Single-Subject Bachelor
Double-Subject Bachelor

Master

Master of Education
PhD

Numbers and Facts

Start: Winter and Summer semester
Duration: 4 semesters
Degree: Master of Arts

Application and Enrolment

Admission requirements

Admission to the Master programme Sport and Lifestyle requires a Bachelor degree of 60 CP in a sport science degree programme or a comparable degree in the cultural, social, or natural sciences attained at a German or a foreign university.

For more information on conditions of application, admission, and enrolment please refer to the admission regulations.

Application

Applicants with a German university entrance qualification: Please apply online at University of Oldenburg.

EU or International applicants: Please apply via uni-assist e.V.

For more detailed information and deadlines, refer to: www.uol.de/en/students/application-and-enrolment

Contacts

Questions about courses of studies

Academic Advisors
Dr. Kristina Brümmer
Phone: +49 (0)441-798-3165
E-mail: kristina.bruemmer@uol.de

Prof. Dr. Thomas Alkemeyer
Phone: +49 (0)441-798-4622
E-mail: thomas.alkemeyer@uol.de

Student Association Sport Science
E-mail: fssport@uol.de
Internet: www.uol.de/en/sport-science/institute/student-association

General advice regarding studies

Study and Career Counselling Service - Zentrale Studien- und Karriereberatung

Application procedures / Entry requirements

Registrar’s Office - Immatrikulationsamt

StudierendenServiceCenter
Campus Haarenort A12
26129 Oldenburg
0441-798-2728
studium@uol.de
www.uol.de/en/students/service-advice

Further Information

Homepage Sport and Lifestyle

Courses of Study
www.uol.de/en/students/degree-programmes

Funding
www.uol.de/studium/finanzierung

Imprint

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Status: 01/2020

Sport and Lifestyle (M.A.)

PhD
Sport and Lifestyle (M.A.)

Sport has a high social relevance: as a leisure activity, as a profession, or a media spectacle. Sport engagement and sport consumption are closely related to cultural, milieu, and gender specific lifestyles. As an interdisciplinary and cross-sectional discipline, sport science offers a great opportunity to analyze sport-related lifestyles from the perspectives of the natural and social sciences alike.

The central component of the Master programme Sport and Lifestyle at Carl von Ossietzky University is the relationship between social positions, cultural inclinations, and different people’s ways to engage with their bodies and movement. The research-oriented studies aim at enabling graduates to design and/or evaluate target group-oriented sport and health programmes for people of different social backgrounds, ages, and gender. It thus responds to increasingly urgent social questions and demands, such as:

- The influence of social disparities on sport engagement, health and nutrition behaviour;
- Social and personal consequences of an increasing body and sport cult;
- The possibilities and limits of sport as a medium of social and cultural integration;
- Demographic developments that require better chances of participation particularly for elderly people in sport and thus in culture and society.

### Study structure and contents

In the course of the four semester Master programme students will obtain 120 ECTS (CP).

<table>
<thead>
<tr>
<th>Basics</th>
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<tbody>
<tr>
<td>Body and movement between the poles of nature and culture</td>
<td>15 CP</td>
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<tr>
<td>Natural and cultural scientific aspects of lifestyle</td>
<td>15 CP</td>
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<tr>
<td>Research methods in Sport Science</td>
<td>12 CP</td>
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<tr>
<th>Specialization</th>
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<tr>
<td>Specialization in Natural and Health Sciences</td>
<td>15 CP</td>
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<td>or in</td>
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<tr>
<td>Cultural and Social Sciences</td>
<td>15 CP</td>
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<tr>
<th>Application</th>
<th></th>
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<tbody>
<tr>
<td>Excursion/ Key competences</td>
<td>9 CP</td>
</tr>
<tr>
<td>Interdisciplinary elective module</td>
<td>6 CP</td>
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<th>Professionalization</th>
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<tr>
<td>Profession related internship</td>
<td>9 CP</td>
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<tr>
<td>Project study of a sport specific activity</td>
<td>9 CP</td>
</tr>
<tr>
<td>Master’s degree module</td>
<td>3 CP</td>
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<tr>
<td>Master thesis</td>
<td>27 CP</td>
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120 CP

Basic modules are obligatory modules. They integrate approaches and methods from the social and natural sciences as well as (sport) practice. You will thus learn a complex understanding of people of different social backgrounds and their lifestyles and get acquainted with different research methods.

Specialization modules are elective modules. In these modules you can either specialize on the natural or the social sciences. In the application modules, such as short excursions, you will acquire certain key competences. Finally, the inter-disciplinary module and ‘professionalization’ provide the opportunity for you to select courses according to your personal interest or in relation to your personal career goal and to consolidate your research competences with a generic case.

It is recommended to plan a study abroad period in the third semester. Particular exchange programmes already exist with universities in Bologna, Zaragoza, Orleans, Groningen, Sogndal and Sendai.

### Occupational and other Fields of Activity

In the ever-differentiating fields of sports, health, and leisure, scientifically educated experts are needed who are able to understand complex relationships between socio-cultural and bio-medical factors.

For Master degree holders of Sport and Lifestyle, there are good career chances especially in the area of research (within the university, but also in other research institutions, such as in trend research), in counselling (political institutions, schools, health insurance funds, athletic unions, public authorities etc.), and in the areas of surveying, conceptualizing, and evaluating sports projects for different target groups with their distinct lifestyles.

In all of these fields, research and key competences are required which are central for the described master programme.