



Deutsche  
Sporthochschule Köln  
German Sport University Cologne

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# STUDY GUIDE

German Sport University Cologne

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## Foreword by the President of the University

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### **Dear readers,**

Welcome to the German Sport University Cologne! Whether you are taking part in a student exchange program, carrying out research or coming here as a regular student, I am delighted that you have chosen our university.

Quality Education and International Research – that's what the German Sport University Cologne stands for. Germany's only sport university offers modern bachelor's and master's programs as well as physical education degrees. Being also an international sport university, four of our master's degrees are taught in English: the M.Sc. Human Technology in Sports and Medicine, the M.Sc. Sport Management, M.Sc. Psychology in Sport and Exercise and the M.A. International Sport Development and Politics.

This Study Guide provides you with general information about the university and contains specific information on the various degree courses available. In addition, it offers you a complete overview of all the institutes with the services necessary for studying and working at our university.

I encourage you to take advantage of the many cultural attractions in Cologne and its surrounding regions. Getting to know the country, the people and its culture is an important part of studying abroad. I wish you all the best,

A stylized, handwritten signature in black ink, appearing to read 'Strüder'.

Prof. Dr. Heiko Strüder, President



*"In a world where diversity matters, sport unites! This is exactly what happens at the GSU immaterial of language, ethnicity, gender or physical disability. Come and join us at the world's best place to study sport and exercise science".*

*Dr. Gerard King, Head International Office*





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# General Information

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## The workload

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### European Credit Transfer and Accumulation System (ECTS)

The ECTS is a system which calculates “achievement points”. ECTS makes teaching and learning in higher education more transparent across Europe and facilitates the recognition of all studies. The system allows for the transfer of learning experiences between different institutions, greater student mobility and more flexible routes to gain degrees. It also aids curriculum design and quality assurance.

### Workload

The ECTS (European Credit Transfer System) is a system of awarding points on the basis of achievement recognized in all European countries. The base of the ECTS is the workload students must complete to fulfil the aims of a degree. The ECTS is based on the agreement that the workload of a full-time degree amounts to 60 credit points per year of study. How much the students have to do is measured in hours. It is divided into taught hours (contact hours) and self-study. Credit points for modules and contact hours are allocated according to the workload.

### Self-study

The period of time a student spends on preparation of coursework, writing essays, participation in tutorials etc.

### Credit Point

Credit Point is the unit used to measure workload. One Credit Point equals 30 hours of work. In 6 semesters at the GSU students accumulate 180 credit points which equals 5400 hours. Credit points express quantity, not quality. Quality is measured by grade.

## Types of courses

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### Lecture

Imparting knowledge is in the forefront of lectures. They generally take place in a lecture hall and are given by a lecturer. Transparencies or slides are often used to illustrate the points. Students can read up on the content by reading the relevant scripts or literature on the reading list. Lectures form the basis for knowledge on a certain topic. The main lecture hall can accommodate up to 500 students.

### Seminar

This type of course is generally used to deepen or expand knowledge acquired in lectures. The maximum number of participants in a seminar is generally 30. Seminars, as opposed to lectures, require interaction between teacher and students.

### Tutorial

This type of course is designed to give students the opportunity to practice knowledge they have gained in other types of courses through problem-based learning. Tutorials are led by academic staff which gives students the opportunity to clarify individual questions they may have. There are tutorials on theoretical fields of knowledge (e.g. statistics) as well as on practically orientated areas of study (e.g. health-orientated sport for the elderly).

### Course

In the practical sport courses students gain practical and theoretical knowledge about many different types of sport. Group size is normally a maximum of 30. To pass a course students have to attend regularly and achieve the set standard at the end of the semester. Some sport courses are offered as intensive courses and do not take place at the GSU. Water sport and skiing courses are i.e. sometimes held in compact form in the semester break.

### Excursions

These are offered to destinations outside the GSU as day trips or courses covering a number of days. Theoretical knowledge can be gained on site. Examples for excursions at the GSU are adventure education, outdoor and winter sports.



## Documents

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### Study plans

Study plans lay out clearly which modules and courses have to be completed. They contain, among other things, details about credit points / achievement points, type of courses and semester week hours. Individual study plans are published for each degree course. The study plan and the module handbook are important documents for planning your studies.

### Module handbook

The module handbook contains detailed regulations about the extent, content and requirements of the individual modules and courses in a degree course. The skills to be acquired, entrance and exam requirements and also the names of the persons responsible for the various modules are listed. The module handbook must be adhered to.

### Regulations

The official framework of the various degree courses is laid down according to regulations. In addition to exam regulations there are also study regulations and admission regulations. In particular for teacher training degrees the legal framework is laid down by regulations of the individual federal states as well as the relevant university.

### Timetable

As opposed to a school timetable where lessons are fixed, a degree course requires far more responsibility from the student. With the exception of the Master's degree courses, all of the students apply for the courses on offer. They can orientate themselves by means of the module handbook and the study plan. The students are admitted to courses after an application phase according to set criteria. This procedure results in an individually tailored timetable for the next semester.

### Self-administration

A degree course does not only have to be completed, it also has to be "administered". Students can do most of the administration online on their own via the web application "LSF". The contact information has to be updated by the students themselves. In addition important study information such as certificates of study or lists of grades can be printed out in LSF.

## Types of examination

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### Practical examination

Practical exams are taken as part of the practical sports courses. Students demonstrate their athletic abilities in this type of exam. The exam content depends on the course content.

### Written examination

Written exams are a common type of examination. Written exams can be based on open questions, multiple choice or as a mixture of both.

### Presentation

As part of a seminar, presentations can be used as a type of exam to assess the academic analysis of a specific seminar topic. The main points have to be presented to the seminar participants in an understandable way.

### Oral examination

In an oral exam the student answers the examiner's questions in a direct dialogue. There are always two examiners present. The length of oral exams is generally shorter than written exams.

### Teaching examination

The ability to teach topics relevant to sport is assessed in teaching exams. In this exam form didactic and methodological skills are assessed in addition to factual knowledge.

### Essay

The writing of essays tests students' ability to do independent research and write in an appropriate academic style. Dealing with specific literature and adhering to quotation and formatting rules prepare students for their final thesis.

### Project presentation

The project presentation is a special form of presentation. In addition to the presentation itself, how the project is carried out is also assessed. It is generally the case that a group of students carries out and introduces the project, not an individual. The presentation method can be very varied.

### Documentation

A documentation gives an account of what has been absorbed in a course. The form of the documentation is adjusted to the topic and the type of course. Information is compiled which can be of use after the exam and also for other people (e.g. an accompanying course book).

## Studying at the University

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### Independent studying

Independent learning is a more important part of university studies than at school. In addition to course participation (lecture, seminars, practical courses), students have to understand the content of their studies in order to reach the defined targets. The preparation and reworking of course content and exam preparation can take place in study groups, tutorials or individually in the library or at home.

### Study groups

Study groups give the students the opportunity to work on specific topics with their fellow students. Studying can be more effective this way. Asking each other questions about the subject and helping the learning process of the group in those areas you are particularly good at not only increases the social skills of the individual, it also helps to solidify knowledge.

### Tutorials

Tutorials are a good opportunity for students of all degree courses to receive learning support. Attendance at tutorials is on a voluntary basis. They are organized by the Tutorial Programme and are offered in the form of orientation tutorials as well as subject-specific tutorials.

### Library

The Central Library of Sport Science is the largest library in the world specializing in sport and sport science. Students at the GSU profit enormously from this unique range of specialized literature. In addition to the text book collection other media are available including DVDs, magazines or dissertations and theses. Ebooks are available to the students via the project eSport Campus. The library has various areas distributed over 4 floors in which groups and individuals can study effectively as well as workplaces with computers, printers and free access to WLAN.

### E-Learning

E-Learning is an electronically aided form of learning which can be put to use in teaching and in self-study. Students can receive complex lectures as podcasts or study units in a multimedia form. For example, interactive test questions and simulations on the topic of sport physiology can be employed.

## This and That

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### Lecture-free time

The university year is divided into two halves. The summer semester goes from 1st April to 30th September and the winter semester from 1st October to 31st March. A semester consists of a lecture period and a lecture-free period. The courses take place during the lecture period. The lecture-free period is often called "semester recess". This expression is, however, somewhat misleading as field trips or compact courses as well as some exams take place during this time. The semester break is also well-suited for doing an internship.

### Prospectus (Schedule of Lectures)

The students have to create their own, individually-tailored timetable. The study plan, the module handbook and the list of courses form the basis for planning a timetable. Every semester the prospectus lists all courses offered at the GSU. It provides details about the time and location of the courses and the name of the lecturers. The prospectus is updated regularly and is readily accessible as a download on the information page LSF.

### Collecting practical experience

The knowledge gained at university is not the only important factor while applying for a job. Surveys of employers have shown that practical experience is a significant criterion for getting a job. Therefore students ought to gain experience in relevant fields of work during their studies, in the job orientation phase.

### Involvement

Most students know what a class representative at school is. At university there are also opportunities for taking part in and influencing university policy and representing student interests. If you want to become involved, you can take on an area of work in the Student Union and/or get elected into the Student Parliament. In addition you can work on one of the university internal commissions or take on the job of degree course representative.



## Studying with a disability



The GSU actively supports students with a disability in their studies, tries to ensure that they are not discriminated against and that they can participate in the university courses with as little help from others as possible. However, before students with disabilities can start studying at university, they have to be formally admitted. In addition to a university entrance certificate, students with disabilities also have to pass the Physical Aptitude Test in order to be admitted to the university.

Disabled and chronically ill applicants go through a special procedure in the test. Before they start their sports degree, there should be an analysis of whether or not a very practically-orientated degree course and their prospective professional field are compatible with their disability.

There is a special representative for students with disabilities at the GSU who can assist in such matters.

### Contact

Representatives for students with disabilities

Dr. Thomas Abel

Tel.: +49 (0)221 4982 7510

abel@dshs-koeln.de

Dr. Anke Raabe-Oetker

Tel.: +49 (0)221 4982 4690

raabe-oetker@dshs-koeln.de

## Studying as a top-level athlete



To achieve top-level sporting performances athletes have to invest a lot of time in their training and competitions. After completing their schooling, top-level athletes have to start laying a foundation for their later careers. Studying as a top-level athlete is a challenge. In consequence, the GSU has set up a cooperation contract with the General German University Sport Federation (adh) and the Olympic Support Centre (OSP) Cologne-Bonn-Leverkusen so that studying and top-level training is possible.

As a "partner university of top-level sport" the GSU allows its top-level student-athletes who are part of national or federal squads (A/B/C or D squads) more flexibility in their studies and compensation in the case of absence.

Their timetables are adapted to the demands of their training sessions and competition periods. In addition, exam dates can be changed to fit in better with their sport. As with students with disabilities, there is also a special representative for top-level athletes.

### Contact

Representatives for top-level athletes

Dr. Norbert Stein

Tel.: +49 (0)221 4982 4220

stein@dshs-koeln.de

Dominik Meffert

Tel.: +49 (0)221 4982 7443

d.meffert@dshs-koeln.de

## Studying with children



Studying with a child or children is particularly demanding for a student. The GSU supports students who are parents by offering them advice and various services.

The Family Service Office not only advises students about financial assistance for families and childcare service but also coordinates family friendly working and study conditions. Parents who are studying can exchange information on the forum "Studying with Children" in the "SpoHo. Net". The Student's Union (AStA) has a section called "Social Matters" which gives advice.

The day care "Gummibären" provides childcare for students' children very close to the GSU. Since November 2010 the GSU bears the official seal "Family-oriented University" awarded

by the auditors "Job and Family". This certifies that the university does its best to ensure that studying with a family is made as easy as possible.

### Contact

- » Family Service Office [p. 130]
- » Student's Union [p. 128]

## Studying as an international student



Studying at the GSU is very attractive for many international students. In order to be admitted to the university as a full-time student, you have to pass the Physical Aptitude Test, provide a university entrance certificate and show proof of sufficient knowledge of the respective language. This does not apply to exchange students. The GSU offers a German course as a preparation for the DSHII German language examination. It takes place during the semester. The International Office assists with questions about studying and supports the international students. To make looking for an apartment easier, international students can apply for a room in student accommodation on the campus of the GSU.

All the necessary information about requirements, costs and other relevant matters can be found online.

### Contact

- » International Office [p. 129]
- » International Matters [p. 97]





# Bachelor's, Degrees

*In accordance with a declaration of the European Education Ministers Conference in 1999 in Bologna, the consecutive study systems of Bachelor's and Master's degrees was implemented.*

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# General Information

The German Sport University offers five sport science Bachelor's Degrees within the framework of the consecutive education system. The Bachelor's Degrees are recognised internationally and are completed with a Bachelor of Arts (B.A.) or a Bachelor of Science (B.Sc.). Every Bachelor's Degree comprises 180 credits with a stipulated minimum study period of six semesters.

### Which Bachelor's, Degrees are offered?

- B.A. Sport, Adventure and Expressive Movement
- B.A. Sport and Health in Prevention and Therapy
- B.A. Sport Journalism
- B.A. Sport Management and Communication
- B.Sc. Sport and Performance

### How are the Bachelor's Degrees structured?

The structure and the contents of the five Bachelor's Degrees are closely intertwined with the professional fields of activity. Prescribed study periods are to be successfully completed during the Bachelor studies.

Although these study periods carry the same designation for every course of Bachelor's study, they greatly differ in content. Every study period is comprised of several modules. A module is composed of differing teaching courses, which are related thematically or are interrelated.

The basic studies offer a practical sporting content and a theoretical introduction to sport science. The key qualification modules comprise study blocks and provide professionally relevant expertise. These overlapping capabilities should ensure that the knowledge gained during the studies can be applied effectively.

