

# ***Study Regulations for the Master's Degree Course in Sport and Exercise Psychology at Leipzig University<sup>1</sup>***

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Pursuant to the Law on the Freedom of Universities in the Free State of Saxony (Sächsisches Hochschulfreiheitsgesetz - SächsHSFG) as amended and promulgated on 15 January 2013 (SächsGVBl. p. 3), and last amended by Article 2 paragraph 27 of the Law of 5 April 2019 (SächsGVBl. p. 245), Leipzig University issued the following Study Regulations on .....

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Course programme plan/Module overview table/Module descriptions

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<sup>1</sup> This English translation is intended to allow English-speaking readers a better understanding of the Examination and Study Regulations. It is solely for information purposes and only the German version is legally binding.

## **§ 1 Areas of Application**

Based on the examination regulations for the Master's degree course in Sport and Exercise Psychology these Study Regulations set out objectives, contents and structure of the Masters's degree course in Sport and Exercise Psychology leading to the degree Master of Science (M.Sc.) as well as with the Double-Degree Master of Science (M.Sc.) at Leipzig University and the University of Thessaly.

## **§ 2 Admission Requirements**

- (1) General qualification for the degree course is proven by a first professionally recognised degree qualification or a qualification from a state or state-recognised university of cooperative education (German "Berufsakademie").
- (2) Subject-specific admission requirements are:
  - as a rule, a first professionally recognised degree qualification in sports science or psychology or
  - a first professionally recognised degree qualification in a subject other than that mentioned above with proof of academic achievement of at least 60 credit points (LP, ECTS) in sports science, psychology and/or research methodology, or
  - proof that the applicant can achieve this qualification in the regular course of study, by the start of the Master's degree course, and
  - proof of English language proficiency at C1 level, according to the Common European Framework of Reference for Languages, or the equivalent.

In the case of English native speakers, proof of a completed course of study in English language is sufficient.

The faculty will check whether requirements mentioned in paragraph 2 are fulfilled and will issue a decision accordingly. This will serve as proof of the corresponding admission requirements.

- (3) The reason for a rejection according to paragraph 3 must be provided alongside information on the candidate's right to appeal. Appeals to rejections can be entered within a month after receipt of the said rejection. Appeals must be submitted in writing or as an oral statement to be recorded at the Faculty of Sport Science, which will have a period of 3 months to reach a decision.

## **§ 3 Course Start**

The degree course can only start at the beginning of the winter semester.

## § 4

### Length of Study and Workload

- (1) The regular period of study comprises 4 semesters including the Master's thesis. The entire scope of the student workload required for the Master's degree course in Sport and Exercise Psychology corresponds to 120 credits.
- (2) The degree course can also be completed as part-time study. More information is laid out in the current version of the university-wide part-time studies regulation.

## § 5

### Course Subject Matter and Study Aims

(1) The aim of the degree programme is to qualify students for national and international, research-related work in the field of sport and exercise psychology in educational institutions (e.g., (sports) school, university), in clubs and associations (e.g., competitive, recreational, healthcare and rehabilitation sports), in social and commercial enterprises (e.g., human resources management, occupational health promotion) as well as in public service (e.g., community, city, government departments) and in health-related institutions (e.g., health insurance companies). Sport psychology aims, among other things, at improving athletic performance and optimizing competition-oriented fields, but also in school sports and in the field of health psychology. Further, sport psychology includes, among other things, training methods relevant to goal setting, motivation, and to regulation of emotions and activation, as well as mental training and sport psychological consulting. The field of exercise psychology aims in particular at health promotion and prevention in all age groups, as well as at the promotion of physical activity to foster mental and physical well-being. These aims include, among other things, the promotion of participant motivation, of behavioral change strategies, as well as stress management and prevention of relapse. On the one hand, the Master degree course in Sport and Exercise Psychology focuses on basic research in the various subject areas (e.g., motivation, volition, emotion, cognition) to further develop theories and methods of sport and exercise psychology and to critically reflect on existing knowledge. On the other hand, the aim is to provide research-based recommendations for courses of action to stakeholders in the sport context (e.g., clients, patients, athletes and trainers).

(2) In the above-mentioned fields of study, students will acquire extensive expertise in sport and exercise psychology to be able to (a) plan, apply for, conduct, evaluate and interpret theory-based studies. Accordingly, students will be able to (b) formulate practical recommendations for action and communicate these to respective target groups. The students will acquire comprehensive methodological, social, and personal skills to (c) lead in sport psychology consulting and team management processes in international, individual and group settings. In addition, students will be able to (d) communicate with stakeholders in English, both in spoken and written language, in a manner appropriate to their field of work, to cope with intercultural communication barriers, to recognise potential conflicts, and to solve these constructively with the help of adequate communication strategies. Students will also acquire personal and social skills to (e) develop a sport and exercise psychology-related self-concept, subject-specific professionalism, and competence in self-management.

- (3) In summary, students will be able to
- analyse and evaluate a study design in terms of its quality (research question, design, methodology).
  - plan, implement and reflect on an assigned teambuilding measure, which is based on theoretical concepts for heterogeneous, intercultural groups.

