Welcome and Introduction

WS 2019/2020

M. Sc. Health Science – Prevention and Health Promotion

Technical University of Munich
Department of Sport and Health Sciences
Munich, October 08, 2019
Office of the Dean, Management, Director of Course Management

Dean
Prof. Dr. med. Renate Oberhoffer

Dean of Studies B.Sc./ M.Sc.
Prof. Dr. Jörg Königstorfer

Dean of Studies for Teachers
Prof. Dr. Filip Mess

Managing Director
Dr. Till Lorenzen

Director of Course Management M.Sc. Health Science
Prof. Dr. rer. nat. et med. habil. Stefanie Klug
Campus D, Georg-Brauchle-Ring
Postal address: Georg-Brauchle-Ring 60/62 80992 Munich

Directions:
Automobile: Via the Middle Ring
Public transportation: U1, Bus lines 143, 175 About 5 min from the OEZ
TUM Campus Olympiapark (CiO)
Master of

Health Science – Prevention and Health Promotion, M.Sc.

Technical University of Munich

Department of Sport and Health Sciences
Statistics on application procedures for the WS 2019/2020

<table>
<thead>
<tr>
<th>M.Sc. Health Science – Prevention and Health Promotion</th>
<th>number</th>
</tr>
</thead>
<tbody>
<tr>
<td>applications (total)</td>
<td>422</td>
</tr>
<tr>
<td>formal admission requirements fulfilled</td>
<td>208</td>
</tr>
<tr>
<td>direct admission</td>
<td>51</td>
</tr>
<tr>
<td>direct rejection</td>
<td>62</td>
</tr>
<tr>
<td>admissions for interview</td>
<td>94</td>
</tr>
<tr>
<td>failed to appear/cancelled</td>
<td>22</td>
</tr>
<tr>
<td>admissions after interview</td>
<td>30</td>
</tr>
<tr>
<td>rejections</td>
<td>42</td>
</tr>
<tr>
<td>total admissions</td>
<td>82</td>
</tr>
<tr>
<td>enrolled</td>
<td>54</td>
</tr>
</tbody>
</table>

Status as of: October 01, 2019
Components of Master of Health Science at TUM

- Health and Society
- Prevention
- Bio Psycho Social
- Applied Methods
- Scientific Evidence
# Educational Organization: 5 central units

