Teaching
Health and Research

» option focuses on applying

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http://studies.unifr.ch/enmaster/medspo/sportsciences

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Alongside the complex cultural, social and economic phenomenon

of movement and sport, there is an increasing interest in the study

The impact motor activities have on the development and

maintenance of the individual's physical, mental and social life. This

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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 Department of Medicine of the

Faculty of Science 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 two work placements in a laboratory and 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.
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.

Organisation des études
Structure of studies
90 ECTS credits, 3 semesters

Curriculum
http://www.unifr.ch/science/plans/plans_e.php

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).

Contact
Faculty of Science