Abb.1: Module des M.A. Studiengangs „Physical Activity and Health“ am Institut für Sportwissenschaft und Sport

1. Sem.

- **Physical Activity & Public Health I** (5 CP)
  - Intro PH L + E/P (2,5 CP; 2 SWS)
  - Intro PA & PH L + E/P (2,5 CP; 2 SWS)
- **Health-Enhancing Exercise I** (5 CP)
  - Basics in Kinesiology S+E/P (2 CP, 2 SWS)
  - Basics in Ex. for Health and PT S + E/P (3 CP, 2 SWS)
- **Health-Enhancing Exercise II** (5 CP)
  - Technical Skills in HEE I S+E/P (2,5 CP, 1 SWS)
  - Technical Skills in HEE II S+E/P (2,5 CP, 2 SWS)
- **Rehabilitation Science** (10 CP)
  - Introduction Rehab Science S+E/P (2,5 CP, 2 SWS)
  - Medical Rehabilitation S+E/P (2,5 CP, 2 SWS)
  - Interdisciplinary Aspects in HEE and Rehab S+E/P (2,5 CP, 2 SWS)
  - Current int. Research in PA and Health S/+ E/P (2,5 CP, 2 SWS)
- **Basics in Methodology I** (5 CP)
  - Methodology in Health Sciences S + E/P (2,5 CP, 2 SWS)
  - Quantitative Methods S+E/P (2,5 CP, 2 SWS)
- **Communication and Interaction** (5 CP)
  - Introduction into Intercultural Communication S+E/P (2,5 CP, 2 SWS)
  - Scientific Research on the MA Level S+E/P (2,5 CP, 1 SWS)

∑ CP = 30
∑ SWS = 22

2. Sem.

- **PA & PH II** (5 CP)
  - PA Promotion on the Community Level S + E/P (2,5 CP, 2 SWS)
  - EB of different PA Int. S+E/P (2,5 CP, 2 SWS)
- **Public Health Policies** (5 CP)
  - PA Policies S+E/P (5 CP, 2 SWS)
- **Health-Enhancing Exercise III** (5 CP)
  - Program development in HEE S/ + E/P (2,5 CP, 1 SWS)
  - Age-/Indication-specific HEE S+E/P (2,5 CP, 2 SWS)
- **Conceptualization, Implementation, Evaluation I** (5 CP)
  - Introduction QM, Project Conceptualization and Evaluation Concepts, S + E/P (5 CP, 3 SWS)
- **Basics in Methodology II** (5 CP)
  - Qualitative Methods S+E/P (2,5 CP, 2 SWS)
  - Participatory Research S+E/P (2,5 CP, 1 SWS)

∑ CP = 30
∑ SWS = 17

3. Sem.

- **Physical Activity Diagnostics** (5 CP)
  - Physical Acitivity Monitoring S + Lab (5 CP, 3 SWS)
- **Diagnostics in Rehabilitation and Prevention** (5 CP)
  - Quantitative individual diagnostics S + Lab (5 CP, 3 SWS)
- **Conceptualization, Implementation, Evaluation II** (10 CP)
  - Development of Concepts and Programs (one to be chosen)
    - Population/ organizational-based Project A 2 (5 CP, 3 SWS)
    - or
    - Individual-based Project B 2 (5 CP, 3 SWS)
- **International Internship** (10 CP)
  - *2,5 CP, 1 SWS im 2. Sem*
  - Internship + Workshop/ Presentation
  - *7,5 CP im 3. Sem*

∑ CP = 30
∑ SWS = 11

4. Sem.

- **Conceptualization, Implementation, Evaluation III** (10 CP)
  - Implementation and Evaluation of Concepts and Programs (one to be chosen)
    - Population/ organizational-based Project A 3 (5 CP, 3 SWS)
    - or
    - Individual-based Project B 3 (5 CP, 3 SWS)
- **MA-Thesis** (30 CP)
  - 5 CP im 3.Sem.
  - 20 CP im 4.Sem.
  - Colloquium for Examination (5 CP, 2 SWS)

∑ CP = 30
∑ SWS = 5

∑ CP = 120
∑ SWS = 55

(L = Lecture, S = Seminar, E/P = Exercise/Practice, CP = Credit Points (1 CP = 30h work load))