## Modular Structure: **Health Science – Prevention and Health Promotion, M.Sc. (WS 2019/20)**

<table>
<thead>
<tr>
<th>1st semester</th>
<th>2nd semester</th>
<th>3rd semester</th>
<th>4th semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Science Research</strong></td>
<td><strong>Research Methods</strong></td>
<td><strong>Applied Research</strong></td>
<td><strong>Master’s Thesis</strong></td>
</tr>
<tr>
<td>Health and Society (5)</td>
<td>Study Design; Ethics – Research Methods (5)</td>
<td>Cancer (12)</td>
<td></td>
</tr>
<tr>
<td>choose two (16 ECTS)</td>
<td></td>
<td>Cardiovascular/ Metabolic Disorders (12)</td>
<td></td>
</tr>
<tr>
<td>Physical Activity – Health Science Research (8)</td>
<td></td>
<td>Neurological Health (12)</td>
<td></td>
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<tr>
<td>Nutrition – Health Science Research (8)</td>
<td></td>
<td>Orthopaedic Health (12)</td>
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</tr>
<tr>
<td>Psychology – Health Science Research (8)</td>
<td></td>
<td>Diversity and Health (12)</td>
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</tr>
<tr>
<td>choose two (10 ECTS)</td>
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<td>Mental Health and Well-Being (12)</td>
<td></td>
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<tr>
<td>Physical Activity – Health Science Research II (5)</td>
<td>Scientific Data Processing (5)</td>
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<tr>
<td>Nutrition Activity – Health Science Research II (6)</td>
<td>Qualitative Research Methods (5)</td>
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<tr>
<td>Psychology Activity – Health Science Research II (5)</td>
<td>Advanced Statistics (5)</td>
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<tr>
<td><strong>Complementary Subjects</strong></td>
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<tr>
<td>Health Technologies in Prevention, Care and Rehabilitation (5)</td>
<td>Sponsorship-linked Marketing (6)</td>
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<tr>
<td>Health, (Dis)ability and Participation in a Global Perspective (5)</td>
<td>Scientific Writing (4)</td>
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<tr>
<td>Global Health Epidemiology (4)</td>
<td>Systematic Literature Reviews and Meta-Analysis (6)</td>
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<tr>
<td>Medical Data Science: An Interdisciplinary Practical Course (6)</td>
<td>Participation and Inclusion (5)</td>
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<td>TUM Data Innovation Lab (10)</td>
<td>International Management &amp; Organizational Behaviour (6)</td>
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<tr>
<td>Politics for Rocket Scientists: Einführung in die Politikwissenschaft für Nicht-Politikwissenschaftler (6)</td>
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<tr>
<td><strong>Total Credits</strong></td>
<td>31 CP</td>
<td>20 CP</td>
<td>30 CP</td>
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# Course enrollment: 1. Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
<th>Lecture</th>
<th>Exercise</th>
<th>Course Content</th>
<th>Exam Format</th>
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</thead>
<tbody>
<tr>
<td>SG810001</td>
<td>Health and Society</td>
<td>5</td>
<td>R</td>
<td>L</td>
<td>Health and Society</td>
<td>Klausur/written exam 90 min</td>
</tr>
<tr>
<td>SG810002</td>
<td>Study Design, Ethics - Research Methods</td>
<td>5</td>
<td>R</td>
<td>L</td>
<td>Advanced Study Design; Ethics</td>
<td>wiss. Ausarbeitung + Klausur</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td>Ex</td>
<td>Applied Study Design; Ethics</td>
<td>research paper + written exam</td>
</tr>
<tr>
<td>SG810004</td>
<td>Scientific Data Processing</td>
<td>5</td>
<td>R</td>
<td>Ex</td>
<td>Scientific Data Processing</td>
<td>Klausur/written exam 90 min</td>
</tr>
<tr>
<td>SG810006</td>
<td>Nutrition - Health science Research</td>
<td>8</td>
<td>E</td>
<td>L</td>
<td>Nutritional prevention strategies and research</td>
<td>Klausur/written exam 90 min</td>
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<td></td>
<td></td>
<td>Ex</td>
<td>Methods of nutritional assessment and of body composition measurement</td>
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<tr>
<td>SG810007</td>
<td>Physical Activity - Health Science Research</td>
<td>8</td>
<td>E</td>
<td>L</td>
<td>Fundamentals of the development of cognitive and motor functions</td>
<td>Klausur/written exam 90 min</td>
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<td>Se</td>
<td>Contemporary research methods in human development</td>
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<td>Ex</td>
<td>Lab and field research methods in human development</td>
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<tr>
<td>SG810008</td>
<td>Psychology - Health Science Research</td>
<td>8</td>
<td>E</td>
<td>L</td>
<td>Methodologies in Psychological Prevention I</td>
<td>Präsentation/presentation</td>
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<td>Se</td>
<td>Research Methods in Psychological Prevention</td>
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</tbody>
</table>

**Choose (16 Credits required)**
Module coordinators – 1st Semester

**Required modules:**
Dr. phil. Fabian Karsch (Health and Society)
Prof. Dr. Stephan Jonas (Scientific Data Processing)
Prof. Dr. rer. nat. et med. habil. Stefanie Klug, MPH (Study Design; Ethics Research)

**Elective modules:**
Dr. rer. biol. hum Paula Singmann (Nutrition - Health Science Research)
Prof. Dr. Joachim Hermsdörfer (Physical Activity – Health Science Research)
Dr. phil. habil Felix Ehrlenspiel (Psychology – Health Science Research)
# Timetable

## 1. Semester  | Master Health Science ENGLISH

<table>
<thead>
<tr>
<th>Montag</th>
<th>Dienstag</th>
<th>Mittwoch</th>
<th>Donnerstag</th>
<th>Freitag</th>
</tr>
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<tbody>
<tr>
<td>08:00</td>
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<td>21:00</td>
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</table>

### Montag
- **Lab and field research methods in human development** (Gr. 1)
  - 08:00-09:00: Campus D 1.002
- **Scientific Data Processing** (Gr. 1)
  - 09:00-10:00: Campus D 1.002

### Dienstag
- **Methods of nutritional SE Gr. I**
  - 08:00-09:00: Campus D 1.002
- **Contemporary research methods in human development** (Gr. 1)
  - 09:00-10:00: Campus D 1.002
- **Applied Study Design: Ethics** (Gr. 1)
  - 10:00-11:00: Campus D 1.002

### Mittwoch
- **Health and Society UE Gr. 2**
  - 08:00-09:00: Campus D 1.002
  - 09:00-10:00: Campus D 1.002

### Donnerstag
- **Methods of nutritional SE Gr. I**
  - 08:00-09:00: Campus D 1.002
- **Contemporary research methods in human development** (Gr. 2)
  - 09:00-10:00: Campus D 1.002

### Freitag
- **Applied Study Design: Ethics** (Gr. 1)
  - 08:00-09:00: Campus D 1.002
- **Scientific Data Processing** (Gr. 1)
  - 09:00-10:00: Campus D 1.002

### Dienstag
- **Advanced Study Design: Ethics** (Gr. 1)
  - 13:00-14:00: Campus D 1.002
- **Applications and research** (Gr. 1)
  - 14:00-15:00: Campus D 1.002

