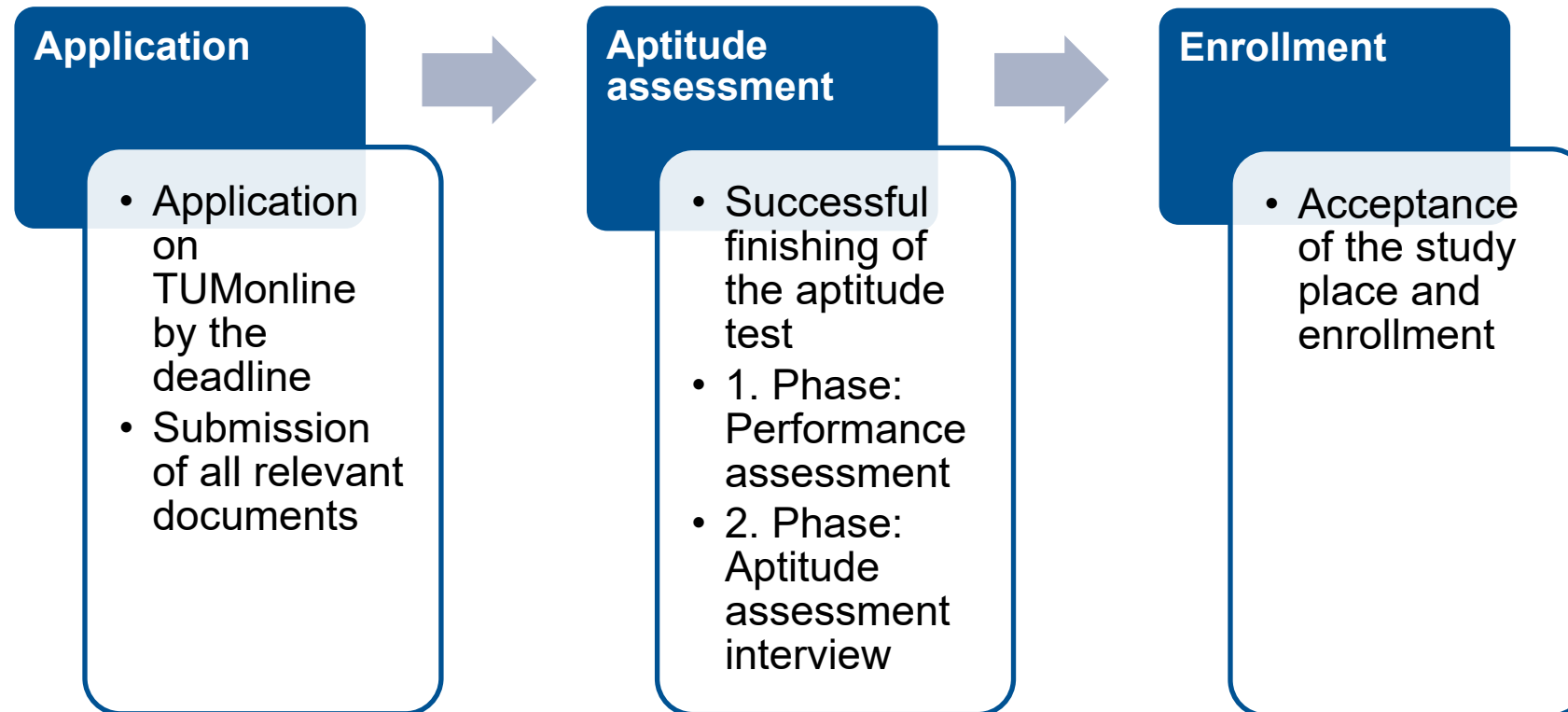
<https://www.mh.tum.de/en/mh/academic-programs/sport-and-health-sciences-programs/prospective-students/application-procedure/>

Applicants:

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

For general questions contact studium@tum.de

II. Application Process



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 = 6 semesters ($164 = 7 / 187 = 8$)
- 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

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:

Preliminary grade according to Transcript of Records/Diploma:

Note: Leave this cell blank if you did not need to apply for a VPD (only necessary for international applicants).

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).

Note: Refraining from the calculation is particularly useful if you have received no or only a few graded subjects in your degree program or if there is no information about the workload in your program. In these cases, the calculation is biased so that only the grade from the transcript / VPD can be used anyway.