### Study periods 180 Credit Points

Basic studies	48 CP
Key qualifications	12 CP
Career-oriented studies	70 CP
Profile consolidation	18 CP
Profile supplements	12 CP
Practical training	8 CP
Thesis	12 CP

Within the framework of the career-oriented studies, specific career-oriented practical expertise is imparted to the student, which can be deepened in the modules for profile consolidation in accordance with individual interests and career aims. The BA students can meaningfully supplement their educational profile in theory and practice during both modules of profile consolidation.

A university education is rounded off by successfully completing at least one career-oriented period of practical training and the preparation and submission of a scientific dissertation (thesis).

**Regular length of study**  
6 semesters

**Qualification**  
Bachelor of Arts (B.A.)  
Bachelor of Science (B.Sc.)

**Workload (ECTS)**  
180 credit points

**Commencement of studies**  
Winter and summer semester

- Admission requirements**
- higher education entrance qualification
  - Physical Aptitude Test » [p. 82]
  - » German Language Proficiency Test required (e.g. DSHII or TestDaF TN4)
  - » Studying: what's it all about? [p. 12]
  - » Application, Admission and Enrolment [p. 87]

**Contact:**  
» dshs-koeln.de  
international@dshs-koeln.de  
+ 49 (0)221 4982 2160



## B.A. Sport, Adventure and Expressive Movement

Sport and movement play an increasingly important role in today's society. As a result, new types of sport have sprung up in addition to the traditional forms of sport. The degree course "Sport, Adventure and Expressive Movement" has taken this diversity into account by offering a wide-comprehensive range of sports and by preparing its students for innovative fields of work after graduating.



*"The B.A. Sport, Adventure and Expressive Movement qualifies our students in accordance with their later profession and combines research and teaching resulting in a practice-oriented and topical study degree."*

Dr. S. Türk, Dr. A. Kupfer  
Program leaders



### Target group

Students who are very active and interested in sport and who would like to teach people how to improve their skills in sport, enjoy sport and movement and lead a healthy lifestyle.

### Degree aims and content

In addition to gaining sound knowledge in scientific and medical areas, students acquire teaching, organisational and social skills. The contents of the degree programme promote the development of a wide range of practical skills in sport. Students of the B.A. in Sport, Adventure and Expressive Movement can choose from three majors:

1. *Leisure and sport for all*
2. *Outdoor sport / sport tourism*
3. *Artistic / creative movement*

Graduates of this degree are able to plan, implement and evaluate diverse sport courses.

### Job perspectives

A Bachelor's degree is the first qualification which qualifies for direct entry into the job market. There are many interesting job openings for graduates of the B.A. in Sport, Adventure and Expressive Movement. They range from typically sport-centred institutions such as sports clubs, schools of sport, sport and dance studios, various leisure-based organisations and educational establishments in the public sector to the tourism and event branch. Graduates will also have learnt about aspects of setting up their own business. Completion of the B.A. in Sport, Adventure and Expressive Movement provides access to a Master's degree programme which can expand on or complement previous knowledge, depending on the programme.

**Regular length of study**  
6 semesters

**Qualification**  
Bachelor of Arts (B.A.)

**Workload (ECTS)**  
180 credit points

**Commencement of studies**  
Winter and summer semester

**Admission requirements**  
– higher education entrance qualification  
– Physical Aptitude Test  
» [p. 82]

**Master's degree programmes**  
(consecutive)  
M.Sc. Sport and Movement Gerontology  
M.Sc. Sport Tourism and Recreation Management  
» [p. 54] [p. 56]

## B.A. Sport and Health in Prevention and Therapy

Maintaining good health through sport and movement is becoming increasingly important in view of the changing age structure of society and the changes in the health system. The field of health will continue to grow and the job situation looks promising for those involved in it.



*"We impart knowledge on the necessary theoretical background so that our students are capable of developing practice-oriented solutions for the job area of prevention."*

Univ.-Prof. Dr. I. Froböse  
Program leader



### Target group

The B.A. Sport and Health in Prevention and Therapy is aimed at people who live active lives, are interested in health and who like supervising and teaching groups.

### Degree aims and content

The degree programme provides students with the necessary expertise to enable them to plan, implement and evaluate health-improvement measures in primary and secondary prevention. This expertise is also required to adapt health / prevention programmes to the individual needs of the patients. The university education is supplemented by knowledge about approaches to interventions, how health-related activities work as well as methods of learning and training from a physical, mental and social perspective.

### Job perspectives

A Bachelor's degree is the first qualification which qualifies for direct entry into the job market. There are many interesting job openings for graduates of the B.A. Sport and Health in Prevention and Therapy such as various professional fields in the health sector, e.g. health coach or health consultant. Health professionals are required by clubs and state institutions such as sanatoriums, clinics and spas, but also by private commercial providers as in the fitness and tourism branch. Completion of the B.A. Sport and Health in Prevention and Therapy gives access to a Master's degree programme which can expand on or complement previous knowledge, depending on the programme.

**Regular length of study**  
6 semesters

**Qualification**  
Bachelor of Arts (B.A.)

**Workload (ECTS)**  
180 credit points

**Commencement of studies**  
Winter and summer semester

**Admission requirements**  
– higher education entrance qualification  
– Physical Aptitude Test  
» [p. 82]

**Master's degree programmes**  
(consecutive)  
M.A. Rehabilitation and Health Management  
M.Sc. Sport and Movement Gerontology  
» [p. 48] [p. 54]

## B.A. Sport Journalism

As a reaction to the intense transformational processes in the branches of sport, media and communication, the GSU offers a nationwide unique university study programme in B.A. Sport Journalism since the winter semester 2012/2013. This is focused on the fields of journalism, media practice, sports practice and communications science studies.



*"Within this degree we cooperate with renowned partners such as Sky or the SID. Our students can thus gain insight into the tasks and challenges of the later job market."*

Prof. Dr. T. Schierl  
Program leader



### Target Group

The degree course is directed at persons who exhibit a strong inclination to matters of sport and are interested in the journalistic preparation of topics in the field of sport. In addition, they should be open to all aspects of the multi-faceted world of media.

### Course contents and aims

The aim of the study course is to impart knowledge for a specialist qualification in journalism and communication in sport. Hereby, the necessary disciplines of sport science, journalism and communications science are taught in an integrated form. The guiding principle of the course of study is in accord with the job market requirements. Nowadays it is not only expected that sport journalists have a command of the journalistic tools of the trade; a deep knowledge of sport science is also absolutely necessary. Key qualifications are the ability to think analytically in a structured fashion and being able to report in an appropriate informed way.

### Career opportunities and fields of activity

The profile of the B.A. qualifies the successful student for all vocations in the field of journalism that require a well-grounded and intensive knowledge of the media and communications science. Potential employers are publishers (print and on-line), broadcasting companies (TV and radio), PR departments in sports companies, sports clubs and associations, agencies in PR, media and market, media research, trend analysis and last but not least, academic research establishments. The B.A. in sports journalism qualifies the student for possible acceptance to a master's course of study, which in turn, can serve to deepen or supplement the targeted journalistic orientation.

**Regular length of study**  
6 semesters

**Qualification**  
Bachelor of Arts (B.A.)

**Workload (ECTS)**  
180 credit points

**Commencement of studies**  
Winter semester

**Admission requirements**  
– higher education entrance qualification  
– Physical Aptitude Test  
» [p. 82]

**Master's degree programmes**  
(consecutive)  
M.Sc. Sport Management  
M.A. Sport, Media and Communication Research  
» [p. 50] [p. 52]



## B.A. Sport Management and Communication

The sport branch has been growing at an above-average rate for the past 25 years. Due to medialisation, commercialisation and professionalisation in sport many jobs have been created. However, the demands on people employed in the fields of management and administration have also increased. The B.A. qualifies its graduates for various jobs in the management, planning, organisation and marketing of sport.



*"The structure of the sport market requires a broad and scientifically based education which links basic knowledge of management and communication with knowledge on the specifics of sport."*

Dr. M. Schubert  
Program leader



### Target group

The B.A. in Sport Management and Communication is aimed at people who enjoy sport, and are interested in the problems and challenges in the field of sport management and communication and the link between sport and economy.

### Degree aims and content

The aim of the degree programme is to impart skills and strategies for coping with tasks in the field of sport management and communication. The degree content from sport, economics and communication science are not added together and taught separately, the subjects are intertwined. Interdisciplinary aspects and social science are taught. Particular attention is paid to the characteristics of sporting goods, sport organisations, sport markets, the demand for sport and the resulting consequences for successful management and focussed communication.

### Job perspectives

A Bachelor's degree is the first qualification which qualifies for direct entry into the job market. The B.A. in Sport Management and Communication provides graduates with qualifications for many jobs in the field of management of sports clubs and federations, commercial providers and sport events. Other potential fields of work include marketing and sales of sporting goods, PR and event agencies. Completion of the B.A. in Sport Management and Communication gives access to a Master's degree programme which can expand on or complement previous knowledge, depending on the programme.

**Regular length of study**  
6 semesters

**Qualification**  
Bachelor of Arts (B.A.)

**Workload (ECTS)**  
180 credit points

**Commencement of studies**  
Winter and summer semester

**Admission requirements**  
– higher education entrance qualification  
– Physical Aptitude Test  
» [p. 82]

**Master's degree programmes (consecutive)**  
M.Sc. Sport Management  
M.A. Sport, Media and Communication Research  
» [p. 50] [p. 52]

## B.Sc. Sport and Performance

High- and top-performance sports are becoming increasingly prominent, nationally, internationally and from a scientific, economic and journalistic point of view. The B.Sc. in Sport and Performance offers a practically based qualification with a thorough scientific foundation for fields of work in top-performance sport.



*"The degree Sport and Performance deals with comprehensive basic knowledge of all areas of sport science as well as current findings in state-of-the-art research."*

Dr. H. Kleinöder  
Program leader



### Target group

The B.Sc. in Sport and Performance is designed to attract students who are not only interested in practical sport but also in how human physical performance is produced and how to improve it through training. Applicants should have an affinity to high performance sport, but they do not need to be involved in it themselves.

### Degree aims and content

This degree programme is centred around acquiring teaching and coaching skills in the area of high performance sport in at least two different types of sport. In addition, students learn about the scientific, educational and social foundation of the phenomenon of human performance and performance ability. This knowledge is applied to performance control and development.

### Job perspectives

A Bachelor's degree is the first qualification which qualifies for direct entry into the job market.

There are many interesting job opportunities open to graduates of this degree programme. Possible employers include: clubs, federations, communes, private and commercial institutions (e.g. diagnostic centres), professional academies and the media. The scientific focus of the degree allows access to jobs in i.e. research centres. Completion of the B.A. in Sport and Performance gives access to a Master's degree programme which can expand on or complement previous knowledge, depending on the programme.

**Regular length of study**  
6 semesters

**Qualification**  
Bachelor of Science (B.Sc.)

**Workload (ECTS)**  
180 credit points

**Commencement of studies**  
Winter and summer semester

**Admission requirements**  
– higher education entrance qualification  
– Physical Aptitude Test  
» [p. 82]

**Master's degree programmes**  
(consecutive)  
M.Sc. Exercise Science and Coaching  
M.Sc. Human Technology in Sports and Medicine  
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## Master's Degrees

*In accordance with the relevant declaration of the Conference of the European Education Ministers in Bologna in 1999 the consecutive degree system was introduced to European universities. The Master's degree courses have had a significant influence on shaping the new profile of the German Sport University.*

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# General Information

With its consecutive degree system the German Sport University offers nine Master's degree courses. These degrees are internationally recognized and on completion students are awarded either a Master of Arts (M.A.) or a Master of Science (M.Sc.). Each Master comprises 120 credit points and is usually completed in 4 semesters.

## Which Master's degrees are there?

M.Sc. Exercise Science and Coaching
M.Sc. Human Technology in Sports and Medicine
M.A. International Sport Development and Politics
M.Sc. Psychology in Sport and Exercise
M.A. Rehabilitation, Prevention and Health Management
M.Sc. Sport Management
M.A. Sport, Media and Communication Research
M.A. Sport and Movement Gerontology
M.Sc. Sport Tourism and Recreation Management

## Course starting dates and university places

Degree courses always start in the winter semester. For every Master's degree course there are 30 places available per year. The good teacher-student ratio guarantees an intensive and personal exchange during the course.

## How are the Master's degrees structured?

Depending on the students' individual focus the Master's degree courses either have a practical or a research slant. Modules have to be completed as part of a Master's degree and these are either compulsory or elective courses. Each module covers various taught courses which are thematically linked (lectures, seminars, tutorials etc.) and are distributed within the four semesters.

The nine Master's degrees on offer are taught on the basis of four process levels:

Four process levels			
1	Central topics and basics	2	Ability to act and current problem areas
3	Carrying out of projects	4	Master's thesis and additive courses

## Who can apply for a Master's course?

The successful completion of a first degree (normally a B.A.) is the prerequisite for entry to a Master's degree course. This and other entry requirements for the Master's degree courses are laid down in the relevant regulations (entry regulations). The regulations also list which documents are necessary for an application for a place in a Master's degree course.

**Regular length of study**  
4 semesters

**Qualification**  
Master of Arts (M.A.)  
Master of Science (M.Sc.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Entry requirements**  
– completion of an academic degree course (minimum 6 semesters)  
– proven ability in the subject  
– proof of required language skills  
M.Sc. Sport Management, M.Sc. Human Technology in Sports and Medicine, M.Sc. Psychology in Sport and Exercise, M.A. International Sport Development and Politics  
English language proficiency required (TOEFL, IELTS or Cambridge Certificate see at C1 Level).

