Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

Discipline-Specific Study and Examination Regulations for the Master's Degree Program in *Public Health, Exercise, and Nutrition* at the Faculty of Health Sciences, Joint Faculty of the University of Potsdam, the Brandenburg Medical School Theodor Fontane, and the Brandenburg University of Technology Cottbus-Senftenberg

Dated December 19, 2023

The Faculty Council of the Faculty of Health Sciences, joint faculty of the University of Potsdam, the Brandenburg Medical School Theodor Fontane, and the Brandenburg University of Technology Cottbus-Senftenberg, has approved on December 19, 2023, the following statute on the basis of Section 19 subsection 1, Section 22 subsections 1-3, in conjunction with Section 72 subsection 2 no. 1 of the Brandenburg Higher Education Act (BbgHG) of April 28, 2014 (Law and Ordinance Gazette [GVBl.] I/14, [no. 18]), last amended by the Act of September 23, 2020 (GVBl. I/20, [no. 26]) in conjunction with the Ordinance on the Design of Examination Regulations to Guarantee the Equivalency of Studies, Examinations, and Degrees (University Examination Ordinance - HSPV) of March 4, 2015 (GVBl. II/15, [no. 12]), amended by the ordinance of July 7, 2020 (GVBl.II/20, [no. 58]), and the Ordinance on the Accreditation of Studies (StudAkkV) of October 28, 2019 (GVBl. II/19, [no. 90]) and with Section 21 subsection 2 no. 1 of the Basic Constitution of the University of Potsdam (GrundO) of December 17, 2009 (Bulletin UP no. 4/2010, p. 60) in the Seventh Amended Version of the Basic Constitution of the University of Potsdam (GrundO) of December 14, 2022 (Bulletin UP no. 8/2023, p. 318) and Section 1 subsection 2 of the new version of the General Study and Examination Regulations for Bachelor and Master's Degree Programs at the University of Potsdam Not Related to Teacher Education (BAMA-O) of January 30, 2013 (Bulletin UP no. 3/2013, p. 35), last amended on December 18, 2023 (Bulletin UP no. 16/2023, p. 19):[1]

Table of contents

Section 1 Applicability

(1) These regulations apply to the master's degree program in *Public Health, Exercise, and Nutrition* at the Faculty of Health Sciences, Joint Faculty of the University of Potsdam, the Brandenburg Medical School Theodor Fontane, and the Brandenburg University of Technology Cottbus-Senftenberg. For this degree program and the applicants and students of this degree program, only the regulations of the University of Potsdam apply in addition to these regulations. Students are enrolled exclusively at the University of Potsdam in accordance with the applicable regulations.

(2) These regulations supplement the provisions of the BAMA-O as subject-specific study and examination regulations. In the event that these regulations contradict the BAMA-O, then the provisions in the BAMA-O supersede these regulations.

Section 2 Degree

The Faculty of Health Sciences awards the degree of "Master of Science" ("M.Sc.") to students who have obtained the necessary credit points and meet the graduation requirements.

Section 3 Content and Objectives of the Master's Degree Program

(1) The research-oriented master's degree program in *Public Health, Exercise, and Nutrition* provides in-depth specialist and methodological knowledge in the fields of health, exercise and nutrition sciences. Students receive interdisciplinary scientific training and are enabled to conduct independent empirical research.

(2) Students acquire technical, methodological, social, and personal skills as part of the master's degree program.

[1] Approved by the President of the University of Potsdam on March 21, 2024

They possess advanced knowledge of
- physiological and molecular causes of lifestyle-related physical illnesses and their spread,
- causes, conditions, and measures for maintaining good mental health,
- ethical, legal, and social aspects of health research,
- caring for patients suffering from lifestyle-related physical illnesses and poor mental health,
- scientific working methods to elucidate the spread, physical and molecular relationships in the development, detection, characterization, and treatment of lifestyle-related physical illnesses and to promote mental health.

Students are able to
- develop scientific questions and justify their relevance,
- apply scientific working methods adequately and independently in the planning and implementation of research projects,
- classify scientific findings, analyze them critically, and communicate them competently,
- make contributions to team efforts by using their knowledge in a constructive manner,
- present subject-related positions and research results in discussions in a clear and differentiated manner, taking into account current theories.

(3) In particular, the master's degree program qualifies graduates for research activities in the field of health, exercise, and nutrition sciences in university and non-university institutions as well as in various branches of industry. Other possible fields of activity and occupation are upper management tasks in the areas of health promotion, health counseling, and prevention, ranging from the sports sector, consumer organizations, associations, health insurance companies, professional societies or ministries, clinics and rehabilitation facilities to humanitarian aid.

Section 4 Duration and Organization of the Master's Degree Program

The consecutive master's degree program in *Public Health, Exercise, and Nutrition* is offered at the University of Potsdam as a single-subject program with a standard period of study (full-time studies) of 4 semesters and 120 credit points (CPs).

