



LUND
UNIVERSITY

Faculty of Medicine

Reg no M2008/223

Adopted by the board of the Faculty of Medicine on
8 December 2008.

Valid from 1 January 2009

Revised on 8 June 2010, valid from 1 July 2010

Master's programme in Sport Sciences With a specialisation in sports medicine or sport psychology

120 credits

Second cycle

VAIDR

Programme Description

The programme is interdisciplinary in nature and aims to provide qualified leadership skills in the area of sports, whether in an academic, public or private sector. The programme includes second cycle courses in fields such as sports medicine, sport psychology, sport sociology, biomechanics, nutrition, organisation, leadership and ethical issues. An important aspect of the programme is close contact with future employers and work environments through internships.

Two fields are in focus in sports science: sports for health and performance sports. Sports for health means physical activity and exercise with the aim of increasing well-being and maintaining or improving health. Performance sports refers to boosting the physical and mental capacity of individuals, with a particular emphasis on top-level sport. An important part of the programme is learning how physical and mental training, diet planning, injury prevention and rehabilitation can best be used to promote health and the improvement of individual as well as team performance.

The aim of the programme is to provide in-depth knowledge, skills and abilities in the field of sports science, from a number of different scientific perspectives. Particular focus is placed on advanced in-depth study of sports medicine and sport psychology.

A Master's degree in *sports medicine* requires 90 credits of sports medicine or equivalent knowledge at first cycle. At second cycle, at least 7.5 credits of the optional courses must consist of courses in the field of sports medicine, the 15-credit methodology course must be in methods in medical science, and the thesis must have a sports medicine content. A Master's degree specialising in sports medicine qualifies students for third cycle studies in medical science at Lund University.

A Master's degree in *sport psychology* requires 90 credits of sport psychology or equivalent knowledge at first cycle. At second cycle, at least 7.5 credits of the optional courses must consist of courses in the field of psychology, the 15-credit methodology

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course must be in methods in psychology, and the thesis must have a sport psychology content. A Master's degree specialising in sport psychology qualifies students for third cycle studies in psychology at Lund University.

Learning Outcomes

On completion of the programme, students are to have achieved the learning outcomes set out in the Higher Education Act and the System of Qualifications in the Higher Education Ordinance (SFS 1993:100 with later amendments, Appendix 2).

Knowledge and understanding

For a Degree of Master (120 credits) students must

- demonstrate knowledge and understanding in their main field of study, including both broad knowledge in the field and substantially deeper knowledge of certain parts of the field, together with deeper insight into current research and development work; and
- demonstrate deeper methodological knowledge in their main field of study.

Skills and abilities

For a Degree of Master (120 credits) students must

- demonstrate an ability to critically and systematically integrate knowledge and to analyse, assess and deal with complex phenomena, issues and situations, even when limited information is available;
- demonstrate an ability to critically, independently and creatively identify and formulate issues and to plan and, using appropriate methods, carry out advanced tasks within specified time limits, so as to contribute to the development of knowledge and to evaluate this work;
- demonstrate an ability to clearly present and discuss their conclusions and the knowledge and arguments behind them, in dialogue with different groups, orally and in writing, in national and international contexts; and
- demonstrate the skill required to participate in research and development work or to work independently in other advanced contexts.

Judgement and approach

For a Degree of Master (120 credits) students must

- demonstrate an ability to make assessments in their main field of study, taking into account relevant scientific, social and ethical aspects, and demonstrate awareness of ethical aspects of research and development work;
- demonstrate insight into the potential and limitations of science, its role in society and people's responsibility for how it is used; and
- demonstrate an ability to identify their need of further knowledge and to take responsibility for developing their knowledge.

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Master's thesis

For a Degree of Master (120 credits) students must have completed a Master's thesis worth at least 30 higher education credits in their main field of study, within the framework of the course requirements. The thesis may comprise less than 30 higher education credits, but not less than 15 higher education credits, if the student has already completed a second cycle thesis worth at least 15 higher education credits in their main field of study, or an equivalent thesis-in a foreign educational programme.

Local Learning Outcomes

Over and above this, students shall achieve the following local learning outcomes:

- demonstrate good ability to independently disseminate knowledge in the field of sports science;
- with a high degree of independence, be able to initiate, lead and conduct projects and development work;
- demonstrate in-depth ability to work with, and lead, others;
- demonstrate good ability to communicate in national and international contexts with colleagues, other specialists, laymen and the general public;
- contribute to development in the field of sports science.

Course Information

Course information for master's degree in sports medicine

Term 1

Competences in sport sciences – sport psychology, 7,5 credits

Mental aspects of sport and physical performance, 7,5 credits

Leadership and communication, 7,5 credits

Medical and technical aspects of sport and physical performance, 7,5 credits

Term 2

Prevention and treatment, 15 credits

Sport nutrition, 7,5 credits

Human performance in extreme environments, 7,5 credits

Term 3

Internship – sports medicine, 15 credits

Scientific methodology, 15 credits

Term 4

Master's thesis, 30 credits

Course information for master's degree in sports psychology

Term 1

Competences in sport sciences – sport medicine, 7,5 credits

Mental aspects of sport and physical performance, 7,5 credits

Leadership and communication, 7,5 credits

Medical and technical aspects of sport and physical performance, 7,5 credits

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Term 2

Applied sport and exercise psychology (individual), 15 credits

Applied sport and exercise psychology (team), 15 credits

Term 3

Internship – sports psychology, 15 credits

Scientific methodology, 15 credits

Term 4

Master's thesis, 30 credits

Degree

Students who complete and pass courses in the programme corresponding to 120 credits receive, on application, a Master of Sports Science (120 credits).

Admission Requirements and Selection Criteria

Admission requirements for sports medicine

Eligibility to the programme requires, apart from basic eligibility:

- a Bachelor's degree of at least 180 credits, or equivalent degree from another country, at least 90 credits of sports science or equivalent subject areas, such as sports medicine, sports, physiotherapy
- English B or equivalent for Swedish and other Nordic students
- internationally recognised English language tests such as TOEFL (at least 550 /213), IELTS (at least 6.0) or the Cambridge Certificate of Proficiency for students outside the Nordic countries without English as their mother tongue.

Admission requirements for sport psychology

Eligibility to the programme requires, apart from basic eligibility:

- a Bachelor's degree of at least 180 credits, or equivalent degree from another country, at least 90 credits of sports science or equivalent subject areas, such as sport psychology, sports, health education or public health.
- English B or equivalent for Swedish and other Nordic students
- internationally recognised English language tests such as TOEFL (at least 550 /213), IELTS (at least 6.0) or the Cambridge Certificate of Proficiency for

Selection criteria

Selection takes place on the basis of academic merit, Letter of Recommendation and a Statement of Purpose on application to the programme.