Exempel: Listing of the highest graded modules totaling 140 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>

Enter completed/ almost completed bachelor's degree program

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

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

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
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Diversity and Inklusion	7	1,7	1,7	11,9
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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

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") 2,0

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

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 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: Additional documents required from **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>

Die Vorprüfungsdokumentation (VPD) von uni-assist

Die Arbeits- und Servicestelle für internationale Studienbewerbungen **uni-assist e.V.** [bearbeitet](#) als externer Partner für die Technische Universität München internationale Studienbewerbungen.

Bitte überprüfen Sie vor einer Bewerbung, ob Sie eine Vorprüfungsdokumentation benötigen. Diese müssen Sie zusätzlich zu einer Onlinebewerbung an der TUM direkt bei uni-assist beantragen. Das bedeutet, dass Sie eine **Onlinebewerbung bei der TUM anlegen und gleichzeitig** einen Antrag auf Vorprüfungsdokumentation bei uni-assist stellen.

Der Antrag auf Vorprüfungsdokumentation bei uni-assist alleine zählt nicht als Bewerbung für einen Studiengang an der TUM. Eine Bewerbung über TUMonline ist immer notwendig.

Die Vorprüfungsdokumentation bei der Bewerbung für **Bachelorstudiengänge** gibt an, ob Sie alle Fächer (allgemeine Hochschulzugangsberechtigung) oder nur bestimmte Fachrichtungen (fachgebundene Hochschulzugangsberechtigung) studieren können.

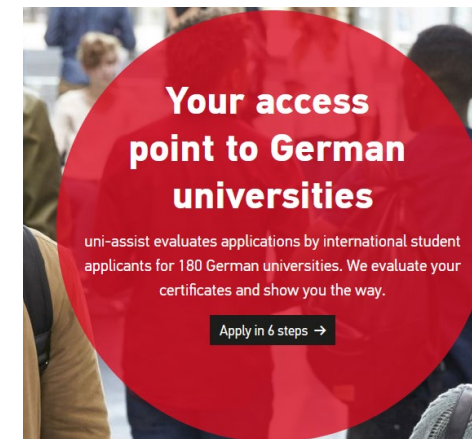
Die Vorprüfungsdokumentation bei der Bewerbung für **Masterstudiengänge** gibt an, ob Sie die Voraussetzungen für ein Masterstudium an der TUM erfüllen.

Außerdem enthält die VPD eine Umrechnung all Ihrer Leistungen und Noten in das deutsche Notensystem bzw. das ECTS-Notensystem.

Wer muss sich über uni-assist bewerben?	+
Wer muss sich nicht über uni-assist bewerben?	+

Der Weg zur VPD – Schritt für Schritt

Step by step instructions for applying to uni-assist can be found on the shown website <https://www.uni-assist.de/en>



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.)

1. 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 2025:

The performance survey will take place on **June 13th 2025 (10:00am MES & 1:00pm MHS)!**

- 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

<https://www.mh.tum.de/en/mh/academic-programs/sport-and-health-sciences-programs/prospective-students/application-procedure/>

Performance assessment (written online exam) 2025:

The performance test is conducted online or alternatively as on campus exam. The performance test will take place on **13 June 2025 at 10:00 am (UTC+1)**. 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.

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Please have an identification document ready to verify your identity.

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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 (max 48)
2. Performance assessment	<u>33 points (max 48)</u>
	45 points (max 96)

≥ 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: 28.7.- 15.8.2025

Duration: approx. 20-30 minutes

The main topics of the interview:

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

The four topics will be weighted equally.

IV. Implementation: Second Phase

Health Science (M.Sc.) –
Aptitude assessment interview 28.7.- 15.8.2025

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.**

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 internships vary greatly among applicants
- document should include the following information:
 - Your position/responsibilities,
 - the duration of the experience,
 - hours/week
 - 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 of 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 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.

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.

V. FAQ

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

- In general, you do not have to submit any documents as hardcopies.

After you have received an offer of admission and accepted your study place, you must upload some documents to TUMonline as authentic documents. (e.g. diplomas or certificates).

<https://www.tum.de/en/studies/application/application-info-portal/online-application>

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

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

V. FAQ

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.

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 01.2334.110 (CiO, 2nd Floor)

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

Dipl. Sportwiss. Stephanie Rübiger

studium.gsw.sto@mh.tum.de

Phone: +49 89 – 289 – 24716

Office Hours: Wed, 13:00 – 15:00; Room 01.2334.110 (CiO, 2nd Floor)

Telephone consultation hour: Mon, 12:00 – 14:00

<https://www.mh.tum.de/en/mh/academic-programs/sport-and-health-sciences-programs/student-advisory-service/>

Thanks for listening
and good luck with your application!

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

