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German Sport University Cologne

The German Sport University Cologne combines qualified teaching and international research of the highest level. It is the only university in Germany that is dedicated exclusively to the world of sport and exercise science. All aspects of this exciting field are studied in detail at 19 institutes, four affiliate institutes and nine academic centers.

The Master's Programmes at the German Sport University Cologne

The German Sport University Cologne offers eight consecutive Master's programmes, which complement and deepen scientific knowledge. On completion, the students are awarded either the internationally recognized title of *Master of Arts (M.A.)* or *Master of Science (M.Sc.)*.

Each programme has a regular duration of four semesters in which 120 credit points must be obtained. The programmes are accredited as full-time, on-site degrees and have a limited number of participants. At present 30 places are available per degree course. The intake is once per year in the winter semester.

www.dshs-koeln.de/master

M.A. Sport, Medien- und Kommunikationsforschung

M.A. International Sport Development and Politics

M.Sc. Human Technology in Sports and Medicine

M.Sc. Sporttourismus und Destinationsmanagement

M.Sc. Sport Management

M.Sc. Leistung, Training und Coaching im Spitzensport

M.Sc. Psychology in Sport and Exercise

M.Sc. Sport- und Bewegungstherapie, Prävention und bewegungsbezogene Gesundheitsforschung



Costs

You can find the current semester fee at
www.dshs-koeln.de/semesterbeitrag



Application

- only for the winter semester
- online application
- electronic application for admission is complemented with additional documents (PDF upload)
- application deadlines*:
 - for non-EU citizens: 31st May
 - for GER & EU citizens: 15th July

* Subject to change.

For further information please see:
www.dshs-koeln.de/master-pse
» Application



Further information:
www.dshs-koeln.de/master



Master's Degree Programme

M.Sc. Psychology in Sport and Exercise



Deutsche
Sporthochschule Köln
German Sport University Cologne



Master's Degree
Programme

M.SC. PSYCHOLOGY IN SPORT AND EXERCISE

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

www.dshs-koeln.de/master-pse



Target Group

- Are you interested in combining sport and psychology?
- Are you interested in scientific thinking and working?
- Are you interested in practical application of research?

The *M.Sc. Psychology in Sport and Exercise* targets graduates with a degree in sport science or psychology. Students should be interested in scientific thinking and working (e.g. conducting experiments) and theory- and research-based practical application. Students are educated towards an integrated degree of sport and exercise psychology.

You can use the **MasterCheck** to see whether the degree matches your expectations:

www.dshs-koeln.de/master-pse
» Objectives and target group



Qualification Targets

Remember: Graduates will recall and describe key psychological and sport-related theories, models, and research findings, particularly those that integrate both disciplines.

Understand: Graduates will explain and interpret psychological and physiological processes in sport and exercise, critically analysing how they interact to influence behaviour, performance, and well-being.

Apply: Graduates will implement research methodologies, statistical analyses, and diagnostic tools to assess psychological factors in sport and exercise settings, translating theory into practice.

Analyse: Graduates will compare and differentiate between theoretical perspectives and empirical evidence, identifying patterns, relationships, and inconsistencies in psychological research.

Evaluate: Graduates will critically assess psychological interventions, research designs, and data interpreta-

tions, using scientific reasoning to justify conclusions and optimise practical applications.

Create: Graduates will design and conduct independent research, developing innovative approaches to studying psychological aspects of sport and exercise while contributing to the advancement of the field.



Study Programme

To gain a comprehensive understanding of the psychology in sports and exercise, students must complete 11 essential modules, with most courses necessitating mandatory attendance. The programme begins with the first module (PSE 1), a vital review course designed to ensure that every student has a solid foundation in these important fields. As students advance through the subsequent modules, they will refine their general research skills (PSE2, PSE3) and explore the theoretical and practical aspects of a range of engaging topics (PSE4 – PSE9). The final two modules (PSE10, PSE11) allow students the opportunity to undertake individual research projects centered around their personal interests, fostering innovation and depth in their academic pursuits.

www.dshs-koeln.de/studydocuments_en



Career Perspectives

Graduates of the master programme will be eligible for further study or employment (e.g. as a PhD student or lecturer) in research institutions orientated towards the fields of motion-, neuro-, health or cognitive science. Graduates looking to pursue a career in the applied setting may consider further education to pursue a career as a sport psychological expert, providing performance and personal development support to professional and recreational athletes or clients outside of the sport setting.

Aside from self-employment, potential employers include many associations, clubs and support centres for competitive sports, reflecting the growing demand for sport psychology consultants. Furthermore, potential

employers search specifically for sport psychologists with a research background, as ensuring effective diagnostics and interventions (including quality management and evaluation) is an essential field. As such, the Psychology in Sport and Exercise master will lay the foundation for independent planning, implementation and evaluation of sport psychology-oriented diagnostics and interventions. The M.Sc. Psychology in Sport and Exercise degree allows for consecutive postgraduate studies earning a doctor's degree:

www.dshs-koeln.de/english/studying-structure/full-time-studies/phd-programme

Admission Requirements

The following requirements apply to the *M.Sc. Psychology in Sport and Exercise*:

- completion of an undergraduate degree in Psychology, Sports Science or another related field of study (180 credit points) at a German university or a similar qualification from a foreign university
- proof of eligibility by means of an above average final grade (at least 2.5 in the German grading system or Grade B according to ECTS)
- certified English language proficiency (see homepage for TOEFL and IELTS scores or CAE-level)
- passing the physical aptitude test is **not** an admission requirement.

www.dshs-koeln.de/master-pse » Admission requirements