



UNIVERSITÄT  
LEIPZIG



Master of Science

**SPORT AND  
EXERCISE  
PSYCHOLOGY**

# COME ON BOARD

## QUICK CHECK: ARE YOU GAME?

Are you passionate about competitive and recreational sport and exercise? Are you eager to explore and better understand the connections between the human body and mind? – Then join us! Our MSc programme offers you the opportunity to gain the knowledge and practical skills needed to qualify for a variety of career paths in sport and exercise psychology.

Courses are taught exclusively in English, preparing you for international assignments and multicultural work environments. We also offer a double-degree programme for eligible students at Leipzig University and the University of Thessaly in Greece.

## AT A GLANCE



(double) degree  
**MASTER OF  
SCIENCE**



course start  
**WINTER  
SEMESTER**



enrolment  
**FULL/  
PART TIME**



language  
**ENGLISH**



period of study  
**4 SEMESTERS**



workload  
**120 ECTS**

## WHAT YOU NEED TO APPLY

Applicants to the MSc programme require a bachelor's degree with a minimum of 60 credit points (ECTS) in sport science, psychology, research methodology, or a combination of these subjects. English language proficiency at level C1 is also required.

The application deadline is usually **31 May** each year. Please refer to the University website – [uni-leipzig.de](https://uni-leipzig.de) – for details on the application process and required documents.

# GO ABROAD

Make the most of your degree by gaining international and intercultural experience, while expanding your professional network. Study abroad or obtain on-the-job training, by pursuing one of three optional programmes:

## **DOUBLE-DEGREE PROGRAMME**

Each year, six of our students are nominated to take part in an academic exchange with our partner, the University of Thessaly in Trikala, Greece. Candidates are selected during the first semester, based on students' academic suitability and their personal study motivation to study abroad. Leipzig University-based student nominees will spend their third semester enrolled at the University of Thessaly, while University of Thessaly-based students will study in Leipzig during their second semester. A degree will be issued by both universities upon graduation.

Financial support options for your exchange are made available through funding from:



Federal Ministry  
of Education  
and Research

**DAAD**

## **SELF-ORGANISED**

Leipzig University has a global network of partner universities and offers a variety of exchange programmes, scholarships and funding opportunities for planning a period of study abroad in Europe and worldwide. The University's International Centre will support you in finding the right option, in navigating the application process, and in applying to have existing credits recognised.

## **(INTERNATIONAL) WORK EXPERIENCE**

Are you more interested in hands-on experience? Add work experience to your degree, either abroad or in Germany. Arrange an internship aligned with your career aspirations and in a work environment of your interest, preferably in a research-focused setting. The University's International Centre can advise you on available funding options should you choose to go abroad.

# CAREER PROSPECTS

Graduates of our MSc programme embark on an exciting career path with numerous possibilities in the profession of sport and exercise psychology.

## **APPLY YOUR EXPERTISE AT WORK**

Work with competing athletes to improve their performance, support school children in developing a healthy relationship to physical activity, engage with companies to promote employee health and rehabilitation programmes. Our MSc focuses on developing applied expertise and skills in individual or group settings, in an international context.

## **PURSUE AN ACADEMIC CAREER**

Our MSc programme's focus on research equips you with the necessary scientific insights to evaluate and further develop theory and methods in sport and exercise psychology. This emphasis qualifies you not only to advance your academic career in a research-focused direction but also makes you eligible to become a doctoral researcher and join a doctoral programme.



Welcome to Leipzig, we look forward to meeting you!

Photo: Maria Gramsch

# CURRICULUM

Our programme starts each winter semester and offers the following modules. The master's programme can also be completed on a part-time basis.

Module	SWS	CP
<b>1st semester</b>		
Foundations of Sport and Exercise Psychology	6	10
Foundations of Research Theory and Methodology	4	10
Basic Research and Communication Skills	4	10

<b>2nd semester</b>		
Application of Sport and Exercise Psychology in Different Settings	4	10
Application of Research Theory and Methodology	4	10
Advanced Research and Communication Skills	4	10

<b>3rd semester</b>		
<b>Choose one of the following elective options</b>		
Module Research Experience incl. internship	3	30
Semester abroad (self-organised)		30
Semester at University of Thelassy (double degree programme, nomination required)		30

<b>4th semester</b>		
Master's Colloquium		5
Master's Thesis		25

**Total Credit Points (ECTS): 120**

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## Abbreviations

SWS "Semesterwochenstunden", academic hours per week  
CP Credit Points (ECTS)

**Forms of teaching:** Modules may include a combination of lectures, seminars, tutorials or exercises, or colloquiums.


**Please note:** This course plan is for information purposes only. Current study and exam regulation agreements are legally binding.

# GET IN TOUCH

For more information and the latest updates visit our website,  
or follow us on social media.

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Chair of Sport Psychology  
Jahnallee 59, 04109 Leipzig, Germany  
[uni-leipzig.de/mscsep/](https://uni-leipzig.de/mscsep/) >

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## APPLICATION PROCEDURE

[uni-leipzig.de/msapplication/](https://uni-leipzig.de/msapplication/) >

## SUBJECT-SPECIFIC STUDY ADVICE



Professor Anne-Marie Elbe

Dr Nadja Walter

[master.sep@uni-leipzig.de](mailto:master.sep@uni-leipzig.de) >

## GENERAL STUDY ADVICE

Student Advisory Service

[ssz-studienberatung@uni-leipzig.de](mailto:ssz-studienberatung@uni-leipzig.de)

[uni-leipzig.de/en/studying/guidance-and-services/](https://uni-leipzig.de/en/studying/guidance-and-services/) >

## INTERNATIONAL CENTRE

[international@uni-leipzig.de](mailto:international@uni-leipzig.de)

[uni-leipzig.de/en/international/](https://uni-leipzig.de/en/international/) >

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