Sport Sciences

Degree conferred
Master of Science in Sport Sciences

Options
Two options available:

- Teaching
- Health and Research

Languages of study
Study in French, German and English

Commencement of studies
Commencement of studies in the Autumn Semester (September) or in the Spring Semester (February)

Access to further studies
This master programme (option Health and Research) qualifies students for the doctoral programme **Medical Sciences**

This study programme in sport sciences is based on the idea that to understand the issues of the future in relation to sports and well-being through motor activity calls for more in-depth knowledge, notably in the fields of movement and training, as well as in neuropsychology and sports education.
The master programme thus gives students the opportunity to increase the depth and scope of their acquired knowledge and to pursue the specialisation («Teaching» or «Health and Research») that they chose during their bachelor's degree.
The fact that this course of study is taught at the Medicine Section of the Faculty of Science and Medicine and the special emphasis on a «class-seminar/workshop» structure, as well as the partnership with the Swiss Federal Institute of Sport Magglingen (SFISM) mean that the underlying conditions for teaching and research in the field of sport sciences are extremely favourable.

Profile of the study programme

Alongside the complex cultural, social and economic phenomenon of movement and sport, there is an increasing interest in the study of the impact motor activities have on the development and maintenance of the individual's physical, mental and social life. This study programme in sport sciences is based on the idea that to understand the issues of the future in relation to sports and well-being through motor activity calls for more in-depth knowledge, notably in the fields of movement (biomechanics, motor learning and control) and training, as well as in neuropsychology (perception and movement control) and sports teaching. The fact that this course of study is taught at the Medicine Section of the Faculty of Science and Medicine and the partnership between the University of Fribourg and the Swiss Federal Institute of Sports Magglingen (SFISM) mean that the underlying conditions for teaching and research in the field of sport sciences are extremely favourable at this level of study.

Fribourg profile
This master programme gives students the opportunity, on the one hand, to gain further insights into movement and sport sciences, building on the knowledge they acquired at the bachelor's level, and, on the other, to gain more in-depth, specialist knowledge in one of the two options:

- Teaching
- Health and Research

Whichever option they choose, students build on their knowledge of movement and training, sports psychology and education in a teaching structure based on classes/seminars and workshops. This type of organisation, which is specific to the University of Fribourg, places the emphasis on the relationship between theory and practice.
As far as the «specialisation» part is concerned, the content differs according to the option. The «**Teaching**» option focuses on applying scientific knowledge to physical, sports and artistic activities, further fostering the practical application of theoretical knowledge. Rounding out the course, students also learn transversal skills, such as communication or group management, which are necessary for future physical education and sports (EPS) teachers.
The syllabus of the «**Health and Research**» option concentrates on health issues in relation to physiology, psychology and preventive physical activity. In addition to the coursework, students also complete one work placements in a prevention or rehabilitation centre.

Learning outcomes and career openings
The purpose of sport sciences studies is to train future movement and health experts (researchers, teachers, stakeholders) and to provide them with the crucial tools for understanding and analysing scientific values and the legitimacy of movement and sport for today's and future societies. Whether training future EPS teachers or future researchers in health and prevention, this master programme is aimed first and foremost at teaching students methods of research, learning, training and communication, and to develop critical discernment.

The **Teaching** option
This specialisation is aimed at people who are interested in issues of training and educating young people through movement and sport. As sports coaches and practising sportsmen and women themselves, students develop expert know-how in the application of scientific knowledge to physical, sports and artistic activities. It opens the door to a career as an EPS teacher at secondary school level (for further information, see also «Teacher Education for Secondary Level»).
Students can also consider taking up teaching/research posts in sports technology and didactics in a university environment, or as heads of sport in public administration at the cantonal or national level.

The **Health and Research** option
This specialisation is aimed at people who are interested in promoting physical and sports activities for preventative health, and those with a keen interest in scientific research in this field. Students receive thorough training as movement specialists with in-depth scientific and practical knowledge enabling them to improve or evaluate programmes of training, prevention and rehabilitation through movement and sport. This master's degree provides openings in the following careers:

- Basic research in movement and sport sciences;
- Preventive health measures and integration of health concepts in the public or private sector;
- Functional rehabilitation in rehabilitation centres.

Studies organisation

Structure of studies

90 ECTS credits, 3 semesters

Curriculum

http://studies.unifr.ch/go/xZPll *(French)*
http://studies.unifr.ch/go/z3FE1 *(German)*

Admission

Master's degree programmes are built on the knowledge and abilities that were acquired when obtaining a bachelor's degree.

Holders of a bachelor's degree awarded by a Swiss university are admitted to a master's degree programme without any preconditions if they have earned 60 or 90 ECTS credits – depending on the chosen master's degree programme – within the corresponding discipline. However, additional requirements can be required. The same applies to holders of a bachelor's degree awarded by a foreign university, provided that the bachelor's degree is recognised and considered equivalent by the University of Fribourg.

Holders of a bachelor's degree awarded by a Swiss or a foreign university, provided that the bachelor's degree is recognised and considered equivalent by the University of Fribourg, who do not fulfil this condition can be admitted to a master's degree programme with preconditions (which must be successfully completed before starting the master's degree programme) and/or additional requirements (which can be completed during the master's degree programme). The preconditions and/or additional requirements may not exceed 60 ECTS credits in total. The same applies to holders of a bachelor's degree awarded by a Swiss university of applied sciences, according to existing agreements.

The respective conditions of admission for each master's degree programme are reserved.

Alternatives

Also offered as a minor study programme (30 ECTS credits) as part of the Diplôme d'Enseignement pour les Ecoles de Maturité (DEEM)/Lehrdiplom für Maturitätsschulen (LDM).

Contact

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