### Mittwoch
- **Nutritional practice strategies and research** (Gr. 1)
  - 10:00-11:00: Campus D 1.002
- **Lab and field research methods in human development** (Gr. 1)
  - 11:00-12:00: Campus D 1.002

### Donnerstag
- **Health and Society UE Gr. 2**
  - 10:00-11:00: Campus D 1.002
- **Methods of nutritional SE Gr. I**
  - 11:00-12:00: Campus D 1.002

### Freitag
- **Scientific Data Processing** (Gr. 1)
  - 12:00-13:00: Campus D 1.002
Dates in Winter Term 2019/20

• Freshman Reception
  Monday, Oct. 14, 2019, from 5:00 p.m. onwards, Downtown campus Plaza in front of the Cafeteria (Arcisstr)

• Dates (Winter Term)
  Is available for download from: www.sg.tum.de
  (Study programs ➔ „News“/ Important Information)

• Lecture period: 14.10.2019 – 07.02.2020
• Lecture registration period: 08.10.2019 – 09.10.2019
• Exam registration period: 01.11.2019 – 15.11.2019
• Examination period: 08.02.2020 – 29.02.2020
• Withdrawal from examinations: 24.01.2020
Important information about your study program:

Important information about M.Sc. Health Science you can find on
www.sg.tum.de → Study programs → M.Sc. Health Science → Downloads

e.g.: structure of modules:
https://www.sg.tum.de/fileadmin/tuspfsp/www/Studiengaenge/2Masterstudiengaenge_M.Sc/2
MSC_HS/20190829_MHS_Modular_Structure__WS1920.pdf

e.g.: Academic and Examination Reagulations (FPSO) of M.Sc. Health Science:
http://www.sg.tum.de/fileadmin/tuspfsp/www/Studiengaenge/MSC_HS/170711_2017-21-AeS-
Academic progress check (Studienfortschrittskontrolle)

§10, General academic and Examination regulations for Bachelor and Master Programs (APSO) at the Technische Universität München:

Moreover, in Master programs the following number of credits must be earned in the modules specified in the pertinent FPSO (departmental study and examination regulations) (§38):

1. a minimum of **30 credits** by the end of the **third semester** in which the student is registered for courses awarding credits toward the degree;
2. a minimum of **60 credits** by the end of the **fourth semester** in which the student is registered for courses awarding credits toward the degree;
3. a minimum of **90 credits** by the end of the **fifth semester** in which the student is registered for courses awarding credits toward the degree;
4. a minimum of **120 credits** by the end of the **sixth semester** in which the student is registered for courses awarding credits toward the degree semester.

s. [https://portal.mytum.de/archiv/kompendium_rechtsangelegenheiten/apso/folder_listing](https://portal.mytum.de/archiv/kompendium_rechtsangelegenheiten/apso/folder_listing)
Master Thesis

- General regulations applying to the Master thesis can be found in the general academic and examination regulations (APSO) and the departmental study and examination regulations (FPSO).
- You have to register for your thesis after you have identified your topic and had it approved by your principal advisor. You can get registration forms at the office for exam management and organisation.
- The permissible amount of time that may elapse between registering for and submitting the thesis is specified in the FPSO of your degree program and comprises 12 weeks.
- For the preparation of the Master thesis, 30 credits will be awarded. Calculated in hours, this is equivalent to a workload of approximately 900 hours for the thesis.
- Once your thesis is finished, you have to submit it within the corresponding deadline.
- The APSO stipulate that, as a rule, the thesis is to be assessed within two months from the date of submission (§ 18 (11) APSO).
- For the period in which you are working on your thesis at TUM, from registration to submission, (+ where applicable, any supplementary requirements in conjunction with your thesis, such as a final colloquium or oral exam) you must remain enrolled in your degree program (cp. § 6 (3), APSO).

e.g.: Academic and Examination Regulations (FPSO) of M.Sc. Health Science:
Career Opportunities

The Health Science program prepares students for work

- in the health care system
- in health economy
- in prevention
- in rehabilitation
- in planning and management of care
Career Opportunities

Potential areas of employment:

- Prevention centers

- Planning, conduct and evaluation of prevention and health promotion programs e.g. in companies

- Service providers (e.g. pension, health or care insurances)

- Health care research e.g. at the University
Contact person for requests at Technical University of Munich and the Department

meet and talk to them at the faculty fair afterwards!!
Team Academic and Student Affairs

Executive Officers
Daniela Pfarr • daniela.pfarr@tum.de

Grade and Examination management
Beate Hufnagel • beate.hufnagel@tum.de

Evaluation:
Olena Garmash • olena.garmash@tum.de
Departmental Student Advisory Service

Departmental Student Advisor (B.Sc. / M.Sc.)