All other Master's programmes:  
German Language Proficiency required (DSHII, TestDaF TN4)

**Contact:**  
» dshs-koeln.de  
international@dshs-koeln.de  
+ 49 (0)221 4982 2160

## M.Sc. Exercise Science and Coaching

High-performance and elite sport are becoming increasingly important in society as well as in national and international politics. Therefore a scientific approach to topics dealing with physical strain and diagnostics and control of adaptation processes is necessary.



*"The high percentage of practical-scientific contents enables the students to develop own research methods, techniques and strategies."*

Prof. Dr. D. Memmert  
Program leader



### Target group

The degree programme targets graduates who have an affinity to high-performance sport. Prospective students should be particularly interested in (natural) science matters and in practical training methods.

### Degree aim and content

The M.Sc. in Exercise Science and Coaching aims to qualify its graduates to employ methods of optimising physical achievement within and outside the field of sport. In addition the students acquire training intervention skills in their specific sport. Solid knowledge of biomechanics, performance diagnostics, medicine, orthopaedics, physiology, psychology, training science and empirical methods is gained.

### Job perspectives

Potential areas of employment include working as coaches and trainers in sport clubs, as functionaries in national and international sport federations, in research and development of sport articles, diagnostics as well as professions with commercial enterprises in sports. The completion of the M.Sc. Exercise Science and Coaching entitles students to apply for a place on the Ph.D. programme.

**Regular length of study**  
4 semesters

**Degree**  
Master of Science (M.Sc.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- proof of required language (German)

## M.Sc. Human Technology in Sports and Medicine

Use of modern technologies has become a matter of course in Sports and Medicine nowadays. The research-driven program of study M.Sc. Human Technology in Sports and Medicine bridges the gap between engineering, medical technology, life sciences and sport sciences.



*"The M.Sc. Human Technology in Sports and Medicine bridges the gap between the human being and technology. It addresses students with a passion for sciences in medicine and sport."*

Prof. Dr. W. Potthast  
Program leader



### Target group

The study program M.Sc. Human Technology in Sports and Medicine addresses students with a passion for sciences and a wide interest in interaction between humans and technology.

### Degree aim and content

The central aim of the study program is to provide the students with extensive qualifications in planning, developing and evaluating technologies in an athletics as well as a clinical context. Alongside sports equipment- and sportswear-technologies that serve performance enhancing and injury prevention purposes, a special focus is set on modern technologies in endoprothetic joint replacement and exoprothetic treatment of patients. The students will learn to bridge the gap between technical aids and physically active humans, creating an optimal synthesis between humans and technology. Central aspects will be combining, evaluating and applying the attained expertise.

### Job perspectives

Technical aids make up a major part of medical expenses in sports and medicine. As highly qualified research-driven employees, graduates of M.Sc. Human Technology in Sports and Medicine are presented with a great variety of occupational areas. Responsible positions in academic and industrial research and development, in sporting goods companies as well as performance diagnosis are possible fields of activity. Typical employers are the sporting goods industry and private as well as public research facilities. The M.Sc. Human Technology in Sports and Medicine degree allows for consecutive postgraduate studies earning a doctor's degree.

**Regular length of study**  
4 semesters

**Degree**  
Master of Science (M.Sc.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

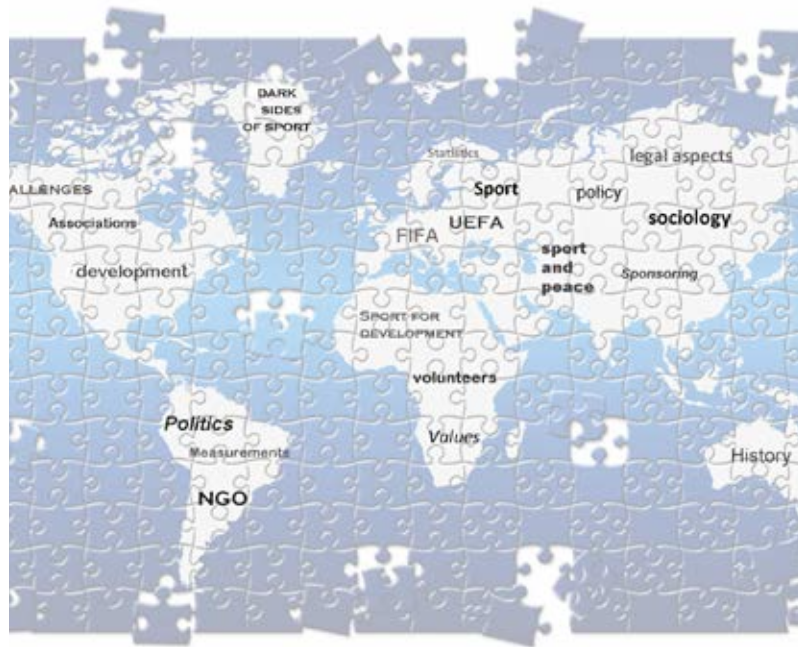
**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- English language (TOEFL, IELTS or Cambridge Certificate)



## M.A. International Sport Development and Politics

The M.A. in International Sport Development and Politics combines sport sciences with approaches of humanities, social sciences and economics. The program aims at a comprehensive understanding of structures, actors and conflicts in sport and physical activity. It contributes in particular to an international focus on sport including transnational and comparative dimensions. The program is highly research oriented and fosters problem-solving capacities as well as methods for understanding and analysing sport.



*"The program offers a broad scope of approach to the analysis of sport development covering both domestic and international topics related with sport."*



Prof. Dr. J. Mittag  
Program leader

### Target group

The Master on International Sport Development and Politics targets graduates with a deepening in sport studies or a related degree in politics, sociology or economy. Having practical experience with and in sport is considered as helpful.

### Degree aim and content

The study program addresses a set of five key objectives: 1) It is highly research oriented, 2) it provides a broad scope of professional competencies for the job, 3) it stipulates internationalisation, 4) it acknowledges diversity and 5) it provides key competencies like methodological, intercultural and analytical skills enabling independent knowledge acquisition.

### Job perspectives

Graduates of the M.A. in International Sport Development and Politics are well-equipped for leading positions in all kind of national and international sport clubs and organizations, governments and administrations, social agencies and commercial businesses. The program aims as well at future project managers and consultants. Graduates are also qualified for further academic research pursuing a doctoral degree.

**Regular length of study**  
4 semesters

**Degree**  
Master of Arts (M.A.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- English language (TOEFL, IELTS or Cambridge Certificate)

## M.Sc. Psychology in Sport and Exercise

The M.Sc. Psychology in Sport and Exercise comprises aspects of psychology, sport and health from an international perspective. The course will provide the academic knowledge and foundational research skills necessary to pursue careers in research or applied fields.



*"The degree combines psychology and sport under a strong international perspective. The qualification shall provide an academically sound knowledge and competence foundation paving the way for potential careers in the fields of research, but also in application."*

Program leader  
Prof. Dr. M. Raab



### Target group

The M.Sc. Psychology in Sport and Exercise is suitable for graduates with a degree in psychology or a degree in sport science. Prospective students should be interested in scientific thinking and working (e.g. conducting experiments) and the practical application of theory and research (e.g. coaching of athletes and teams).

### Degree aim and content

Students must attend 11 modules. The first module is a review course to ensure students have an equal knowledge base in sport science and psychology. The subsequent modules focus on general research skills (PSE2, PSE3) and the theoretical and applied foundations of varying topics (PSE4 – PSE9, see Table). The final two modules (PSE10, PSE11) involve individual research into topics of personal interest. The programme is held in English. The study program addresses a set of five key objectives:

1) It is highly research oriented, 2) it provides a broad scope of professional competencies for the job, 3) it stipulates internationalisation, 4) it acknowledges diversity and 5) it provides key competencies like methodological, intercultural and analytical skills enabling independent knowledge acquisition.

### Job perspectives

Graduates of the M.Sc. in Psychology in Sport and Exercise will be qualified for the job market in psychology and sports. The Master programme targets the world market with an emphasis on Europe. Graduates will, in particular, be qualified for working in research, but also in practical application in different settings (e.g., health sport, elite sport). Graduates also have the possibility of pursuing a doctoral degree.

**Regular length of study**  
4 semesters

**Degree**  
Master of Science (M.Sc.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- English language (TOEFL, IELTS or Cambridge Certificate)

## M.A. Rehabilitation, Prevention and Health Management

Living conditions in today's society and the resulting lifestyles have shifted people's focus on to health. Due to the changing age pyramid and lifestyles characterised by a lack of movement there has been a large increase in the incidence of civilisation-related diseases.



*"In light of the societal and demographic changes the topics and focal points of the M.A. Rehabilitation, Prevention and Health Management are more significant than ever."*

Univ.-Prof. Dr. Hans-Georg Predel  
Program leader



### Target group

This Master's degree is aimed at communicative people who enjoy physical activity, have an affinity to medical and health-related questions and who are interested in academic research.

### Degree aim and content

This degree course goes into more depth regarding health science and, in addition to prevention, focuses in particular on secondary prevention and specific topics in rehabilitation. The teaching and methods take an interdisciplinary approach from biomedical, psychosocial, health and economic perspectives.

### Job perspectives

Graduates of the M.A. in Rehabilitation, Prevention and Health Management are qualified for both management positions in the fields of prevention and movement therapy and for entrance to health and rehabilitation science. Possible employers could be outpatient and in-patient rehabilitation centres, large companies which offer health management programmes, as well as health insurance companies, sports clubs and health centres. Completion of the M.A. in Rehabilitation and Health Management entitles students to apply for a place on the Ph.D. programme.

**Regular length of study**  
4 semesters

**Degree**  
Master of Arts (M.A.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- proof of required language (German)



## M.Sc. Sport Management

The sport industry requires its employees to have skills in analysis, evaluation, concept-making and, of course, excellent English language skills. Thus the language of instruction in this degree is English. The Sport Management degree programme provides its graduates with these skills by employing a research-oriented approach in its teaching.



*"This degree program deals with all aspects of the constantly changing and growing field of sports business and is designed specifically to prepare students for the knowledge-intensive business environment."*

Dr. K. Hallmann  
Program leader



### Target group

The target group consists of students that have completed a related undergraduate degree in, for instance, business administration, economics or sport management. Furthermore, work experience in sport business is beneficial for applicants. Applicants should be interested in gaining new theoretical, methodological, and practical skills to understand and deal with the changing sport business industry.

### Degree aim and content

The study program's objectives are 1) to establish a sound expertise based on current research problems, 2) to develop methodological and analytical competencies leading to a self-dependent amelioration of scientific knowledge focusing on research methods and strategies and 3) to attain key competencies for professional business with a central focus on international cooperations.

### Job perspectives

Graduates of the M.Sc. Sport Management are qualified for top-level management positions in all kinds of sport organisations. The program is geared specifically to provide students with the demanding knowledge base to get ahead in sport business. Students can enter into leadership positions in sport management as well as in areas such as finance, human resources, strategy and development. They are also qualified for consulting as well as academic (e.g. Ph.D. degree) and commercial research.

**Regular length of study**  
4 semesters

**Degree**  
Master of Science (M.Sc.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

### Admission requirements

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- English language (TOEFL, IELTS or Cambridge Certificate)

## M.A. Sport, Media and Communication Research

The medialisation of society is a central trend of our times which is becoming increasingly important for the sporting world. The sport-related job market requires employees with sound knowledge of analysis and assessment of complex matters in sport.



*“Scientifically established (sport-) communication knowledge is nowadays extremely important. This content is taught systematically in this degree to the students preparing them for the job market.”*

Prof. Dr. T. Schierl  
Program leader



### Target group

The degree course M.A. Sport, Media and Communication Research targets people who are interested in intensifying their knowledge about the academic field of sport communication. We expect students to have good communication skills, the ability to work in a team and possess linguistic, mathematical and statistical skills.

### Degree aim and content

The M.A. in Sport, Media and Communication Research enables the students to deal with complex questions in the field of sports media, to employ empirical and scientific methods in doing so and to develop solutions for practical communication. They gain detailed knowledge in methods of empirical social research as well as in the areas of finding, processing and analysing data.

### Job perspectives

Graduates of the M.A. in Sport, Media and Communication Research are qualified for jobs in business and in university. Possible areas of employment are top management which requires sound knowledge of media and communication science as well as methodology and research, Public Relations, radio and TV companies and management and media agencies. In addition, potential employers are marketing agencies, commercial market research firms, sports article companies and academic research institutions. The completion of a M.A. in Sport, Media and Communication Research gives graduates access to the Ph.D. programme.

**Regular length of study**  
4 semesters

**Degree**  
Master of Arts (M.A.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- proof of required language (German)

## M.Sc. Sport and Movement Gerontology

Due to demographic developments, health benefits of physical activity are becoming increasingly important in today's society. Sport and movement gerontologists can play a major role in contributing to healthy ageing.



*"Curiosity keeps you young."*

Prof. Dr. W. Zijlstra  
Program leader



### Target group

Persons who are interested in an interdisciplinary approach to understanding ageing and the effects of physical activity on functioning in older people.

### Degree aim and content

To gain interdisciplinary knowledge and scientific training to understand how physical activity can improve physical and cognitive functioning in older people. In addition to academic training, students learn how to develop and implement innovative and effective exercise-based programs. The content of the M.Sc. program reflects insights and methods from bio-medical, social, as well as engineering sciences.

