

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 detailed information and deadlines see our website: [www.uni-oldenburg.de/studium/bewerben-und-einschreiben](http://www.uni-oldenburg.de/studium/bewerben-und-einschreiben)

## ► Contacts

### Questions about courses of studies

Academic Advisors

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Student Council: Sport Science

E-mail: [fssport@uni-oldenburg.de](mailto:fssport@uni-oldenburg.de)

Internet: [www.fssport-oldenburg.de](http://www.fssport-oldenburg.de)

### For general questions concerning your studies

#### International applicants

International Student Office

Campus Haarentor, A5 1-147

26129 Oldenburg

Phone: +49 (0)441-798-2478

E-mail: [iso@uni-oldenburg.de](mailto:iso@uni-oldenburg.de)

Internet: [www.uni-oldenburg.de/iso](http://www.uni-oldenburg.de/iso)

### For questions regarding your course of study

Student advice centre - Zentrale Studienberatung

Campus Haarentor, A3 1-110 to 1-117

26129 Oldenburg

Phone: +49 (0)441-798-4405

E-mail: [studienberatung@uni-oldenburg.de](mailto:studienberatung@uni-oldenburg.de)

Internet: [www.uni-oldenburg.de/zsb](http://www.uni-oldenburg.de/zsb)

### For questions regarding application and enrolment

Applicants with German higher education entrance qualifications

Admissions Office - Immatrikulationsamt

Campus Haarentor (Mensafoyer), M 1-174 to 1-181

26129 Oldenburg

Phone: +49 (0)441-798-2728

Internet: [www.uni-oldenburg.de/i-amt](http://www.uni-oldenburg.de/i-amt)

## ► Further Information

### Homepage Sport and Lifestyle

[www.uni-oldenburg.de/en/sport-science/studies-teaching/](http://www.uni-oldenburg.de/en/sport-science/studies-teaching/)

[master-sport-and-lifestyle](http://www.uni-oldenburg.de/en/sport-science/studies-teaching/master-sport-and-lifestyle)

### Courses of Study

[www.uni-oldenburg.de/en/students/study-offering](http://www.uni-oldenburg.de/en/students/study-offering)

### Funding

[www.uni-oldenburg.de/studium/finanzierung](http://www.uni-oldenburg.de/studium/finanzierung)

### Imprint

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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). In two basic modules you assign to classes in the field of theory and practice of sports. The study of Sport and Lifestyle is composed of the following modules:

<b>Basics</b>	
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
<b>Specialization</b>	
Specialization in Natural and Cultural Sciences or in	15 KP
Cultural and Social Sciences	15 KP
<b>Application</b>	
Excursion / Key competences	9 KP
Interdisciplinary elective module	6 KP
<b>Professionalization</b>	
Profession related internship	9 KP
Project study of a sport specific activity	9 KP
Master's degree module	3 KP
Master thesis	27 KP
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	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 this phase of studies you can either focus on natural or social sciences. In the application area in the context of various short excursions, you should be able to acquire key competences, e.g. the ability to work in a team, project management etc. 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 and Orléans.

## ► 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 area 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.