Sport Sciences and Motor Control

Degree conferred
Bachelor of Science in Sport Sciences and Motor Control

Options
Two options available:

- Health - Performance - Research (180 ECTS credits)
- Teaching (120 ECTS credits)

Languages of study
Study in French and German

Commencement of studies
Commencement of studies only in the Autumn Semester (September)

Special features for admission
Applications for admission must be submitted by April 30 each year at the latest for a commencement of studies in the autumn. **Late application is not possible**.
In addition to the online application at the Office for Admissions and Registration, candidates must also register with Sport Sciences and Motor Control for the Entry Test. For more information, consult the following web pages:
http://studies.unifr.ch/go/sport-test-fr *(French)*
http://studies.unifr.ch/go/sport-test-de *(German)*

Access to further studies
Master

This bachelor programme enables students to acquire practical know-how and scientific knowledge about the impact of motor activity on the development and maintenance of the individual's physical, mental and social life. It not only looks at subjects such as anatomy, the principles of training and sports psychology, but also the technical aspects of practice in a variety of fields, notably games, corporal expression, and water and snow sports. The teaching concept, which places the emphasis on the relationship between theory and practice, is based on a «lecture-seminar/workshop» structure and fosters the practical application of theoretical knowledge.
Students also have the possibility of specialising in teaching physical education and sports at secondary school level.

Profile of the study programme

In today's society, the regular, healthy practice of motor activities is based not only on experience, but first and foremost on scientific knowledge. The study programme in sport sciences and motor control focuses on the impact of this motor activity on the development and maintenance of the individual's physical, mental and social life. This basic training has two dimensions:

- A **scientific dimension**, which studies the different human systems in order to understand how the principal resources that are to be developed, mobilised and preserved in our daily motor activities and in recreational or performance sports function. This scientific training takes in aspects such as anatomy, the physiology of exercise, the theory of motor learning and control, the principles of training, biomechanics, sports psychology and sociology;
- A **practical/methodological dimension**, which deals with the analysis of movement as a tool for professionals in the fields of health, education, training and recreational or performance sports. It studies the techniques and methodologies of the reference social practices in six fields of activity: games, corporal expression, gymnastic and athletic activities, activities related to physical development and maintenance, combative sports, water sports and snow sports.

Students specialise in one of the two following orientations:

- «**Health - Performance - Research**», which gives students basic training in the science of movement and sport, fundamental subjects and other fields. This monodisciplinary course is aimed at students wishing to pursue a career in the field of physical activity and sport, sports performance, or research into sport sciences and motor control;
- «**Teaching**», which gives students basic training in movement and sport science and prepares them for teaching physical education and sport at secondary school level in combination with other subjects (for further information, see also «Teacher Education for Secondary Level»).

Fribourg profile
The bachelor's degree at the University of Fribourg presents a number of worthwhile features:

- A teaching concept which places the emphasis on the relationship between theory and practice: most of the scientific coursework involves a seminar or workshop. This structure «lecture-seminar/workshop» fosters the practical application of theoretical knowledge;
- Thanks to the bilingualism which is an integral part of the course, students have the chance of enriching their specialist vocabulary and learning to interact in an academic context with specialists in both French and German, giving them a considerable advantage in their future professional lives.

Learning outcomes and career openings
By the time students obtain their bachelor's degree, they will have consolidated their basic scientific know-how and acquired a general knowledge and a broader vision of their subject. They will have developed an ability to synthesise information and apply a critical

way of thinking, which will enable them to pursue their studies at a more advanced, specialised level by taking a master's degree. Moreover, they will have acquired know-how in a variety of codified or non-codified motor skills in the different fields of activity.

«Health - Performance - Research» orientation:
The general subject knowledge and methodology that students acquire equip them for a variety of careers in the field of health, training or research. The basic training that this specialisation affords in fundamental subjects, biomedical sciences and the science of movement and sports opens the door to more advanced studies, notably a master's degree in sport sciences with a specialisation in «Health and Research», and from there to a career in:

- Research in the science of movement and sports;
- Preventative health measures and integration of health concepts in the public or private sector;
- Functional rehabilitation in rehabilitation centres.

«Teaching» orientation:
The general subject knowledge and methodology that students are taught equip them for a variety of careers in the field of teaching physical education and sports in schools. This orientation provides the basic training which is crucial to pursuing more advanced studies in the context of a master's degree in sport sciences with a specialisation in «Teaching».

Studies organisation

Structure of studies

180 ECTS credits, 6 semesters
or
120 ECTS credits + 60 ECTS credits in a minor study programme freely chosen that corresponds to a teaching subject for baccalaureate schools (DEEM/LDM), 6 semesters

Curriculum

http://studies.unifr.ch/go/mjkY5 *(French)*
http://studies.unifr.ch/go/0fTFn *(German)*

Admission

The following **Swiss school-leaving certificates** grant **admission to bachelor programmes** at the University of Fribourg:

- Swiss academic Maturity Certificate
- Federal vocational or specialised Baccalaureate + supplementary examination of the Swiss Maturity Commission (passerelle)
- Bachelor Degree from a Swiss university, from an accredited Swiss university of applied sciences (HES/FH) or from a Swiss university of teacher education (HEP/PH)

A **complete list of all further recognised Swiss school-leaving certificates** is to be found on the webpages of swissuniversities (*in French and German only*): https://studies.unifr.ch/go/fr-admission-swisscertificates;
https://studies.unifr.ch/go/de-admission-swisscertificates
Foreign upper secondary school-leaving certificates are recognised only if they correspond substantially to the Swiss Maturity Certificate. They must qualify as general education. Foreign school-leaving certificates are considered to be general education if, among other things, the last three years of schooling include at least six general education subjects, independent from each other, in accordance with the following list:

1. Language of instruction (at the school)
2. Second language (a foreign language)
3. Mathematics
4. Natural sciences (biology or chemistry or physics)
5. Humanities and social sciences (geography or history or economics/law)
6. Elective (computer sciences or philosophy or an additional language or an additional subject from category 4 or 5)

The general **admission** requirements to the **bachelor programmes** at the University of Fribourg for holders of foreign school-leaving certificates as well as the **admission requirements for individual countries** are to be found on the webpages of swissuniversities: https://studies.unifr.ch/go/en-admission-countries
In addition, applicants with foreign school-leaving certificates must present **proof of sufficient language skills in French or German**.
All guidelines are available at *(only in French and German)*:
https://studies.unifr.ch/go/adm-guidelines

The assessment of foreign school-leaving certificates is based on the «Recommendations for the Assessment of Foreign Upper Secondary School-Leaving Certificates» adopted by the Chamber of universities of swissuniversities on 21.11.2024 (https://studies.unifr.ch/go/swissuniversities24fr; https://studies.unifr.ch/go/swissuniversities24de). The admission requirements are valid for the respective academic year. The Rectorat of the University of Fribourg reserves the right to change these requirements at any time.

Applications are conditional. They are only validated once candidates have passed a compulsory Physical and Motor Skills test (TCPM/TKMF) and if they are certified to be in good health.
For more information about these specific conditions for admission, consult the following web pages:
http://studies.unifr.ch/go/sport-test-fr *(French)*
http://studies.unifr.ch/go/sport-test-de *(German)*

Alternatives

Also offered as a minor study programme (60/30 ECTS credits).

Contact

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http://studies.unifr.ch/go/fr-medicine *(French)*
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