European Master’s in Sport and Exercise Psychology
Erasmus Mundus programme 2010-2014

Jyväskylä, Finland (coordinator)
Lund, Sweden
Thessaly, Greece
Leipzig, Germany

Supported by the European Commission

Erasmus Mundus Programme

- European Commission has selected European Masters in Sport and Exercise Psychology (EMSEP) in the competitive Erasmus Mundus Programme in 2009
- With the Erasmus Mundus Programme framework the European Commission aims at enhancing quality in higher education, increasing the attractiveness of the European higher education world-wide and promoting intercultural understanding
European Masters in Sport and Exercise Psychology in a nutshell

- Two-year full-time Masters programme
- Taught completely in English
- Destined to students of all nationalities
- Annual student intake 24
- Offered jointly by four universities
- Includes a mobility period and a practicum period
- Graduates will be awarded a double degree after completion of the programme

Aim of the EMSEP programme

EMSEP programme builds on the scientific bases of sport and exercise sciences, public health, and psychology. As the title implies, EMSEP has two main focuses:
1. Promotion of healthy habits and overall lifestyle via regular engagement in various forms of physical activity; and
2. Psychological support for athletes.

The areas covered by EMSEP include e.g. motivation, performance, behaviour regulation, cognition, (post)career planning for athletes, identity, counselling and preventive interventions within sport and exercise contexts.
EMSEP network

- University of Jyväskylä, Finland (coordinator)
- Lund University, Sweden
- University of Thessaly, Greece
- University of Leipzig, Germany

Areas of excellence

The EMSEP partner institutions have particular areas of excellence, which are accessible to the students via the mobility periods:
- University of Jyväskylä: social and emotional learning in sport and exercise; cultural sport and exercise psychology
- Lund University: group dynamics and team performance
- University of Thessaly: exercise and health; motivational climate in physical education and sport
- University of Leipzig: elite sport and performance enhancement; gender and social aspects of exercise and sport
Students choose their preferred home university from three EMSEP partners universities: University of Jyväskylä, Lund University and University of Thessaly.

The selected 24 students will be equally distributed between the home universities.

The students spend the 1st, 3rd and 4th semesters at the appointed home university.

For the 2nd semester, all the students go to the host university of the mobility period, University of Leipzig. This enables the students to meet each other, the experts of the network as well as the visiting scholars from other non-European universities.
EMSEP programme provides the students with:

- Research-based, interdisciplinary and high quality teaching from leading experts in Europe
- An individualised study plan
- Hands-on experience in the field during the internship period
- Experience of a truly international study environment, including a study abroad period at another partner university and networking with fellow students and experts
- Officially recognised double degree from two network universities
- Generous scholarship programme for the highest ranking applicants

Career opportunities

- The EMSEP programme prepares the students for a research and/or professional career in sport and exercise psychology.
- The EMSEP graduates can expect to find employment in private and public sectors in the fields of exercise, well-being and sport; for example as health and fitness leaders, instructors, performance enhancement specialists, psychological health consultants, or academic researchers.
International scholars

- The EMSEP programme also invites experienced scholars from non-European universities to contribute to the teaching of the joint EMSEP programme.
- Scholarships for a maximum of three months will be awarded to selected scholars.

Admission requirements

- Bachelor’s degree with good grades in Psychology, Sport sciences, Health Sciences or another relevant field
- A good command of English
- Basic knowledge of research methods
- Proven interest in the field of Sport and Exercise Psychology
Application deadlines

- **January 10, 2011** for applicants of all nationalities
- Scholars from non-EU/EEA universities: **April 30, 2011**.

Further information

- [www.jyu.fi/sport/emsep](http://www.jyu.fi/sport/emsep)
- [emsep-mundus@sport.jyu.fi](mailto:emsep-mundus@sport.jyu.fi)
Thank you for your attention!