



Master's Degree Programme

# M.Sc. Psychology in Sport and Exercise



Deutsche  
Sporthochschule Köln  
German Sport University Cologne



Thank you for your  
interest in our German  
Sport University Cologne!

## The Master's programmes at the German Sport University Cologne

The German Sport University Cologne offers nine consecutive Master's programmes, which complement and deepen scientific knowledge. On completion, the students are awarded either the internationally recognized title of *Master of Arts (M.A.)* or *Master of Science (M.Sc.)*. Each programme has a regular duration of four semesters (two semesters per year) in which 120 credit points must be obtained. The programmes are accredited as full-time, on-site degrees and have a limited number of participants. At present 30 places are available per degree course. The intake is once per year in the winter semester.

**[www.dshs-koeln.de/master](http://www.dshs-koeln.de/master)**


- M.A. Sport, Media and Communication Research
- M.A. Rehabilitation, Prevention and Health Management
- M.A. International Sport Development and Politics
- M.Sc. Sport Management
- M.Sc. Human Technology in Sports and Medicine
- M.Sc. Sport and Movement Gerontology
- M.Sc. Sport Tourism and Destination Management
- M.Sc. Performance, Training and Coaching in Elite Sport
- M.Sc. Psychology in Sport and Exercise



### Costs

Semester fee: approx. 280,00 Euro

[for more information, see [dshs-koeln.de/english/studying-structure/full-time-studies/costs-and-financing/](http://dshs-koeln.de/english/studying-structure/full-time-studies/costs-and-financing/)]

A photograph of ice hockey players in blue and white jerseys on an ice rink. The players are wearing blue helmets with a white 'AF' logo and are holding hockey sticks. The background is a plain, light-colored wall.

Master's Degree  
Programme

## **M.SC. PSYCHOLOGY IN SPORT AND EXERCISE**

The *M.Sc. Psychology in Sport and Exercise* comprises aspects of psychology, sport and health from an multidisciplinary perspective. The course will provide the academic knowledge and foundational research skills necessary to pursue careers in research or further develop necessary skills for the applied field.

[www.dshs-koeln.de/master-pse](http://www.dshs-koeln.de/master-pse)



## Target Group

- Are you interested in combining sport and psychology?
- Are you interested in scientific thinking and working?
- Are you interested in practical application of research?

The *M.Sc. Psychology in Sport and Exercise* targets graduates with a degree in sport science or psychology. Students should be interested in scientific thinking and working (e.g. conducting experiments) and theory- and research-based practical application. Students are educated towards an integrated degree of sport and exercise psychology.

You can use the **MasterCheck** to see whether the degree matches your expectations:

[www.dshs-koeln.de/master-pse](http://www.dshs-koeln.de/master-pse)  
» Objectives and target group



## Qualification Targets

**Knowledge:** Graduates will have an in-depth understanding of psychological and sport-related constructs, models and theories, particularly those that integrate both disciplines. Furthermore, graduates will possess a profound aptitude for research and the necessary basics to further qualify for applied work (e.g. methods, statistics, diagnostics intervention and evaluation). **Comprehension:** Graduates will be proficient at interpreting and analyzing information from a scientific perspective. **Application:** Graduates will be able to transfer their knowledge into context-specific practical skills for use within research settings or in applied sport psychology settings.

**Analysis:** Graduates will be capable of analyzing and comparing different approaches in scientific and applied work.

**Conjunction:** Graduates will be able to identify complex problems in the field of sport and exercise psychology and create appropriate scientific strategies to address them.

**Evaluation:** Graduates will be able to predict and justify the consequences of interventions and treatments and use scientific results to evaluate and interpret their impact.



## Study Programme

Students must attend 11 modules with most of the courses having mandatory attendance. The first module (PSE 1) is a review course to ensure students have an equal knowledge base in sport science and psychology. The subsequent modules focus on general research skills (PSE2, PSE3) and the theoretical and applied foundations of varying topics (PSE4 – PSE9). The final two modules (PSE10, PSE11) involve individual research into topics of personal interest.

[www.dshs-koeln.de/studydocuments\\_en](http://www.dshs-koeln.de/studydocuments_en)



## Career Perspectives

Graduates of the master programme will be eligible for further study or employment (e.g. as a PhD student or lecturer) in research institutions orientated towards the fields of motion-, neuro-, health or cognitive science. Graduates looking to pursue a career in the applied setting may consider further education to pursue a career as a sport psychological expert, providing performance and personal development support to professional and recreational athletes or clients outside of the sport setting. Aside from self-employment, potential employers include many associations, clubs and

support centres for competitive sports, reflecting the growing demand for sport psychology consultants. Furthermore, potential employers search specifically for sport psychologists with a research background, as ensuring effective diagnostics and interventions (including quality management and evaluation) is an essential field. As such, the Psychology in Sport and Exercise master will lay the foundation for independent planning, implementation and evaluation of sport psychology-oriented diagnostics and interventions. The M.Sc. Psychology in Sport and Exercise degree allows for consecutive postgraduate studies earning a doctor's degree:



[www.dshs-koeln.de/english/studying-structure/full-time-studies/phd-programme](http://www.dshs-koeln.de/english/studying-structure/full-time-studies/phd-programme)

## Admission Requirements

The following requirements apply to the *M.Sc. Psychology in Sport and Exercise*:

- completion of an undergraduate degree in Psychology, Sports Science or another related field of study (180 credit points) at a German university or a similar qualification from a foreign university
- proof of eligibility by means of an above average final grade (at least 2.5 in the German grading system or Grade B according to ECTS)
- certified English language proficiency (see homepage for TOEFL and IELTS scores or CAE-level)
- passing the physical aptitude test is **not** an admission requirement.

[www.dshs-koeln.de/master-pse](http://www.dshs-koeln.de/master-pse) » Admission requirements



## Application

- only for the winter semester
- online application
- electronic application for admission is complemented with additional documents (PDF upload)
- application deadlines\*:
  - for non-EU citizens: 31<sup>st</sup> May
  - for GER & EU citizens: 15<sup>th</sup> July

\*Subject to change. For further information please see:

[www.dshs-koeln.de/master-pse](http://www.dshs-koeln.de/master-pse) » Application



Further information:  
[www.dshs-koeln.de/master](http://www.dshs-koeln.de/master)

## Contacts

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German Sport University Cologne  
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50933 Cologne - Germany

### Student Advisory Service

studienberatung@dshs-koeln.de

[www.dshs-koeln.de/studienberatung](http://www.dshs-koeln.de/studienberatung)

### Application

masterbewerbung@dshs-koeln.de

### Programme Director

*Univ.-Prof. Dr. Dr. M. Raab*

### Programme Coordinator

*Dr. Alexandra Pizzera*

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## German Sport University Cologne

The German Sport University Cologne combines qualified teaching and international research of the highest level. It is the only university in Germany that is dedicated exclusively to the world of sport and exercise science. All aspects of this exciting field are studied in detail at 19 institutes, four affiliate institutes and nine academic centers.