

MASTER'S PROGRAMME IN SPORT AND EXERCISE PSYCHOLOGY

- 2 years, full time, 120 ECTS credits
- Erasmus Mundus joint programme
- Lund, Jyväskylä, Thessaly, Leipzig
- Application deadline – See <http://www.jyu.fi/sport/emsep>
- Programme start – See <http://www.jyu.fi/sport/emsep>

PROGRAMME OVERVIEW

The European Master's in Sport and Exercise Psychology (EMSEP) is a joint programme organised by four leading European universities in the field, from Finland, Germany, Greece and Sweden. The two-year full-time EMSEP programme is taught completely in English and it offers education opportunities for students of all nationalities. EMSEP has two main focuses: (1) promotion of healthy habits and overall lifestyle via regular engagement in various forms of physical activity; and (2) psychological support for elite athletes. The areas covered by EMSEP include, but are not limited to, motivation, performance, behaviour regulation, cognition, (post) career planning for athletes, identity, counselling and preventive interventions within sport and exercise contexts.

PROGRAMME MODULES/COURSES

Introduction and Communication, Advanced Knowledge of Sport and Exercise Psychology, Study period in Leipzig, Research Mission, Practicum.

The following courses are given:

Competences in Sport – Sports Medicine (7.5 ECTS)

Mental Aspects of Sport and Physical Performance (7.5 ECTS)

Leadership and Communication (7.5 ECTS)

Medical and Technical Aspects of Sport and Physical Performance (7.5 ECTS)

Applied Sport and Exercise Psychology – An Individual Approach (15 ECTS)

Away University (30 ECTS): Research methods, Practicum, Thesis

Practicum (15 ECTS), Research Methodology (15 ECTS), Master's thesis (30 ECTS).

CAREER PROSPECTS

There is an increasing demand for experts in the field of sport and exercise psychology. The EMSEP programme prepares the students for a research and/or professional career

in sport and exercise psychology through a combination of coursework, independent study, internship and an extensive hands-on research experience. After successful completion of the programme, the graduates will be awarded a double degree. The EMSEP graduates can expect to find employment in private and public sectors in the fields of exercise, well-being and sport, for example, as health and fitness leaders, instructors, performance enhancement specialists, psychological health consultants, or academic researchers in the field.



WHAT STUDENTS SAY

"With regard to the EMSEP programme, I have never seen such a wonderful and remarkable level of support for students in my whole life. I am thankful to the EMSEP consortium to such a great extent and I feel proud to be an EMSEP student."

Muhammad Waqas, from Pakistan

ADMISSION REQUIREMENTS AND HOW TO APPLY

Admission requirements

Bachelor's degree in sport sciences, psychology, social psychology or other relevant field, proven interest in the field of sport and exercise psychology, knowledge of research methodology. English proficiency must be shown, see <https://www.jyu.fi/sport/en/study/programmes/emsep/apply/admission>

How to apply

See <https://www.jyu.fi/sport/en/study/programmes/emsep/apply> for more information.



Selection criteria/additional info

The consortium will select the students on the basis of their academic background, statement of purpose/motivation letter, research orientation (attested by the preliminary research proposal for Master's thesis), reference letters, English language proficiency, and proven interest in the field.

Tuition fees

The tuition fee for the programme is 7500 Euros per year for non-EU/EEA students. For EU/EEA students the tuition fee is 3500 Euros per year. For details on tuition fees and scholarships, please see <https://www.jyu.fi/sport/en/study/programmes/emsep/fees>.

ABOUT ERASMUS MUNDUS

Erasmus Mundus is an EU-funded programme that aims to enhance quality in higher education through scholarships and academic cooperation between Europe and the rest of the world. Scholarships are awarded for certain top quality Master's programmes in Europe and the joint programmes are coordinated by a consortium of at least three universities. Studies are conducted in two or more universities. Students from all over the world can apply for the scholarships.

Lund University has six Master's programmes that have been approved for Erasmus Mundus scholarships.

ABOUT LUND UNIVERSITY

Founded in 1666, Lund University is today one of Europe's leading universities and is consistently ranked among the world's top 100 universities. Here, history and tradition lay the ground for the study and research environments of tomorrow. We offer education and research within engineering, science, law, social sciences, economics and management, medicine, humanities, theology, fine art, music and theatre. Through interaction with business and the community we ensure that knowledge and innovations benefit society. The University has 47 000 students and 6 300 staff from all over the world, based mainly in Lund, Malmö and Helsingborg. We work with 680 partner universities in more than 50 countries.



Education and Culture DG



CONTACT

Programme webpage: <http://www.jyu.fi/sport/emsep>
Programme coordinator: emsep-mundus@sport.jyu.fi

Disclaimer: Changes may have been made since the printing of this fact sheet. Please see www.lunduniversity.lu.se for any updates.



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