### Job perspectives

A variety of employment opportunities are open to graduates of the M.Sc. in Sport and Movement Gerontology. In addition to academic functions, job perspectives exist in those fields which focus on the conception and implementation of exercise-based programmes for older people. Potential fields of employment are academic institutions, sport organisations, public as well as business organisations, company health promotion and postgraduate education of coaches or trainers. Completion of the M.Sc. in Sport and Movement Gerontology entitles students to apply for a Ph.D. programme.

**Regular length of study**  
4 semesters

**Degree**  
Master of Science (M.Sc.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- proof of required language (German)



## M.Sc. Sport Tourism and Recreation Management

From a socio-economic perspective the areas exercise and recreation are gaining in significance. Due to the reduction in physical labour in today's society, people are becoming increasingly active in their free time. The development of sport tourism and travel agents and what they offer is greatly influenced by consumers' wishes and by their changing sport behaviour.



*"The degree connects expert knowledge of sport and tourism. Hereby aspects of strategic product- and offer development for destinations and companies are in the main focus."*

Prof. Dr. R. Roth  
Program leader



### Target group

This M.Sc. is geared towards people who are interested in working in international tourist and leisure business. In addition, prospective students should be interested in working on new concepts in sport tourism, putting sustainable concepts into practice and should view interdisciplinary work as an exciting challenge.

### Degree aim and content

The current tourism and recreation trends necessitate a professionalisation of what is on offer in the fields of sport tourism and adventure. In accordance with these requirements the Master's course teaches differentiated methodological, social and personal skills as well as tourism specific key qualifications in the areas of economic knowledge, ability to work in a team, leadership and decision-making skills, project development and sports facility planning.

### Job perspectives

Due to the increasing professionalisation in the areas of sport, tourism and recreation, the job market has great growth potential. Graduates of the M.Sc. Sport Tourism and Recreation Management have excellent skills in strategic task-solving in tourism and recreation management. Typical fields of employment are: leading positions in tourist organisations, sport tourist service providers and travel agencies. In addition, graduates can be employed in research or teaching at universities. The completion of the M.Sc. in Sport Tourism and Recreation Management entitles students to apply for a place on the Ph.D. programme.

**Regular length of study**  
4 semesters

**Degree**  
Master of Science (M.Sc.)

**Workload (ECTS)**  
120 credit points

**Commencement of studies**  
Winter semester

**Number of places**  
30 per year

**Admission requirements**

- completion of an academic degree course (minimum 6 semesters)
- proven ability in the subject
- proof of required language (German)



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# Degrees in Physical Education

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*As part of the teacher training qualification in North Rhine Westphalia the GSU offers the school subject "Physical Education" for five different education degrees.*

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## General Information

All candidates for the Physical Education degree programme should read the relevant laws and regulations relating to their degree.



### Physical Education Degree

The physical education degree consists of three parts: two at university and one at teacher training college. A Bachelor's degree (B.A.) which takes six semesters is the basis, followed by a Master's (M.Ed.) of four semester duration. The actual teacher training qualification is completed at a teacher training college. It takes 18 months and finishes with the Second State Exam.

Admission to teacher training college requires the completion of the B.A. and M.Ed. The Master's degree gives students many opportunities to gain practical teaching experience.

### Subject combination

In addition to Physical Education, teaching candidates have to study an additional subject, as teachers in Germany must teach at least two subjects. As the GSU only offers Physical Education, the other subject has to be studied at a different university.

### Target group

The Physical Education degree course targets young people who can see themselves working as teachers and who would like to contribute to motivating and convincing children and young people how important regular exercise is. It is an essential prerequisite to have a personal interest in sport so that the candidate can be a good role model.

### Degree structure

The university-based part of the consecutive degree system is split into two phases: a Bachelor's degree (B.A.), which is not directly related to the teaching profession. Following that, graduates must complete the Master of Education (M.Ed.) which is designed to prepare students for their chosen type of school. Both Bachelor's and Master's degrees are structured in modules.

### Degree units

The Physical Education degree at the GSU consists of the following units:

- Subjects taught / areas of specialisation
- Education Science
- Practical semester
- Bachelor's and Master's Thesis

### Practical semester

Part of the degree includes a practical semester in which students are prepared for the challenges of teaching.





## Degree Content



### Sport as a school subject

Studying to be a Physical Education teacher includes practical and theoretical training. The knowledge gained in the B.A. degree is expanded upon in the Master's degree.

### Education Science

Studying education science increases students' analytical understanding of the processes involved in teaching and educating. Educational theory, psychology, sociology and philosophy are part of this field of study.

### German as a second language

This additional subject prepares future teachers for the demands of school life in a linguistically heterogeneous society and enables them to support school students from different cultural backgrounds.

### Practical semester

Part of the degree includes a practical semester in which students are prepared for the challenges of teaching.

### Bachelor's and Master's Thesis

Both degrees are completed with the Bachelor or Master Thesis respectively.

## Practical Periods

The following placements are compulsory for those doing a Physical Education degree:

### Suitability placement

It is strongly advised to do the minimum of 20 days in a school before starting your degree.

### Orientation placement

This must be completed within the first year of the Bachelor. It aims at giving students the opportunity to develop a critical view of school life.

### Occupational field placement

This placement can be done either in a school or in a sports club.

### Relevant teaching experience

*Only for teachers at colleges*

Students training to be teachers at colleges have to spend at least 12 months doing a subject-related placement. The majority of the 12 months must be completed before graduating.

### Teacher training period

This follows on directly after a student graduates from university. It takes at least 18 months. Each school type has its own teacher training.

### Contact

[dshs-koeln.de/Lehramt](mailto:dshs-koeln.de/Lehramt)  
[international@dshs-koeln.de](mailto:international@dshs-koeln.de)  
 +49 (0)221 4982 2160



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# Master's of Advanced Studies and Ph.D. Programme

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*The German Sport University offers six Master's degrees in Advanced Studies, all of which can be completed on a part-time basis on the principle of quaternary education. The academic degrees Master of Arts (M.A.) or Master of Science (M.Sc.) are internationally recognized. Additionally, a Ph.D. Programme is offered both in English and German language.*

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## M.A. Dance Culture V.I.E.W.



(V.I.E.W. = Teach, Direct, Evaluate, Know)  
is the only Master's in Advanced Studies in  
the field of dance at a German university.

### Target group

The course targets performers, teachers and academics with experience in dance and movement who are interested in understanding very varied dimensions of dance culture physically and theoretically and who would like a creative academic approach to dealing with movement.

### Degree aim and content

In the course of the degree artistic, educational and academic theory and practice are interlocked and acquired in 5 module strands:

**A** Methods of teaching, improvisation, directing and staging

**B** Theory and practice of dance and movement culture

**C** Creativity, art and teaching theory: theoretical basics  
and connection to practical work

**D** Movement culture as reflected in selected related sciences

**E** Relation to occupational fields

### Job perspectives

Graduates of the M.A. Dance Culture are educated for positions in the area of dance at schools, universities as well as foundations and federations.

### Degree duration

6 semesters (part-time)

### Qualification

Master of Arts (M.A.)

### Workload (ECTS)

120 Credit Points

### Commencement of studies

Winter semester

### Study places

25 per year

### Admission requirements

- Successful completion of a relevant undergraduate degree of a minimum of 6 semesters or
- Proof of ability to engage in academic work
- A minimum of one year's experience in a dance-related area of work
- Entrance exam in dance/ movement
- Proof of language proficiency (for international applicants)

### Fees

€2050 per term

### Contact

Frederike Bohr &  
Dilan Ercenk-Heimann  
ma-tanz@dshs-koeln.de  
» Institute of Dance and  
Movement Culture  
[p. 110]

## M.A. Game Analysis



The M.A. Game Analysis is the first accredited  
Master's degree in Europe dealing exclusively  
with the analysis of game-related contents.

### Target group

The degree programme targets graduates who have a minimum of one year's professional experience in match analysis and wish to continue their further education at university level. Thus, the M.A. Game Analysis addresses match analysts, media professionals working with game analysis data and representatives of private companies generating respectively processing match analysis data.

### Degree aim and content

The M.A. Game Analysis aims to develop interdisciplinary expertise in the game phases of various sports games and to expand the state of knowledge of the sports games (i.a. basketball, football, handball, (ice-) hockey). Furthermore, the critical examination of analysis data in the sports games and their interpretation for the sports practice should be promoted. The development of scientific competence in analysing and responding to research questions independently is another aim of the degree programme. Additionally, the cross-linkage of theory and practice in the various sports games is a key objective of the Master of Advanced Studies "Game Analysis".

### Job perspectives

Graduates of this degree play an important role as an interface between science and practical application. Scientific findings are translated into practice and relevant question and issues are scientifically challenged.

### Degree duration

4 semesters

### Qualification

Master of Arts (M.A.)

### Workload (ECTS)

120 credit points

### Commencement of studies

Winter semester (biennial)

### Admission requirements

- Successful completion of a relevant undergraduate degree of a minimum of 6 semesters
- Personal suitability
- Appropriate language proficiency in German and English
- Proof of a minimum of one year's experience in an area of work related to match analysis

### Fees

€1.850€ per semester

### Contact

Marius Pokolm  
m.pokolm@dshs-koeln.de  
its-spielanalyse@dshs-koeln.de



## M.A. Olympic Studies



In order to promote the connections between the Olympic world and science, the M.A. in Olympic Studies offers a high quality interdisciplinary curriculum.

### Target group

The working language of the part-time program M.A. Olympic Studies is English.

It targets employees of national and international sport federations as well as companies connected to the Olympic movement. These include the IOC, NOCs, IFs, application committees, sponsors, education institutions and the media.

### Degree aim and content

Students of the M.A. Olympic Studies will expand their knowledge of the Olympic movement. They are expected to critically reflect upon the changes in the Olympic movement and Olympic values. Parallel to this they learn how to implement methods of independent research. The core of the six compulsory modules is taught in a week of intensive seminars. The M.A. in Olympic Studies takes 2 years on a part-time basis. The master thesis completes the degree.

The Olympic Studies Centre at the GSU organises the Olympic Studies Master together with the University of Barcelona, Loughborough University, Canterbury University NZ, and the Technical University Kaiserslautern. Since 2012 the M.A. Olympic Studies is officially supported by the International Olympic Committee (IOC) and the IOC's Olympic Solidarity has added the programme into its 2014-2017 Quadrennial Plan.

### Degree duration

4 semesters (part-time)

### Qualification

Master of Arts (M.A.)

### Workload (ECTS)

120 credit points

### Commencement of studies

September

### Study places

30 per year

### Admission requirements

- Successful completion of a relevant undergraduate degree of a minimum of 6 semesters or
- A minimum of two year's experience in an area of work related to the Olympic movement
- Proof of relevant work experience (recognised as 60 CPs)
- Proof of English language proficiency

### Fees

€2500 per year

### Contact

Prof. Dr. Stefan Wassong  
wassong@dshs-koeln.de  
» Institute of Sport History  
[p. 122]

## M.Sc. Research and Instruction in Golf



The M.Sc. Research and Instruction in Golf is the first university course of studies combining golf and sport science. It is offered in cooperation with the Professional Golfers Association (PGA) of Germany.

### Target group

The M.Sc. Research and Instruction in Golf is aimed at persons who have already obtained a substantial background in the area of golf. Entry requirements are a university degree (Bachelor, Diploma etc.) and an A-trainer licence of the German Golf Federation. Alternatively golf professionals and members of the PGA with graduation status G1 or equivalent, at least five year fulltime position in golf as well as a successful examination regarding scientific working abilities are eligible.

### Degree aim and content

Students participating in the M.Sc. Research and Instruction in Golf will be offered the opportunity to scientifically explore different aspects of golf e.g. in the areas of technique analysis, training science, psychology or biomechanics and exercise physiology. The acquired knowledge enables the graduates to autonomously work on complex issues in golf and be part of the shaping of developments in recreational and top-performance sport.

### Job perspectives

The graduates of this degree acquire sport scientific and golf-specific knowledge at the highest academic level. As highly qualified experts in the field, a variety of professions are open to the graduates also beyond the classic profession of a golf instructor.

### Degree duration

6 semesters (part-time)

### Qualification

Master of Science (M.Sc.)

### Workload (ECTS)

120 credit points

### Commencement of studies

Winter semester

### Study places

30 per year

### Admission requirements

(see Target group)

### Fees

€14.400

### Contact

Professional Golfers Association of Germany  
info@pga.de  
+49 (0)89 1795 880  
www.dshs-koeln.de/golfmaster

## M.Sc. Sport Physiotherapy



The Master Sport Physiotherapy offers a specialization in the relevant working fields, which promote the increasing academic profile of health-related jobs and professions.

### Target group

This degree course targets physiotherapists with an university degree who have had at least one year's work experience.

### Degree aim and content

The M.Sc. Sport Physiotherapy aims at expanding the individual knowledge in the area of Physiotherapy in combination with competitive sports. The expertise of the sport physiotherapists is strengthened not only by the comprehensive skill acquisition but also by the development of their scientific working skills. Expert knowledge transfer occurs in the area of doping, nutrition and sport psychology as well as individual competencies concerning team and project leadership.

### Job perspectives

A wide range of occupational fields is open to graduates of the M.Sc. in Sport Physiotherapy, including further education course teaching. Typical employers are physiotherapy and medical centres, Olympic Sport Centres, top level and professional sports federations, health centres and educational institutions.

### Degree duration

6 semesters (part-time)

### Qualification

Master of Science (M.Sc.)

### Workload (ECTS)

120 credit points

### Commencement of studies

Winter semester

### Study places

22 per year

### Admission requirements

- Successful completion of a relevant undergraduate degree of a minimum of 6 semesters or
- qualification as a physiotherapist
- at least one year job experience

### Fees

€2.400 per term

### Contact

Universitäre Weiterbildung  
weiterbildung@dshs-koeln.de  
» Department of Further Education  
[p. 76]

## LL.M. Sport Law



The study course Master of Law in Gießen/Cologne, with comprehensive subject matter and excellent course instructors, is the first accredited one of its kind for sports law in Germany.

