Course offerings 20/21 | AS20
Study programme description
Bachelor

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 two languages, in French and German

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

Access to further studies
Master

This Bachelor's 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 recreacational 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 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, 6 semesters

Curriculum

http://studies.unifr.ch/go/mjY5 (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): http://studies.unifr.ch/go/en-admission-swiss-certificates

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 the last three years of schooling include at least six general education subjects, independent from each other, in accordance with the following list:

1. First language (native language)
2. Second 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: http://studies.unifr.ch/go/en-admission-countrylist

In addition, foreign candidates must present proof of sufficient language skills in French or German.

The assessment of foreign school-leaving certificates is based on the «CRUS Recommendations for the Assessment of Foreign Upper Secondary School-Leaving Certificates, 7 September 2007» (http://studies.unifr.ch/go/crus07en). 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/KMF) 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/fr-sport-test (French)
http://studies.unifr.ch/go/de-sport-test (German)

Alternatives

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

Contact

Faculty of Science and Medicine
Medicine Section
Department of neurosciences and movement sciences
Dr Xavier Chenevière
sport-sciemed@unifr.ch
http://studies.unifr.ch/go/fr-sportsciences (French)
http://studies.unifr.ch/go/de-sportsciences (German)