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's 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 Sports 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's 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's
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, they 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.

http://studies.unifr.ch/enmaster/medspo/sportsciences
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/xZPl (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 from a Swiss university can be admitted to a Master’s degree programme within the corresponding discipline (requires the acquisition of minimum 60 ECTS credits at Bachelor level in the corresponding discipline) without any additional requirements. 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 from a Swiss university or 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, can be admitted to a Master’s degree programme within another discipline with prerequisites (must be successfully completed before starting the Master’s degree programme) or additional requirements (can be completed during the Master’s degree programme). According to existing agreements, holders of a Bachelor’s degree awarded from a Swiss university of applied sciences can also be admitted with prerequisites or additional requirements.

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).