### Target group

Its target group is fully qualified lawyers subsequent to their second states examination in law as well as audited law candidates with one year's professional experience and/or legal internship, who wish to become qualified in sports law.

### Degree aim and content

Seen from the viewpoint of sports law, the study course addresses the central organizational, economic and social challenges in sport. Its focus is directed on the needs in the practice and is based on sound scientific principles.

This corresponds to its plethora of renowned consultants from organized sport, the legal profession, and science and economy. Citation from the accreditation report: "The assessors judge the staffing for this study course to be excellent and see in this one of its greatest strengths".

### Job perspectives

The graduates' career prospects are outstanding. Sports law is a domain that is rapidly developing. The job opportunities in the private and public sectors are correspondingly wide-ranging, particularly in organized sport, legal practice, economics and administration.

### Degree duration

4 semesters

### Qualification

Master of Laws LL.M.

### Workload (ECTS)

60 credit points

### Commencement of studies

Winter semester

### Study places

30 per year

### Admission requirements

Graduates of law studies after their second state examination or certified first state examination candidates with one year job experience / legal internship respectively.

### Fees

€ 15.500

### Contact

Prof. Dr. Martin Nolte  
m.nolte@dshs-koeln.de

## Ph.D. Programme

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Since being recognised as an university in 1970, the German Sport University offers its Ph.D. Programme. In accordance with its mission statement the GSU concentrates on basic research and questions regarding interdisciplinary research.

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The Ph.D. Programme at the GSU offers students the opportunity to specialize in any discipline of sport and movement sciences. Hereby topics can be chosen from the complete range of natural sciences to social/behavioural and life sciences.

### Ph.D. Degrees

The GSU confers the academic degree Ph.D. following the successful completion of the Ph.D. studies which also comprise a scientific dissertation and an oral examination. The conferred degree options are

- Ph.D. Exercise Science
- Ph.D. Natural Science
- Ph.D. Social Science

Ph.D. Studies can be completed both in English or German language. The respective language requirements have to be fulfilled. Please see the GSU website for further details.



### Contact

The Office of Ph.D. studies:

Dr. Claudia Combrink &

Dr. Alexandra Pizzera

Tel.: +49 (0)221 4982 6174, 4605

combrink@dshs-koeln.de

a.pizzera@dshs-koeln.de





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# Further Education

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*The German Sport University offers students and non-students various possibilities for further education. The wide range of courses offered by the Department of Further Education are complemented by licences which students can gain during their studies. Senior students and auditors can also take part in the further education courses.*

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## Department of Further Education

Nowadays the importance of further education is unquestionable. Knowledge gained becomes obsolete very quickly and the modern job market requires constant and adequate adjustment to this situation. The interest and willingness to gain new qualifications increases prospects in people's personal and occupational lives.



*"For the last 15 years the Department of Further Education has worked for qualification in and around sport! We focus on quality, topicality and satisfaction of our clients."*

Christine Hanusa,  
Head, Department of Further Education



The Department of Further Education at the GSU offers a wide spectrum of possibilities for further qualifications. Quality is assured through thorough teaching of current scientific findings and by constant adaptation of the courses offered to the demands of the modern job market. The courses offered range from a large selection of practical sport courses (e.g. rollerblading, mountain biking instructor, scuba diving) to interdisciplinary courses such as violence prevention, sport and nutrition, concentration training through sport to many supplementary qualifications in the field of medicine and natural science. Examples of these courses are endurance performance diagnostics, the problem area of doping and sport and medical reconvalescence therapy.

University graduates or persons with relevant professional training have the opportunity to take part in Further Education. Doctoral studies are also possible once the part-time Master's in Advanced Education has been completed.

The courses offered take place as one-day seminars, weekend or block seminars. As in the case of the Master's degree courses, they are not bound to the term time of the GSU.

### Contact

dshs-koeln.de/uw  
weiterbildung@dshs-koeln.de  
Tel.: +49 (0)221 4982 2130



## Coaching Licences

A variety of coaching licences can be gained in Germany either through cooperation with one's own club, independently or, in certain cases, through the German Sport University.



*"Many people mistake career exclusively with money. I regard career as an obligation to realize one's full potential."*

Budimir Dokic  
Head, GSU Career Service



The GSU works closely with the various member organisations of the German Olympic Sport Confederation. This cooperation gives students the opportunity to gain various coaching licences during their degree. In most cases the details are laid down in cooperation contracts which can be explained by the university teacher responsible for that particular sport.

### Example: Instructor / Coach C-Licence

Students of the Bachelor's and Teaching degree courses can be awarded the C-Licence of the Regional Sport Federation of North Rhine-Westphalia after taking part in additional courses. This licence is the first stage of coaching qualifications and is the basis for further qualifications necessary for the second licence level B.

### Example: B.A. Sport and Health in Prevention and Therapy

Students of this degree course can acquire coaching licences for coronary groups and back training.

### Example: Practical sport

After completing the necessary credits and courses, students may acquire coaching licences in many of the sports taught at the GSU (e.g. C-Licence of the German Sport Federation).

**German Olympic Sport Confederation**

» [dosb.de](https://dosb.de)

**Qualification Courses offered by the Federal Sport Confederation**

» [qualifizierung-im-sport.de](https://qualifizierung-im-sport.de)





# Before your studies

Potential students must choose their degree course before enrolment. The GSU offers several meetings including fairs providing detailed information on the respective study degrees. Apart from the high school exam grade a Physical Aptitude Test must be passed prior to enrolment in a Bachelor's degree program.

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## Physical Aptitude Test

A test of physical aptitude has to be passed in order to be admitted to a Bachelor's sport science degree at the German Sport University. The test takes a full day and can be repeated at a later date in case of failure.



*"The physical aptitude test serves as an indicator of the physical capability and performance, which is essential for the successful completion of a sport science degree."*

Martin Jedrusiak-Jung  
Coordinator of the physical aptitude test



### Dates

The test generally takes place twice a year. The President of the university sets the dates which are then published on the university homepage.

### Application

Applications are made online. The signed application form and other relevant documents have to be sent on time by mail to the Examination Office of the GSU.

Only applicants who have their school leaving certificate / high school diploma or who are in year 11 or 12 at school can apply. A doctor's certificate stating that the applicant is healthy and proof of the bank transfer of the application fee must also be included.

### Pass

For the Physical Aptitude Test 20 individual performances must be completed. The minimum acceptable performance level to be achieved is fixed for every individual performance. If 19 of the 20 individual performance levels are reached, the test is considered to be passed. Hereby, the endurance performance must be achieved in the stipulated time. Should the second performance requirement on the day of the test not be achieved, the applicant is considered to have failed the test. In this case the applicant is required to discontinue the test.

### Period of Validity

A passed Physical Aptitude Test generally has a period of validity of three years. Should special official duties or civil services in accordance with the German constitution have to be executed, the period of validity is extended by two years. Because of the long period of validity, applicants are strongly recommended to take the test as early as possible.

### Repeating the Physical Aptitude Test

The Physical Aptitude Test can be repeated as often as desired. A completely new application is to be submitted in good time for the next desired test date.

### Exoneration

Students changing their study location or course of study, who can document their qualification through studies and test performances in a corresponding course of study and/or sport science, may, on application be exonerated from the test. Information to this can be found on the homepage.

### Contact

eignungstest@dshs-koeln.de  
+49 (0)221 4982 2009



Requirements

The Physical Aptitude Test at the GSU consists of tests in athletics, gymnastics, swimming, team and racket sports and endurance. Applicants take part in 20 tests in total. To pass the whole test, applicants have to be successful in 19 of the 20 tests (exceptions apply). The following list states what is required from each sport. The numbers in brackets refer to the amount of attempts permitted.

ATHLETICS

	Female	Male
100m-sprint [1]	15,5 s	13,4 s
High jump [3]	1,20m	1,40m
Shot put [3]	6,75m (4 kg)	7,60m (7,25 kg)

GYMNASTICS

- Vaulting horse [2]**  
tuck jump with a two-legged take-off  
*Distance from the Reuther board 1,10m*  
Height for women=1,20m / Height for men = 1.25m
- Floor [2]**  
Forwards roll – vertical jump with a half turn – bent arm back extension roll or backwards roll into a handstand – handstand forward roll (*rolling back down is permitted*) – run-up, hop, cartwheel
- Horizontal bar [2]**  
Stem – backswing – giant circle backwards – underswing from the stem or from standing (*use of swinging leg is permitted*)
- Still rings [2] only women**  
Swinging with bent arms
- Horizontal bar [2] only men**  
5 chin-ups

ENDURANCE

	Female	Male
2.000m [1]	under 10 mins.	
3.000m [1]	under 13 mins.	
<i>This test is always held at the end of the day of testing.</i>		

SWIMMING

- Dive [2]**  
Dive from the 1m board
- Swimming under water [2]**  
20m swimming under water
- Technique demonstration [2]**  
25m crawl and  
25m breaststroke
- 100m [1]**
- |              | Female     | Male       |
|--------------|------------|------------|
| Breaststroke | 2 mins.    | 1:50 mins. |
| Freestyle    | 1:48 mins. | 1:40 mins. |
- The swimming technique is optional but cannot be changed during the discipline.*

TEAM SPORTS

- Candidates can choose from **basketball, handball, hockey, volleyball** or **football**.
- The following criteria have to be fulfilled:**
- Correct technique in offence and defence in a match situation
  - Correct tactical behaviour in offence and defence in a match situation

RACKET SPORTS

- Candidates can choose from **badminton, tennis** or **table tennis**.
- The following criteria have to be fulfilled:**
- Use of correct technique in a match situation
- Correct behaviour in offence and defence in a match situation
- The team and racket sports have to be designated on the application form. This decision cannot be changed later.





**Practice weekend / practice day**

The Student Union of the GSU offers practice days prior to the Physical Aptitude Test.

Only persons who have officially signed up for the test can participate. Applicants are coached and assisted by student volunteers and are, at the same time, introduced to the facilities at the GSU. Further information on the practice days is sent with the application material.

**Top-level athletes**

Top-level athletes who at the time of the aptitude test are members of the A, B, C or D/C squad or a comparable establishment of a top national club of the German Olympic Sport Confederation are permitted to have two deficits.

However, they have to put an application for a review of their case and repeat one of the areas in which they had a deficit. The case review will decide whether the candidate has passed or not.

**Applicants with disabilities**

Applicants with a recognised disability can sign up for the Physical Aptitude Test and may apply for adapted conditions. This can be discussed with the university representative for students with disabilities.

## Application, Admission and Enrolment

**General Information**

Choosing a suitable degree course can be a time-consuming business. Once the choice is made, it is advisable for potential students to inform themselves in detail about the German Sport University on the website. The Admissions Office at the GSU is responsible for all three phases of the application.



## Bachelor's / Physical Education Degrees

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### Beginning studies

Studies commence either in the winter or summer semester.

### Admission requirements

For the five Bachelor's Degrees and the five Physical Education Degrees the following documents are required:

- higher education entrance qualification
- Physical Aptitude Test [p. 82]

### Applying for a place

Potential students are required to apply online via the homepage of the GSU.

In the case of students applying for a degree in Physical Education, they are required to apply for both subjects, e.g. sport and mathematics.

At the time of applying for a place of study, the applicant must provide evidence of the following acceptance requirements:

A German university entrance qualification and a pass in Physical Aptitude Test for sport.



## Master's Degrees

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Each winter semester the German Sport University awards 30 places in each of the nine consecutive Master's degree courses. The phases of application, admission and matriculation are organised and supervised by the Registrar's Office.

### Admission requirements

Students can be admitted to a Master's degree course if the following conditions are fulfilled:

- completion of a B.A. in a related subject (minimum of 6 semesters)
- suitability for the subject
- proof of language abilities (German)

For the M.Sc. in Sport Management, M.Sc. in Human Technology in Sports and Medicine, M.Sc. Psychology in Sport and Exercise and the M.A. International Sport Development and Politics competence in English is obligatory and must be confirmed via a TOEFL, IELTS or Cambridge Certificate test score at C1 Level.

### Applying for a study place

Applications are made solely online on the homepage of the GSU. The application must be accompanied by the undergraduate certificate, a CV, proof of academic achievement, sport and job-related experience and a personal letter of motivation.

### Admission procedure

As experience has shown, there are many more applicants than places available. Applicants are ranked according to their undergraduate degree grade, their job experience and their suitability.