- evaluate project/research proposals with regard to organisation, content, and methodology, as well as ethical-moral aspects and criteria.
- compare different career fields in sport and exercise psychology with regard to research and practice.
- develop their own research design to a research question and to present it in a project plan in the context of a research proposal.
- develop their professional skills in applied and research-oriented sport and exercise psychology by means of case studies.
- process scientific material and present it in writing and orally in a scientific, target group-specific, and situation-appropriate manner.
- explore international, interdisciplinary fields of research and practice in sport and exercise psychology, to further develop one's professional competence and to be able to adapt to culturally unfamiliar situations.
- within the framework of the double-degree programme, explore international, interdisciplinary fields of research and practice in sport and exercise psychology at Thessaly University, to further develop one's own professional competence and to adapt to culturally unfamiliar situations.
- demonstrate in-depth knowledge of specific, methodological work in a scientific context by applying theoretical principles and research methods.
- independently plan, conduct and evaluate a study with due consideration of methodological, organisational, and ethical-moral aspects.

(4) The English-language Master's degree course in Sport and Exercise Psychology is a consecutive/further education Master's programme.

(5) It is a highly research-focused/highly application-focused degree course.

(6) The degree course Sport and Exercise Psychology ends with the ~~Master of Arts~~ Master of Science as an additional professionally recognised degree.

## § 6 Forms of Teaching

(1) Forms of teaching are

- Lecture (V)
- Seminar (S)
- Exercise/ Tutorial (Ü)
- Colloquium (K)
- Internship (P)

(2) The module supervisor can stipulate that a learning platform be used in addition to seminar/lecture hours for teaching the course content.

## § 7 Tutorials

Within the existing capacities, tutorials take place to support the students.

## **§ 8**

### **Structure and Degree Course Content**

- (1) A total of 120 credits are awarded in the Master's degree course Sport and Exercise Psychology, 25 of which are awarded for the Master's thesis and 95 for the modules.
- (2) A total of 60 credits will be achieved in each year of study. Credits will be awarded for passed module examinations. One credit is equivalent to a student workload of 30 hours' worth of seminar/lecture hours and private study hours as well as for preparing for and sitting examinations. As a rule, the total student workload should not exceed 1800 hours per year of study including the semester breaks. In the case of part-time study (§ 4 paragraph 2) the student workload is reduced proportionally to the duration of the part-time studies.
- (3) The course content is taught in modules. Modules contain definable subject areas that are related to each other technically or thematically. They include subject-related teaching units of various forms and end with a module examination. Modules are worth credits that correspond to their workload. They conclude with a module examination that normally consists of one, but no more than two, examination components. Credits are awarded based on the results of these examinations. In general, one module is worth 5 or 10 credits. There are two basic types of modules:
  1. Compulsory modules: To be completed by all students;
  2. Compulsory options: Students are free to choose within certain thematic areas;
- (4) The Master's degree course includes the following optional internship:  
research-oriented internship.
- (5) All lectures and seminars will be held in the English language.
- (6) Usually the Master's thesis is written alongside the candidate's degree studies in the second year of study. It is equivalent to the student workload of 25 credits.

## **§ 9**

### **Time Abroad**

- (1) A period of time spent abroad is generally recommended. It must be organised by the student (with help from the responsible institution). Students who want the course and the examination components completed abroad to be factored into their final grade are recommended to seek out the Student Advisory Service and enter into a study agreement before they leave the country.
- (2) On request, course and examination components completed abroad can be factored into the final grade according to § 16 of the Examination Regulations.

## **§ 10**

### **Double-Degree Programme**

- (1) The double-degree programme shall be governed by the relevant Cooperation Agreement between the Faculty of Sport Science, Leipzig University (Institute of Sport Psychology and Physical Education) and the foreign partner the University of

Thessaly, and notwithstanding provisions of these regulations, the rules set out below in paragraphs 2 to 4.

- (2) Students enrolled in the course of study specified in the Cooperation Agreement shall spend 6 months in the third semester at the partner university and shall complete at least 30 LP in accordance with examination regulations valid at the respective university. The credits earned at the foreign university according to the curriculum will be fully accredited at Leipzig University. These credits will enable students to obtain a degree at both universities (double degree).
- (3) A committee to be formed in accordance with the Cooperation Agreement is responsible for the implementation of the respective double-degree programme, the preparation of coordinated study plans, as well as for the selection of students and proposing which academic year will be studied at which university. The selection of students in the double-degree programme takes place at Thessaly University at the beginning of the first semester and at Leipzig University during the first semester. Selection criteria include the readiness to participate as well as the achievement potential and quality of work of the students applying for the double-degree programme.
- (4) The study periods spent at the partner university are subject to regulations applicable at the partner university.
- (5) The study and examination achievements will be presented in the Transcript of Records according to the achievements made abroad. In the case of a double degree, the Master's degree certificate contains an interwovenness clause stating the joint organisation of the international degree programme.

## **§ 11**

### **Master's Degree Course Modules**

The Master's degree course in Sport and Exercise Psychology comprises the modules set out in the appendix.

## **§ 12**

### **Master's Degree Course Qualification**

The Master's degree course is completed with the Master's examination, which is made up of the module examinations taken during the course of studies and the Master's thesis as well as the supervised internship including report or a stay abroad

## **§ 13**

### **Student Advisory Service**

- (1) General student advice is provided by the Central Student Advisory Service of Leipzig University. It covers questions on study options, enrolment modalities and general questions concerning student life.
- (2) Expert advice relating to study organisation is provided during the course of studies by the respective course adviser.
- (3) Students should consult their adviser in the third semester if they have not produced a

record of achievement by the time this semester begins.

**§ 14**  
**Legal Validity and Publication**

- (1) These Study Regulations will come into force on **1 October 2020**. They will be published in the Official Bulletins of Leipzig University.
- (2) The Study Regulations were resolved by the Faculty Board of the Faculty of Sport Science on **xy.xy.20xy**. They were approved by the Rectorate on **xy.xy.20xy**.

Leipzig, Germany, xy.xy.20xy

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