



University of Europe for Applied Sciences

(Bachelor)

Sports Science: Fitness & Health

Study details

Course type: Bachelor's degree

Degree: BA in Sports Science Fitness & Health

Study mode: Full time

Duration: 36 Month

Cost of study

Cost : 12 700 EUR

Reg. fee : N/A EUR

Scholarship :

Insurance : N/A EUR

Intake/s

Mar/Sep

Requirements

Admission Requirements

- **HIGH SCHOOL/ BACHELOR DIPLOMA AND TRANSCRIPT**

Or equivalent occupational diploma officially translated to English or German

- **CURRICULUM VITAE (CV)** (Dated & Signed)

- **COPY OF PASSPORT** (SCANNED)

- **MOTIVATION LETTER** (MIN 500 WORDS)

- **PORTFOLIO**

The following are supplementary requirements from the individual degree programmes.

Film & Motion Design

5 – 8 work samples in which the moving image is the focus – be it filmed or animated, digital or analogue. All kinds of picture series (storyboards, flipbooks) and also other creative projects are welcome. Videos as MP4, Vimeo or YouTube links.

Communication Design / Visual Communication

Submit 8-12 work samples showcasing your strengths in visual communication, such as drawings, sketchbooks, collages, photographs, moving images, interactive projects, websites, and other creative endeavors. Include a brief reflective text for each work. Sketchbooks are also

welcome.

Digital Product Management / Design & Management Studies / UX/UI Design

A portfolio with samples of work is welcome but not required.

Game Design

5 – 10 work samples made by you: Concept sketches, storyboards, collages, renderings and other design projects are welcome. Additionally either a digital game (.exe as ZIP) or a written game concept (1 page).

Illustration

15 samples of work – in addition to illustrations and drawings, a sketchbook and other projects that demonstrate interest in the subject area are also welcome. We also like to see themed series and concept sketches.

Photography & New Media

2-3 series of photos and fewer individual images (all in all at least 20 images). The photographic projects can be supplemented by other media such as videos, drawings and graphic design.

English language certificate

- IELTS 5.5 overall
- TOEFL iBT60
- TOEFL ITP (paper based) 498
- Pearson Test of English (Academic) 56
- Pearson Test of English (General) Level 1
- Cambridge English Advanced and Proficiency 162 overall
- Cambridge Exam First (FCE) B2 CEFR, First (FCE), 160
- TOEIC Listening, 400, Reading 385, Speaking 160, Writing 150
- PASSWORD 5.5 overall (no less than 5.0 in each component)
- EF SET (50-minute Test) 51 (only for students applying with a MOI letter)
- Duolingo 100

Accommodation

What can you expect

- Green Screen Studio
- TV Studio

- Screen Printing Workshop
- Photo Studios
- Sound Lab

- Print/Scan Studio
- Teleprompter and LED

- Editing Room
- Equipment Library
- Rentable equipment
- Mac Pools etc.

Speciality

Spotlight Module: "Sports Psychology"

In the module "**Sports Psychology**" within the Sports Science Fitness & Health programme, students explore fundamental concepts and applications of sports psychology. They learn about **development, motivation, and learning within sports contexts**, along with strategies and methods of mental training. Students gain **insight into the psychological requirements across various sports** and apply psychological methods to enhance performance in different target groups. Additionally, they understand the psychological aspects of events like injuries and are equipped with **motivational coaching techniques** tailored for both competitive and health-focused athletes.

Additional information

Career Perspectives

The Career Development Centre of University of Europe for Applied Sciences (UE) serves as an interface between the university and commercial enterprises. There are two elements to its service:

1. **JobTeaser** is the new career portal for students. The Career Development Centre guides students along their path from enrollment to employment, and supports them with their internship and career plans.
2. The Career Development Centre comes up with and implements initiatives with the aim of generating interest among commercial enterprises in the university and its students, and provides individual services to strengthen contacts with HR decision-makers. The Career Development Centre offers different channels of communication between enterprises, students, and alumni.

What happens after your studies

Graduates of Sports Sciences Fitness & Health programs have a wide range of career opportunities in the health, fitness, and wellness industries. They can work as **fitness trainers, exercise physiologists, health educators, or wellness coaches** in gyms, fitness centers, corporate wellness programmes, or healthcare facilities. Other career paths include sports nutritionists, health promotion specialists, or strength and conditioning coaches for sports teams. Additionally, graduates can pursue roles in research, academia, or sports management. With their knowledge of exercise physiology, nutrition, and wellness principles, graduates are well-positioned to help individuals and communities achieve their health and fitness goals.