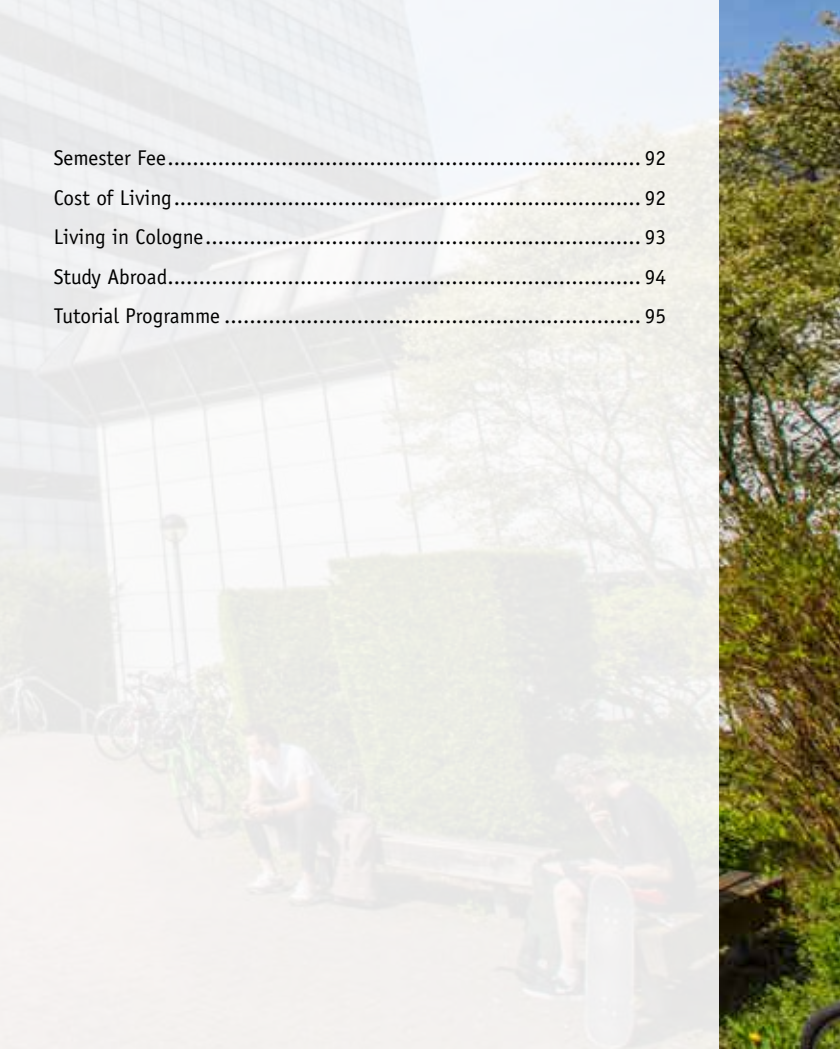
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# During your studies

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*In the course of their degree, all students have to meet the requirements of their studies. Various institutions of the GSU inform and support students in the relevant fields.*

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## Semester Fee

The semester fee is an obligatory payment of approx. 260,– Euro for all full-time and exchange students of the Sport University and has to be paid before the semester starts. The payment is part of the enrolment procedure.

The semester fee is not a tuition fee; it covers extra costs including:

- NRW-ticket: public transportation ticket in and around Cologne
- payments to the student services organization
- costs for administration and extra-curricular sport and student concession
- payment to the Student Union

## Cost of Living

Every three years the German student services organization analyses the economic and social situation of students. The results are published together with the cost of living which varies greatly from federal state to federal state.

At present the monthly cost of living is approx. 800,– Euro including rent. Other areas of spending include leisure and cultural activities, food, clothing, travel, study materials and communication media.

## Living in Cologne



Roughly 95,000 young people study and live in Cologne, a very lively and modern city on the river Rhine.

Before looking for accommodation, basic matters have to be clarified such as available budget, type of accommodation desired and location.

The GSU has a limited number of dormitory places on its campus. As competition for these places is very stiff, students should apply well in advance. The onsite accommodation is subsidized and can be offered at very inexpensive rates. Depending on double or single room, the rent amounts to a very inexpensive 200-300,– Euro per month.

The daily newspapers and internet accommodation websites are good sources of advertisements for rooms.

- » Cologne student services organization [p. 133]
- » [wg-gesucht.de](http://wg-gesucht.de)
- » Dormitory Administration GSU [p. 132]
- » [dshs-koeln.de/english/studying-structure/full-time-studies/accomodation/](http://dshs-koeln.de/english/studying-structure/full-time-studies/accomodation/)
- » [immoscout24.de](http://immoscout24.de)

## Study Abroad



A stay abroad can have many positive effects: it can help young people to develop their personality, acquaints them with other languages and cultures and improves their chances of getting a job later. When selecting new staff, many employers are very keen on them having had international experience, as this makes starting out in a new job much easier.

The German Sport University has numerous partner universities all over the world and cooperates very closely with them. This simplifies the recognition of credits at each respective university.

The institution responsible for advice on internships abroad and international study is the "International Office".

» [dshs-koeln.de/english](https://dshs-koeln.de/english)

Students have the opportunity of going on an exchange to over 60 universities worldwide in Europe, North America, Central/South America, Asia, and Oceania.

Further information can be found in the chapter International Matters [p. 97]

## Tutorial programme

The tutorial programme is to be understood as a supplementary unit to the existing teaching curriculum for students at the German Sport University. The students' use of this offer is free of charge. The tutorial programme is divided into the following three sections:

### Orientation tutorials

Orientation tutorials are offered free of charge for all degree courses for new students in the first semester. The subject-based group-offers take place weekly or in compact classes and are carried out by graduates of higher semesters. The orientation tutorials serve to support and accompany beginners.

### Technical tutorials

Technical tutorials for all study courses represent an additional group-offer for deepening the students' knowledge. Amongst other things they enable students to revise relevant subjects and prepare for their examinations. Technical tutorials are specifically tailored to students who have difficulties with study and examination requirements on the theoretical and practical levels and need structured support. Technical tutorials are offered in compact form or individually during the semester.

### Additional tutorials

Additional tutorials are interdisciplinary and are aimed at students from all degree courses. They serve to impart expertise over and above that gained in the technical tutorials. The additional tutorials are mostly offered in compact form.

### Contact

[tutorienprogramm@dshs-koeln.de](mailto:tutorienprogramm@dshs-koeln.de)  
+49 (0)221 4982 4601

# International Matters

*With over 60 partner universities worldwide the GSU offers a wide range of countries in which a study exchange is possible. Whether in Europe or elsewhere in the world: there is something for everyone. The International Office runs lectures and seminars in sport-related theory and practical courses in English for the international exchange students.*

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*"Internationality offers students the chance to leave their own comfort zone and engage with other cultures and ways of thinking."*

Dr. Gerard King  
Head International Office





## Outbound Students

Studying or doing an internship abroad is an exciting experience which broadens students' horizons. Students hoping to spend time abroad ought to plan their stay well in advance. The International Office provides a variety of options including student exchanges and internships in Europe and worldwide.

### Exchange / Semester abroad

The International Office regularly offers information days. Applications for a stay abroad include a written application and a selection interview.

The GSU annually offers over 20 Erasmus scholarships for internship places in Europe (except Germany). The places are subsidised by the EU.

- » [dshs-koeln.de/english](https://dshs-koeln.de/english)
- » International Office [p. 129]



## Inbound Students

As part of the international exchange programme, the GSU takes in students from all over the world every semester. This offers the incoming students as well as the GSU students an opportunity for international exchange in academic surroundings.

### Erasmus and Programme students

Just prior to the start of each semester there are orientation workshops for Inbound students. These workshops inform the students about organisational matters such as the campus, facilities at the GSU, course selection, how to put a timetable together, the credit point system, how to sign up for courses and at municipal bureaus, medical insurance, but also matters relating to everyday life such as where to shop or how to open a bank account. As part of the orientation seminars the GSU offers a tour of Cologne and various sporting activities.

It is very important for incoming students to have valid medical insurance. Students from the EU are insured through their state medical insurance in their home country.

Non-EU students must have a German, public health insurance for the time of their stay. As a rule, exchange students are allocated a room in one of the dorms on campus. The dorms have single and double rooms. Living in dorms makes adjusting to student life in Cologne easier. The onsite accommodation is subsidised and can be offered at very inexpensive rates. Depending on double or single room, the rent amounts to approx. 200-300,- Euro per month.

- » [dshs-koeln.de/english](https://dshs-koeln.de/english)
- » International Office [p. 129]



## Full-time Study for International Students

Studying at the GSU is an attractive prospect for many international students. Hereby, students can choose from five Bachelor's degrees and nine Master's degrees covering the complete area of sport, exercise sciences and human movement. The successful completion of a Master's degree entitles the student to apply for a Ph.D. programme which can be completed in either English or German.

### Application

The Bachelor's and Teaching degree programmes commence in the summer and winter semester, thus making applications possible twice a year. The Master's degrees commence in the winter semester only.

### Admission requirements

International students have to show proof of language proficiency in German, except for the English-speaking degrees: M.Sc. Sport Management, M.Sc. Human Technology in Sports and Medicine, M.Sc. Psychology in Sport and Exercise and M.A. International Sport Development and Politics. This is certified by the so-called German Language Examination for University Admission (DSHII exam or TestDaF TN4). In addition, international students have to pass the Physical Aptitude Test and need to present a higher education entrance qualification for all B.A. degrees. For the four Master's Degrees in English Language, language proficiency at C1 Level in either TOEFL, IELTS or Cambridge Certificate is required.

### German course

The GSU offers its own German courses as preparation for the DSHII exam. International students are allowed to participate in the German language courses for a maximum of 2 years. In order to be accepted to the course, students have to provide the Goethe certificate at B1 level with the grade "good" or higher.

### Accommodation

All international students may apply for a place in one of the GSU dormitories on campus. However, there is only a limited number of places.  
» [dshs-koeln.de/english](https://dshs-koeln.de/english)



## International Projects

In addition to working or studying abroad, international projects are a great opportunity to gain intercultural experience. The International Office organises such projects within the university and internationally.

### International Student Support Center (ISS)

The International Student Support Center (ISS) was established by the International Office in order to provide support for international full-time students (Bachelor, Master, Ph.D.) with study related matters (German language, presentations, SPSS, writing support, stress and time management, etc.). It supports and enhances the academic, social, cultural and personal experience of international students at the German Sport University and includes a "Buddy Programme".

### International Photo Competition

Students spending an exchange semester at one of GSU's partner universities can participate in the International Photo Competition. Prizes are awarded to the best pictures expressing the local flavour and characteristics of the respective sports. The award winning photos are published and displayed in the GSU publications and facilities.

### International Day

The International Day takes place every semester. The aim of this project is to get students interested in spending a semester abroad and to promote student's mobility in the world. International students and German students who have completed an exchange at one of our partner universities occupy country-specific stands and pass on their first-hand experiences to people interested. In addition to the information stands there is a fringe programme with various multicultural and artistic performances.

## Partner universities worldwide



### Worldwide partners of the GSU



#### Argentina

National Institute of Physical Education, Buenos Aires



#### Australia

Victoria University, Melbourne | University of the Sunshine Coast, Maroochydore | Griffith University, Brisbane | Edith Cowan University, Perth | University of Tasmania, Hobart/Launceston | Deakin University



#### Brazil

University of Sao Paolo



#### Canada

Western University, London



#### China

Beijing Sport University | Shanghai University of Sport



#### Japan

Nippon Sport Science University, Tokyo



#### India

Lakshmibai National Institute of Physical Education



#### Israel

Wingate Institute, Netanya



#### Mexico

University of Guadalajara



#### New Zealand

University of Waikato | AUT University, Auckland | University of Canterbury



#### Russia

Russian State University of Physical Education, Sport, Youth and Tourism, Moscow



#### Taiwan

National Taiwan Sport University, Taipei



#### USA

State University of New York, Cortland | University of Florida, Gainesville | Bloomsburg University,

Exploring countries, broadening your horizon, meeting people. More than 60 partner universities worldwide are open for exchange opportunities to GSU students.

### European partner universities of the GSU (ERASMUS+)



#### Austria

Leopold-Franz-Universität Innsbruck  
Universität Salzburg



#### Belgium

Katholic University, Leuven |  
Vrije Universiteit Brussel



#### Bulgaria

National Sports Academy Sofia



#### Czech Republic

Charles University Prague



#### Denmark

University of Odense



#### Estonia

University of Tartu



#### Finland

University of Jyväskylä



#### France

Université de Bordeaux | Université de Montpellier I



#### Greece

University of Komotini, Thrace |  
University of the Peloponnese, Sparta



#### Great Britain

University of Northumbria, Newcastle | University of Brighton |  
Bournemouth University |  
Coventry University | University of Edinburgh



#### Hungary

Semmelweis University, Budapest



#### Iceland

Reykjavik University



#### Italy

Università degli studi di Roma Foro Italico, Rom



#### Lithuania

Lithuanian Sports University, Kaunas



#### Netherlands

Hanzehogeschool Groningen |  
Universiteit Maastricht | The Hague University, Den Haag



#### Norway

Norwegian School of Sport Sciences, Oslo | University of Agder, Kristiansand



#### Poland

Academy of Physical Education, Breslau | Józef Pilsudski Academy of Physical Education, Warsaw



#### Portugal

Escola Superior de Desporto de Rio Major



#### Sweden

Umea University | University College of Physical Education and Sport, Stockholm



#### Slovakia

Comenius University Bratislava



#### Spain

Universidad de Barcelona, INEF |  
Universidad de Extremadura, Cáceres |  
Universidad Politécnica de Madrid, INEF |  
Universidad de Valencia



#### Turkey

Akdeniz University, Antalya | Marmara University, Istanbul





# Research Institutes

*As an European university the German Sport University plays a leading role in sport science. The university consists of 20 institutes. The research ranges from pedagogy, humanities and social sciences to medical and natural sciences.*

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## Institute of Biochemistry



The Institute for Preventative Doping Research and the German Research Centre for High Performance Sport at the German Sport University placed their main focus on the development of new methods to prove the use of doping substances and the development of new methods of performance diagnostics in sport.

The Institute has a large range of the most up-to-date analysis techniques at its disposal for both major research fields. Through many years of experience in mass spectrometry it has contributed groundbreaking findings to the development of doping analysis.

