

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

The Master programme Sport and Lifestyle can be attended after successfully completed Bachelor studies with at least 60 KP in a sport science degree programme or a comparable degree in cultural, social, natural, or sport sciences attained at a German or a foreign university.

For more information about conditions of enrolment and the application for admission please read 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.uni-oldenburg.de/en/students/application-and-enrolment

► Contacts

Questions about courses of studies

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Student Association Sport Science
E-mail: fsspport@uni-oldenburg.de
Internet: <http://www.uni-oldenburg.de/en/sport-science/institute/student-association/>

General advice regarding studies

Study and Career Counselling Service - Zentrale Studien- und Karriereberatung

Application procedures / Entry requirements

Admissions Office - Immatrikulationsamt

StudierendenServiceCenter
Campus Haarentor A12
26129 Oldenburg
0441-798-2728
studium@uni-oldenburg.de
www.uni-oldenburg.de/en/students/service-advice

► Further Information

Homepage Sport and Lifestyle

www.uni-oldenburg.de/en/sport-science/studies-teaching/master-sport-and-lifestyle

Courses of Study

www.uni-oldenburg.de/en/students/degree-programmes

Funding

www.uni-oldenburg.de/studium/finanzierung

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Sport and Lifestyle (M.A.)

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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 both, social and natural sciences.

The central key component of the Master programme Sport and Lifestyle at the Carl von Ossietzky University is the relationship between social positions, cultural inclinations, and people's dealings with body and movement.

The research-oriented studies aim at enabling graduates to design and/or evaluate target group-oriented sport and health offers for people of different social backgrounds, ages and gender. It responds herewith to increasingly urgent social questions and demands.

These touch among others:

- 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 demand an improvement of participation chances 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 you will acquire 120 ECTS (KP).

Basics

Body and movement between the poles of nature and culture	15 KP
Natural and cultural scientific aspects of lifestyle	15 KP
Research methods in Sport Science	12 KP

Specialization

Specialization in Natural and Cultural Sciences	15 KP
<i>or in</i>	
Cultural and Social Sciences	15 KP

Application

Excursion/ Key competences	9 KP
Interdisciplinary elective module	6 KP

Professionalization

Profession related internship	9 KP
Project study of a sport specific activity	9 KP
Master's degree module	3 KP
Master thesis	27 KP

120 KP

Basic modules are obligatory modules. They integrate social and scientific approaches and methods as well as (sport) practice. With it you will acquire and deepen a broad view at people and lifestyles of different social groups as well as knowledge of research methods. Specialization modules are elective modules.

In these moduls of studies you can either focus on natural or social sciences. In the application modules, you will acquire key competences, e.g. in different short excursions. The study programme is rounded up by an inter-disciplinary module and the professionalization area. Here, you have the opportunity 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, Orléans, Groningen, Sogndal and Sendai.

► Occupational and other Fields of Activity

In the ever-differentiating fields of sports, health and leisure, increasingly scientifically educated experts are needed who are able to research complex coherences 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 as well outside e. g. in trend research), in counselling (political institutions, schools, health insurance funds, athletic unions, public authorities etc.), and in the areas of survey, conception and evaluation of offers in the field of sport and movement for different target groups with their distinct lifestyles. In all these areas research and key competences are required which are central for the described master programme.