

# Curriculum schedule



Deutsche  
Sporthochschule Köln  
German Sport University Cologne

**Study programme:** M.Sc. Psychology in Sport and Exercise (M.Sc. PSE)  
**Examination regulations by:** 2007/04/01 in its respectively valid version  
**Valid for:** Students who started since winter term semester 2018/19  
**Version:** Oktober 2018

Module	SRS	Courses (type of class)	SHW	CP <sup>1</sup> /WLH
PSE1	1.	<b>Introduction in Psychology, Sport and Exercise (review course)*</b> Revision course on sport science, psychology and research methods (LEC) Revision course on sport science, psychology and research methods (TUT) Nobel laureates of sport and psychology (SE)	3 1 1 1	5/150
PSE2	1./2.	<b>Research Methods: Advanced Studies</b> 1 Statistics Lectures Series (LEC) 1 Tutorial Software aided application of advanced statistics (TUT) 2 Measurement and research design (SE) 2 Tutorial Software aided study conduction (TUT)	6 1 2 2 1	12/360
PSE3	1./2.	<b>Diagnostics, Intervention and Evaluation</b> 1 Diagnostics, intervention and evaluation (LEC) 1 Diagnostics, intervention and evaluation in experimental settings (TUT) 1 Diagnostics, intervention and evaluation in field studies (TUT) 2 Diagnostics, intervention and evaluation in applied settings (TUT)	6 3 1 1 1	12/ 360
PSE4	1./2.	<b>Mind, Motion and Performance</b> 1 Mind, motion and performance/Interaction of action, cognition and perception (LEC) 1 Research in mind, motion and performance (SE) 2 Diagnostics and interventions in mind and motion in sports (TUT)	6 2 2 2	9/270
PSE5	1./2.	<b>Motivation, Emotion and Adherence</b> 1 Phenomena, theories and fields of application (LEC) 2 Diagnostics and enhancement of motivation and emotion (SE) 2 Change processes in motivation and emotion (TUT)	6 2 2 2	9/270
PSE6	2./3.	<b>Relationships, Teams and Group Dynamics</b> 2 Phenomena, theories and fields of application (LEC) 2 Enhancing social relationships: Treatments, interventions and evaluation in research and applied settings (Part 1 – group oriented) (SE) 3 Enhancing social relationships: Treatments, interventions and evaluation in research and applied settings (Part 2 – coach & parent oriented) (SE)	6 2 2 2 2	9/270
PSE7	2./3.	<b>Emotion, Cognition, and Performance</b> 2 Emotion, cognition, HRV, PTLID (LEC) 3 Applied HRV: HRV measurement and interpretation (TUT) 2 Emotion/cognition at the brain level (SE)	6 2 2 2 2	9/270
PSE8	3./4.	<b>Stress, Mental Health and Wellbeing</b> 3 Stress, mental health and wellbeing in sport and exercise psychology (LEC) 3 Diagnostics in stress, mental health and wellbeing (SE) 4 Coaching and counselling skills for stress management, improving mental health and wellbeing(TUT)	6 2 2 2	9/270
PSE9	3.	<b>Perception, Cognition and Psychophysiology</b> Core processes of perception and cognition (LEC) Psychophysiology of perception and cognition (SE) Applied psychophysiology (TUT)	6 2 2 2	9/270
PSE10	3.	<b>Scientific Project</b> 3. 10.1 Health and social psychology (TUT) ( <i>choose one from 10.1</i> ) - Relationships, teams and group dynamics <i>or</i> - Motivation, emotion and adherence <i>or</i> - Stress, mental health and wellbeing 3. 10.2 Performance psychology (TUT) ( <i>choose one from 10.2</i> ) - Mind, emotion and performance <i>or</i> - Mind, motion and performance <i>or</i> - Perception, cognition, and psychophysiology 1.-3. Participation in studies (TUT)	3 1  1  1	9/270
PSE11	4.	<b>Master Thesis</b> Colloquium (SE)	2 2	28/840
<b>Total</b>			<b>56</b>	<b>120/3600</b>

**Abbreviations:** PSE = Psychology in Sport and Exercise, SRS = subject-related semester, SHW = semester hours per week, CP = credit points, WLH = workload hours, LEC = lecture, SE = seminar, TUT = exercise/tutorial, FT = field trip

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Comments:

The specifications regarding the academic performances and examination results as well as the attendance requirements are listed in the module handbook.

<sup>1</sup> A credit point corresponds to a workload of 30 hours, which can be achieved by attendance of lectures, seminars and courses as well as by means of self-study (e.g. preparatory- and follow-up work, tutorials etc.).

\* Participation at the review course is partly voluntary. The test at the end of the course is obligatory. The review course covers topics and issues, which are defined as a requirement for the program entry.