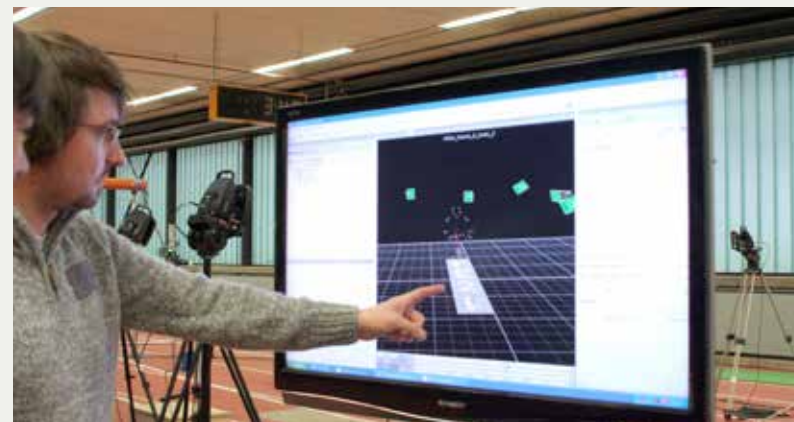
**Contact**  
Secretariat  
Doris Sagioglou

Tel.: +49 (0)221 4982 6920  
d.sagioglou@biochem.dshs-koeln.de

**Head of Institute**  
Prof. Dr. Mario Thevis



## Institute of Biomechanics and Orthopaedics



**Aim:** basic and practically oriented research in relation to the performance ability of the neuro-muscular system. The analysis of mechanical loads and the effects of mechanical stimuli on tissue is in the forefront of the research. The areas of application range from young to old, from athlete to astronaut, from healthy to injured or handicapped. Special attention is paid to the modulation of load by means of technical aids (shoes, orthoses). Research into and the examination of accidents and injury mechanisms is an additional field of clinical application.

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ibo@dshs-koeln.de

**Head of Institute**  
Prof. Dr. Uwe Kersting

**Further professors at the Institute**  
Jun.-Prof. Dr. Kirsten Albracht,  
Prof. Dr. Wolfgang Potthast



## Institute of Cardiology and Sports Medicine



The institute deals with the various facets of sports medicine and employs many modern methods of diagnostics to do so. The clearly defined aim of the institute is to promote the sports medicine-related tasks and projects by means of various academic and teaching partnerships and in the transfer from theory to practice. The necessity of sports medicine is gaining particular significance in top performance sport and performance-oriented sport, but also increasingly in the prevention and therapy of various civilisation diseases.

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### Further professors at the Institute

Prof. Dr. Birna Bjarnason-Wehrens,  
Prof. (apl.) Dr. Klara Brixius,  
Hon. Prof. Dr. Patrick Diel

### Head of Institute

Prof. Dr. Wilhelm Bloch  
Prof. Dr. Hans-Georg Predel



## Institute of Communication and Media Research



The thematic focus of the Institute of Communication and Media Research is unique in Europe in the fields of research and teaching. It connects sport with theories, research approaches and methods of communication science. Communication Science is viewed as an interdisciplinary subject which combines psychology, sociology, business studies and media economics with an emphasis on social science. The institute has had many years of experience with occupational training and cooperation partners from radio and TV, PR departments of sports clubs, associations, publishing companies and advertising, PR and media agencies.

### Contact

Secretariat  
Tel.: +49 (0)221 4982 6100  
ikm@dshs-koeln.de

### Head of Institute

Prof. Dr. Thomas Schierl





## Institute of Dance and Movement Culture



The Department of Dance and Movement Culture is responsible for teaching the subject areas dance, movement theatre, rhythmic gymnastics and communication design. It organizes the Further Education Master's degree in Dance Culture (V.I.E.W.). Students are prepared for work in various occupational fields, e.g. schools, youth work, gyms, dance studios, company training courses, commissioned work, free art scene and the health sector. The research focuses are on the development of methods to study creative processes, use of movement theatre, computer aided learning in dance, dance in schools and music and movement.

### Contact

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joepen@dshs-koeln.de

### Head of Institute

Jun.-Prof. Dr. Denise Temme



## Institute of European Sport Development and Leisure Studies



The Institute of European Sport Development and Leisure Studies deals in particular with topics related to sport politics and leisure science in its teaching and research.

The Jean-Monnet Chair focuses particularly on European and international relationships in the fields of politics in sport, sport and development cooperation and leisure and tourism research. The Institute is also the headquarters of the "Forum for Sport Politics".

### Contact

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iesf@dshs-koeln.de

### Head of Institute

Prof. Dr. Jürgen Mittag



## Institute of Movement and Neurosciences



### The Institute is divided into four Departments:

*Department I: focuses on the main types of load in sport, not only on their own, but also within movement techniques in specific sports (e.g. in gymnastics, athletics, swimming).*

*Department II: focuses on the analysis of the influence of physical activity / inactivity and training on the brain in people of various ages. An additional focus is on people with physical and performance impairments.*

*Department III: the research interest is focused on the relationships between active / inactive leisure time and the effects on the motor development or health and on possibilities of intervention in kindergartens and schools.*

*Department IV: addresses aspects of education within physical activity and stress regulation as well as intervention management.*

### Contact

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### Further professors at the Institute

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Jun.-Prof. Dr. Eike Quilling  
Prof. Dr. Dr. Stefan Schneider  
Prof. Dr. Thomas Abel

### Head of Institute

Prof. Dr. Heiko Strüder



## Institute of Movement and Sport Gerontology



The in 2006 newly founded Institute acknowledges the growing generation of older people as its own target group for research.

The field of movement gerontology mainly focuses on the acquisition, maintenance and regulation of movements and on possibilities for training for older people. Sport gerontology examines sporting and physical activity, e.g. in the development, implementation and evaluation of interventions and sport programmes.

In addition to movement and training, geragogic, health and social scientific approaches play an important role.

### Contact

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### Head of Institute

Prof. Dr. Wiebren Zijlstra



## Institute of Movement Therapy and Movement-Oriented Prevention and Rehabilitation



The Institute primarily researches the influence of physical work in connection with preventative, therapeutic, curative and rehabilitative measures. The core of the research is based on orthopaedics, sport rehabilitation, neurology and psychosomatics. In addition to these fields, the general effect of sport on the health of society is analysed in detailed studies and taught.

Through direct contact to practical work in clinics, out-patient centres and health-related sports clubs, new findings can be employed for the good of patients and clients.

### Contact

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### Further professors at the Institute

Prof. Dr. Hedda Lausberg

### Head of Institute

Prof. Dr. Ingo Froböse



## Institute of Outdoor Sports and Environmental Science



The research, teaching and practice of the Institute of Outdoor Sports and Environmental Science deals with the opportunities for movement in the outdoors. The focus here is placed on the interplay of everyday, touristic and top performance sport practice, society and the area employed for this. Over 25 types of outdoor sport are taught at the Institute for Outdoor Sport and Environmental Science.

In addition, the Institute offers courses at the Department of Further Education and the extra qualification "Sport and Environment Management". Since the winter semester 2008 / 2009 the Institute is in charge of the Master's degree course in "Sport Tourism and Recreation Management".

### Contact

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### Further professors at the Institute

Priv. Doz. Dr. Helmut Lötzerich

### Head of Institute

Prof. Dr. Ralf-Dieter Roth





## Institute of Pedagogy and Philosophy



The Institute researches and teaches different ways of understanding sport, play and movement, in particular in modern societies. Its focus lies on the forms of institutionalization (schools, club systems, top performance sport centres), on the normative dimension and on the consequences of such different approaches for the teaching and research of "sport".

The Institute is closely connected to the society based hermeneutic approaches of academic analysis of sport and movement cultures and to the promotion of those ideas.

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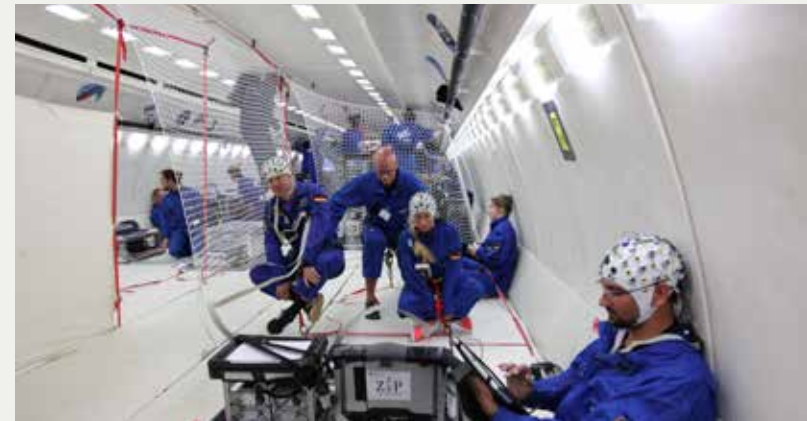
Prof. Dr. Volker Schürmann

### Head of Institute

Prof. Dr. Swen Körner



## Institute of Physiology and Anatomy



This Institute researches into the reactions of the human body to exceptional stress situations, particularly to sporting activity, during trips to space and age-related changes.

Basic mechanisms of the physiological adaptation to such stress and the possibilities and limits of specific interventions (training, therapy) are studied. These projects are mainly financed through third-party funding and are carried out in cooperation with experts in Germany, Europe and overseas.

Students of all bachelor programmes are taught the anatomical and physiological principles of sport by means of factual knowledge, practical experience and critical approaches.

### Contact

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### Head of Institute

Prof. Dr. Otmar Bock

### Further professors at the Institute

Prof. Dr. Dr. Dieter Leyk



## Institute of Professional Sport Education and Sport Qualifications



The main area of activity of the Institute of Professional Sport Education and Sport Qualifications is the research based teaching of theory and practice in sports.

In the intertwined area of sport scientific basics and practice-oriented applied knowledge of sports in and outside of schools, the students gain intervention competencies meeting the requirements of professional fields in top performance-, recreational- and school sport.

Scientific projects are initiated and realized in close cooperation with federations, clubs, schools, sport institutions and the economy and enable students to obtain coaching licences.

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vermittlungsinstitut@dshs-koeln.de

### Head of Institute

Prof. Dr. Klara Brixius  
Jun.-Prof. Dr. Tobias Vogt



## Institute of Psychology



With its two sub-departments "Health and Social psychology" (Head: Prof. Dr. Jens Kleinert) and "Performance Psychology" (Head: Prof. Dr. Dr. Markus Raab) the department of Psychology covers a large area of applied and fundamental research.

The department's focal points are in experimental work and also in the development and implementation of sport-related psychological diagnostics and intervention methods for the consultation practice.

In addition to the teaching of general psychological and sport-related psychological topics, research methods, diagnostics and interventions, the Institute also offers exchange programmes and work opportunities in international research groups for students, European Ph.D. students and academics.

### Contact

Secretariat  
Tel.: +49 (0)221 4982 5500  
psychologie@dshs-koeln.de

### Head of Institute

Prof. Dr. Dr. Markus Raab

### Further professors at the Institute

Prof. Dr. Jens Kleinert  
Priv.-Doz Dr. Roman Liepelt



## Institute of School Sport and School Development



In its teaching and research, the Institute focuses on the development of sport in schools and in doing so, contributes to the general development of schools. Projects such as evaluation studies on health promotion or the analysis of influence factors on the sport and movement behaviour of children provide Physical Education with important information.

Another emphasis is the analysis and improvement of the significance of movement and sport and games in society. Sport pedagogy and teaching methodology are the main elements of the physical education degrees.

### Contact

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peck@dshs-koeln.de

### Further professors at the Institute

Prof. Dr. Claus Bühren

### Head of Institute

Prof. Dr. Günter Stibbe



## Institute of Sport Economics and Sport Management



The Institute of Sport Economics and Sport Management can look back on its more than 20 years successful history.

With its three chairs in sport business administration, sport management and sports economics as well as about 800 students in the courses for "sports economics and sport management", the Institute is one of the largest and most recognized educational and research institutions in these fields.

As a provider of high-quality services in research, education and counselling, the Institute aims at the development of sports economics as a scientific discipline and the professionalization of sport management as a professional field of activity.

### Contact

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### Further professors at the Institute

Prof. Dr. Sebastian Uhrich

### Head of Institute

Prof. Dr. Christoph Breuer





## Institute of Sport History



This institute focuses on two important themes in research and teaching, namely on the contemporary and cultural history of sport as well as on the history of the Olympic Movement. These fields open up diverse starting points for historical discussion about sport and its great variety of manifestations and forms of effect.

An impression of the interdependency of sport and the culture of movement with the social processes as a whole is thus given to the students. This knowledge of historical roots and traditions in sport should enable them to differentiate between current development trends and to assess them critically.

### Contact

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grote@dshs-koeln.de

### Head of Institute

Prof. Dr. Stephan Wassong



## Institute of Sport Law



The most recently founded Institute of the German Sport University deals with the increasing significance of sport law as an independent discipline of sport science. The societal, economical and organizational questions of sport with regard to the rules and regulations of national and international sport organizations as well as sport relevant legal standards are in the focus of attention.

One priority is the further development of sport law, in particular its basics by means of a contemporary, applied as well as an even balance between rules and legal standards in sports.

### Contact

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Tel.: +49 (0)221 4982 6086  
p.wieland@dshs-koeln.de

### Head of Institute

Prof. Dr. Martin Nolte



## Institute of Sport Sociology and Gender Research



The two main focal areas of research and teaching at the Institute of Sport Sociology concentrate on analyzing the conditions and effects of structural change in sport on both international and municipal levels and also on studying the social structures and processes which create, stabilize or change social and gender-related inequality.

The Institute carries out empirical research in these fields and advises organizations and municipalities on the results of their studies.

### Contact

Monika Peck  
Tel.: +49 (0)221 4982 7240  
sekretariatsoz@dshs-koeln.de

### Head of Institute

Prof. Dr. Ilse Hartmann-Tews



## Institute of Training Science and Sport Informatics



In the field of scientific research, the activities of the Institute extend to all significant matters concerning diagnostics and training in the field of general and sport-specific medical fitness.