Annette Bauer (Dipl. Soz.-Wiss.)

studienberatung.sg@tum.de

Phone: +49 89 – 289 – 24798

Office hours: Wed, 15 – 16 p.m.
              Thu, 9:30 – 11 a.m.

Telefonsprechstunde: Wed, 14 – 15 p.m.

The Student Advisory Service Team is happy to assist you with any requests concerning your course of studies!

http://www.sg.tum.de/studium/studienberatung/
Lehrveranstaltungsmanagement
Course management

Beate Wittmann

E-Mail: lehrveranstaltungsplanung.sg@tum.de
Adresse: Georg-Brauchle-Ring 62, Zimmer: L 616
Tel.: +49 89 - 289 - 24649

http://www.sg.tum.de/studium/studierende/lehrveranstaltungs-anmeldung/

http://www.sg.tum.de/en/study-programs/students/information-about-courses/
Studies and Internships
Europe (Erasmus) and Worldwide (TUMexchange)

• Application TUMexchange: 21.10.- 04.11.19
• Application Erasmus: 01.12.2019 – 09.01.2020
• Application only once a year
• Good knowledge in Language of Instruction is mandatory

Gabriele Fried
http://www.sg.tum.de/en/department/international-office
international.sg@tum.de
phone 089-289-24625 (only tue+ fri)
office: L618
Gender and Diversity Office

Promoting gender equality
- Person of trust for (female) students

Encouraging diversity in teaching and research
- Yearly diversity awards for student theses

Offering advice on balancing study and career with family life
- Information and support for students with children

Supporting students with disabilities or chronic illnesses
- Striving towards barrier-free education and equal access at the university

Contact: Andrea Goettler
Georg-Brauchle-Ring 62, Campus D, L 318
Mail: AndreaGoettler@tum.de
Phone: 089 289 24694
IT-Support / TUMonline

Services:

TUM Account & TUMCard
E-Mail
Online Storage
Software & Hardware
Internet & WiFi
Mobile Apps
Study Management with TUMonline
eLearning with Moodle
Computer Workplaces
Printing & Scanning
Online Collaboration

IT-Support

E-Mail: it-support@tum.de
Phone: +49.89.289.17123
Web: www.it.tum.de

Personal: Karlstraße 45, 5. Stock, 80333 München
Mo – Fr 9:00 - 17:00
Universitätsbibliothek der TUM
University Library

- Activate student card as library card?
- Find books and online media in OPAC?
- Visit library courses?
- Using learning rooms?

First-Level-Hotline

Telefon 089 189 659 220
WhatsApp 0173 861 8412
Chat www.ub.tum.de
E-Mail information@ub.tum.de
Lehr- und Lernlabor LLL (Teaching and educational Center)

- Project Lab & Devices for Students
- Workshops

For Seminar-Projects, Degree Theses…

Dr. Fabian Stöcker
Fakultät für Sport- und Gesundheitswissenschaften
Fort- und Weiterbildung

➢ Zusatzqualifikationen und Lizenzen für den Fitness- und Gesundheitsmarkt
➢ Anerkannt bei Krankenkassen, Gesundheitseinrichtungen und Verbänden
➢ Berufsfeldqualifizierung

Informationen zu unseren Angeboten finden Sie auf unserer Homepage:
www.weiterbildung.sg.tum.de
University Sports Center
The Spirit of Sports

Program and booking online: www.zhs-muenchen.de/en
www.facebook.com/zhsmuenchen/
www.instagram.com/zhs_muenchen/
We are looking forward to your participation in the Master of Health Science!

*We wish you lots of fun, hard work, and much success for your studies!*
Fachschaft Sport und Gesundheit
Fachschaft Sport und Gesundheit

Was machen wir?

- Anlaufstelle für Eure Fragen
- Mitsprache bei Entscheidungen:
  → Berufungskommission
  → Prüfungsausschuss
  → Qualitätszirkel
- Mitbestimmung bei der Vergabe der Studienzuschüsse
- Mitsprache bei Hochschulpolitischen Gremien der TUM

What are we doing?

- Contact point for your questions
- Participation in decisions:
  → Joint Commission
  → Examining Board
  → Quality Circle
- Co-determination in awarding study grants
- Participation in university policy committees at the TUM
Fachschaft Sport und Gesundheit

Und sonst ... ?

- Sportlerparty
- Turniertage
- Glühweinverkauf
- Sportoutfits
- Erstsemesterfahrt

- Parties
- Tournament days
- Hot wine sales
- Sportoutfits
- Orientation weekend
Fachschaft Sport und Gesundheit

Georg-Brauchle Ring 60/62
1. Stock / Zimmer L101
Telefon: 089 289 24777

E-Mail: fachschaft@sg.tum.de
Homepage: www.fachschaft.sg.tum.de

Fach­schaft Sport und Gesundheit TU München

fs.sport.gesundheit.muc