Further, the research in sport informatics applies high-quality facilities in the fields of database technology and the development of the modern media.

The focus of teaching lies in knowledge of diverse subjects concerning training in sports as well as the thus connected processes of load stimuli and adjustment. Courses for sport informatics supplement their broad spectrum with current subjects in the information and media technologies.

### Contact

Secretariat  
Tel.: +49 (0)221 4982 4320  
its@dshs-koeln.de

### Further professors at the Institute

Prof. Dr. Lars Donath  
Jun.-Prof. Dr. Stefanie Hüttermann

### Head of Institute

Prof. Dr. Daniel Memmert





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# *Service- and Consulting Institutions*

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## Student's Union



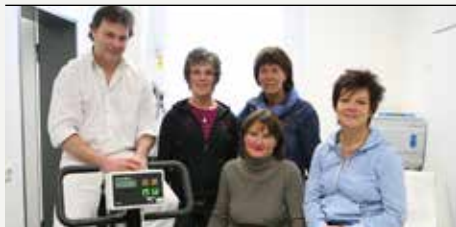
The Student's Union is one of the most important student boards at the German Sport University. It publishes the magazine "Adrenalin".

The Student's Union (ASTA) is made up of seven students who represent the interests of their fellow students in the university and also externally. It also publishes the magazine „Adrenalin“ for the general university population.

### Contact

Student's Union of the German Sport University  
Tel.: +49 (0)221 4982 3360  
info@asta-spoho.de

## Ambulance



The German Sport University is home to an own ambulance service facility.

If an injury is sustained during sporting activities at the university or during the journey to or from the university, the injury can be diagnosed and treated at the walk-in clinic at the GSU. For patients who are privately insured, the clinic offers general medical treatment. There is also a psychological advice centre at the clinic which offers professional advice and support on study-related or on personal problems.

### Contact

Head  
Dr. Dr. Thorsten Schiffer  
Tel.: +49 (0)221 4982 3190  
ambulanz@dshs-koeln.de

## The International Office

The International Office is responsible for all partnerships with universities abroad and endeavours to expand its international contacts. Its main tasks are to advise applicants from international universities, exchange students and full-time German students planning to go abroad.

### Contact

Director  
Dr. Gerard King  
Tel.: +49 (0)221 4982 2160  
international@dshs-koeln.de  
» dshs-koeln.de/international

The introductory events and international projects at the GSU make it far easier for international students to get involved in student life.

## Student Advice and Counselling

The Student Advice and Counselling is not only available for persons interested in studying but also students with queries about the degree courses.

### Contact

Head  
Stephanie Ebbert  
Tel.: +49 (0)221 4982 2520  
studienberatung@dshs-koeln.de

Persons interested in studying can attend the information days which provide basic information about the studies and the later career opportunities. These information days take place at regular intervals.

Furthermore, subject to an agreed telephone appointment, interested parties can be counselled in a personal discussion. Through their close cooperation with other facilities at the Sport University, this student advisory service provides comprehensive and competent guidance.

## Family Service Office

The Family Service Office of the GSU is responsible for making the university family-friendly. It offers a lot of information on the compatibility of family with a degree or career. It assists in finding a child care facility and gives individual advice to parents or care-givers.

### Contact

Family Service Office  
Tel.: +49 (0)221 4982 7251  
familienservicebuero@dshs-koeln.de



## X-CHANGE-NIGHTS

The X-Change Nights are a unique possibility to meet people from all around the world. During the weekly meetings groups of students present their countries, sharing their culture, music, drinks and food with other international as well as domestic students. The specific day and time of the meeting will be announced at the start of each semester. Don't miss out on this amazing opportunity and join our X-Change Nights!



Click for more information:  
[www.asta-spoho.de](http://www.asta-spoho.de)

## InfoPoint



The InfoPoint is the main contact for students and their concerns and questions.

The InfoPoint is the place to go if you need information on general matters regarding the GSU or studying there, or if you have more specific needs, the staff can direct to the relevant department. General enquiries are dealt with either in person or on the phone. In addition, the InfoPoint is responsible for booking lecture halls, seminar rooms and gym halls on behalf of the students.

### Contact

Head  
Stephanie Ebbert  
Tel.: +49 (0)221 4982 2200  
infopoint@dshs-koeln.de

## Psychological Advice



The Psychological Advice is open to all students of the GSU experiencing mental problems connected with their studies at GSU.

There are trained staff at the GSU who offer all students professional advice and support not only on matters relating to work and study, motivation difficulties, fear of exams / failure, time management and stress, but also help students deal with personal problems such as acute psychological crises, confidence problems, fears, depression and eating disorders. Conversations are completely confidential.

### Contact

Anna Heese  
Tel.: +49 (0)221 4982 3912  
a.heese@dshs-koeln.de

## Student Residence Administration

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There are four student residences on the campus of the German Sport University. Accommodation can be applied for through the student residence office.

There are single and double bedrooms available. Each floor has its own kitchen, showers, washrooms, WCs and laundry room. The maximum length of stay in a room in a student residence is three semesters.

### Contact

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s.behet@dshs-koeln.de

## Centre for Ph.D. Studies

---

The Centre for Ph.D. Studies is the place to go for advice on all matters relating to doctoral studies at the German Sport University, i.e. admission, course of studies, starting and finishing a doctoral degree.

### Contact

Dr. Claudia Combrink  
Dr. Marita Mehlstäubl  
Tel.: +49 (0)221 4982 6174/4605

combrink@dshs-koeln.de  
m.mehlstaubl@dshs-koeln.de

## Central Library of Sport Sciences

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The Central Library of Sport Sciences of the German Sport University is the pivotal scientific special library in Germany.

The Central Library of the German Sport University is the largest library in the world specialising in sport science and contains over 400,000 books and has almost 1,500 up-to-date periodicals. It has been receiving subsidies from the German Research Community since 1977.

### Contact

Head  
Dr. Heike Ruthemöller  
Information  
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zb.sportwiss@dshs-koeln.de

## Cologne Student Services Organization

---

This organisation is responsible for social, economic, cultural and health-related support of students. It assists students with questions relating to food and board, financing a degree/ student grants and offers communication and advisory services.

### Contact

InfoPoint I  
Universitätsstr. 16  
50937 Cologne  
Tel.: +49 (0)221 94265 201/202

infopoint@kstw.de



## Campus Map

### 1 Main Building

Administration, InfoPoint, IT-Room 2, IT-Helpdesk, Ambulance, Dormitories Administration

### 2 Gatekeeping (24 hrs.)

### 3 Auditorium, Lecture Halls 1-3

Mail Administration Centre, Gym- and Room-reservation, Family Service Office, Copy & Print Centre (RICOH)

### 4 Central Library of Sport Sciences

### 5 Guest House

### 6 Student Dormitories

(Student Service Organisation), Toddlers Group

### 7 Student Dormitories

### 8 Dining Hall & Cafeteria, Beer Garden

Shooting Range, SpoHo-Shop

### 9 Student Dormitories

### 10 Multifunctional Room

Seminar Room 80

## Sports Gyms / Seminar Rooms

### 11 Gyms 21-24\*, Multifunctional Gyms

High Performance Centre for Gymnastics, (Changing Rooms IG I)

### 12 Track & Field Centre

Outdoor climbing Wall, Weight Room, Storage Room, Seminar Room 1, Gyms 18-20\*

### 13 Swimming Centre, Gyms 12-15\*

Weight Room

### 14 Elite Training Centre for Hockey and Judo

Rhineland Olympic Centre, Lecture Hall 5, Seminar Rooms 2-3, Gyms 16-17\*, DOSB Trainers' Academy

### 15 Dance and Music Centre

Gymnastics, Rhythmics, Dance

### 16 Gyms 1-2\*, Apparatus Gymnastics

### 17 Gym 3, Gymnastics, Rhythmics, Dance

### 18 Gyms 4-7\*, Multifunctional Gyms

### 19 Gym 8, Multifunctional Gym

### 20 Gyms 9-10\*, Multifunctional Gyms, Seminar Room 12

## Institute Buildings / Seminar Rooms

### 21 Institute Building I

Seminar Rooms 4-9

### 22 Institute Building II

IT Room 1, Seminar Room 50, Senate Room

### 23 Institute Building III

Student Union

### 24 Institute Building IV

Olympic Studies Centre (OSC), Seminar Room 70

### 25 Institute Building V

Seminar Room 20

### 26 Institute of Communication and Media Research

IT Room 3

### 27 Seminar Container

Seminar Rooms 60-65

### 28 Research Centre for Natural & Medical Sciences

### 28a Module Building

## Sport Facilities / Seminar Rooms

### 29 NetCologne Stadium

Track & Field Stadium, Seminar Rooms 13-15, Outdoor Pitches 12-18

### 30 Velodrome

### 31 Beach Volleyball Facilities (Playa in Cologne)

Seminar Room 40, Outdoor Pitches 27-30

### 32 Soccer Pitch, Playing Pitch 8

### 33 Volleyball Courts, Courts 5-6

### 34 Basketball Court, Court 7

### 35 Tennis Practice Wall, Court 9

### 36 Tennis Courts, Courts 1-4

### 37 Playing Pitches Salzburger Weg

Playing Pitches 20-26

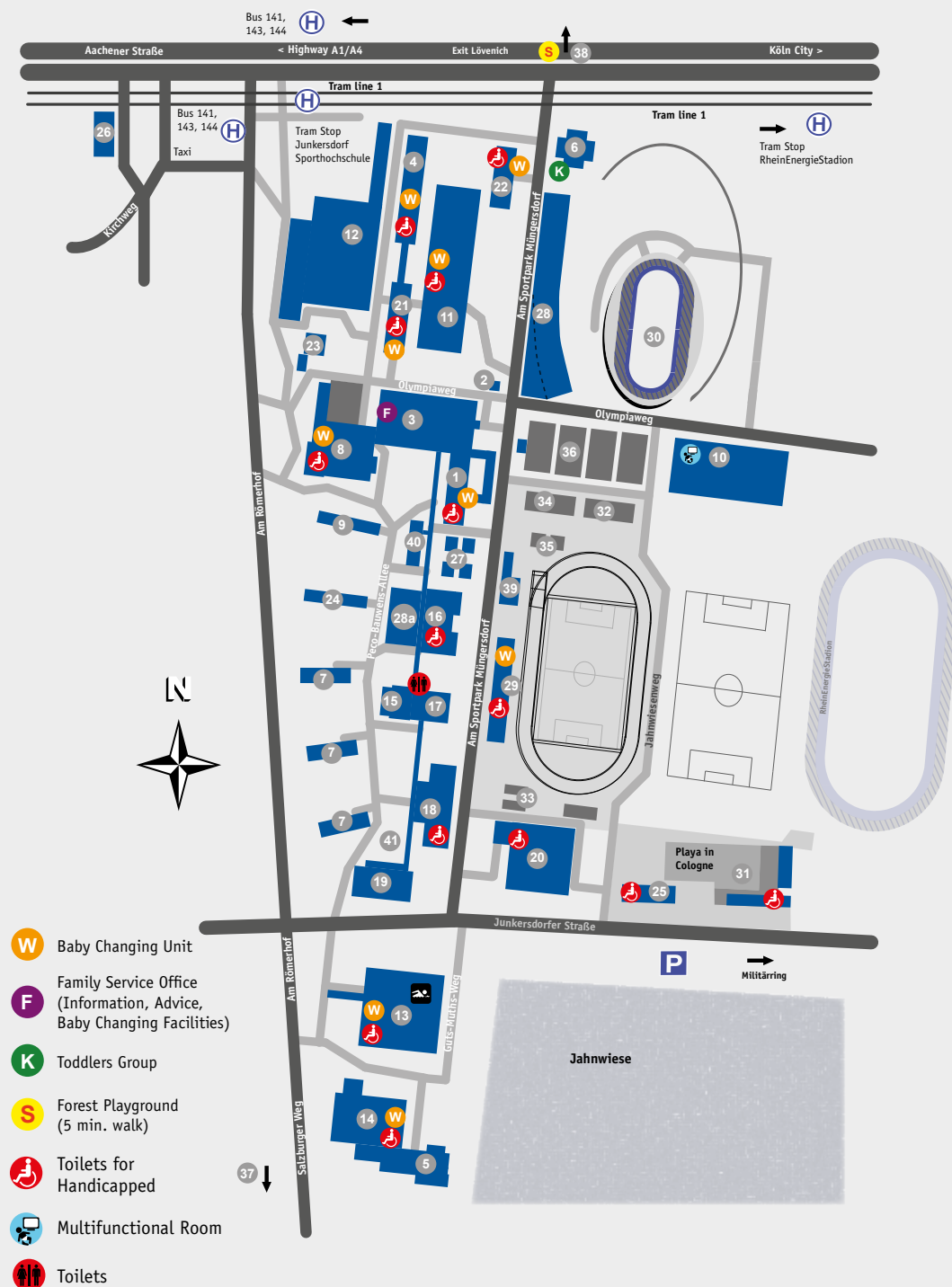
### 38 Equestrian Facilities, Baseball Court

### 39 Storage Room (Sports Equipment)

### 40 Workshops

### 41 Outdoor Gym Equipment

\* Gyms with Changing Rooms



## **IMPRINT**

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The President of the German Sport University  
Prof. Dr. Heiko Strüder

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## **DISCOVER GERMANY'S ONLY SPORT UNIVERSITY**

This Study Guide provides information on the academic degrees, teaching and research institutes and other relevant information for your studies at the German Sport University.

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