Section 5 Part-Time Study

The master's program is suitable for part-time study. Part-time study requires advising from the relevant faculty so that an individualized course schedule can be created. Proof of this advising must be attached to an application for part-time study in accordance with Section 3 of the Regulations for Part-Time Study at the University of Potsdam (Part-Time Regulations). In all other respects, the provisions of the Part-Time Regulations shall apply.

Section 6 Examining Board

When appointing the Examining Board in accordance with Section 2 subsection 1 BAMA-O, the responsible Faculty Council will ensure that the members to be appointed cover the three focus areas of the master's degree program (health science, sports science, nutrition science).

Section 7 Modules and Course of Studies

(1) The master's program in *Public Health, Exercise, and Nutrition* is comprised of the following components:

Master's degree program		
Module code	**Name of module**	**CPs**
A. Foundations (30 CP, compulsory modules)		
PEN-10	Society and Health: Basics and Methods	6
PEN-11	Public Health: Basics and Methods	8
PEN-12	Exercise Science: Basics and Methods	8
IEW-PEN-13	Nutrition Science: Basics and Methods	8
B. Specialization (30 CP, compulsory modules)		
SPO-PEN-14	Society and Health: Applied Methods	6
PEN-15	Public Health: Applied Methods	8
PEN-16	Exercise Science: Applied Methods	8
IEW-PEN-17	Nutrition Science: Applied Methods	8

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

C. Electives (30 CPs, elective modules)		
Students must successfully complete two elective modules worth 15 CPs each.		
SPO-PEN-18	Society and Health: Research Internship	15
PEN-19	Public Health: Research Internship	15
PEN-20	Exercise Science: Research Internship	15
IEW-PEN-21	Nutrition Science: Research Internship	15
D. Thesis		
	Master's thesis	30
Total CP for the compulsory and elective modules to be completed		120

(2) The language of instruction in the degree program *Public Health, Exercise, and Nutrition* is English.

(3) Detailed descriptions of the modules mentioned in subsection 1 are included in Appendix 1 to these regulations.

(4) A sample degree progress plan for the master's program can be found in Appendix 2 of these regulations.

Section 8 Master's Thesis

(1) As soon as a student provides proof of having completed coursework and examinations amounting to at least 75 percent of the total required credit points, minus credit points for the thesis and the oral defense, he or she is entitled to the immediate allocation of a topic for the master's thesis.

(2) The master's thesis has a scope of 30 credit points including the oral defense.

Section 9 Entry into Force

(1) These regulations shall be published in the Official Announcements of the University of Potsdam and will enter into force on October 1, 2024.

(2) These regulations apply to all students who enroll in the master's degree program in *Public Health, Exercise, and Nutrition* at the University of Potsdam after these regulations have taken effect.

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

Appendix 1: Module descriptions

I. Modules of the Faculty of Health Sciences, joint faculty of the University of Potsdam, the Brandenburg Medical School Theodor Fontane, and the Brandenburg University of Technology Cottbus-Senftenberg

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

<table>
<tr><td colspan="2">PEN-10 Society and Health: Basics and Methods</td><td colspan="3">Number of credit points (CP): 6</td></tr>
<tr><td>Module type (compulsory or elective module):</td><td colspan="4">Depends on the degree program</td></tr>
<tr><td>Content and objectives of the module:</td><td colspan="4"><u>Content:</u>
- theories and concepts of the development of health in society and of environmental health
- quantitative and qualitative methods of health research (operationalization, survey techniques, study planning, study design, study formats, guidelines such as Cochrane, and checklists)
- basics of health promotion and prevention (education, forms, and strategies)
- basic concepts of health psychology and sociology (health behavior, social inequalities, health policies)
- specific requirements of public health ethics or ethics in the health sciences
- basics of research ethics (e.g. informed consent; use of biomaterials, handling of personal data) and guidelines
- ethical decision-making and judgment based on specific fields of application
- working methods of ethics committees and requirements for ethics applications

<u>Qualification objectives:</u>
Students understand the essential connections between society, the environment, and health and will gain initial insights into the organization of the German healthcare system. They are familiar with strategies for health promotion and prevention ethics and can explain key aspects of research planning, research methods, and research ethics. They can identify and substantiate ethical dimensions of health science research and practice and analyze relevant questions in a structured manner. They are able to apply the principles of medical ethics, research ethics, and public health ethics and resolve normative problems from professional practice in a well-founded manner. They can name the research ethics and professional ethics requirements of their own work and integrate them into their own research or practice.</td></tr>
<tr><td>Module (sub-)examination (number, form, scope):</td><td colspan="4">Written exam, 90 min</td></tr>
<tr><td>Independent study time (in hours (h)):</td><td colspan="4">120</td></tr>
<tr><td rowspan="2">Courses (teaching formats)</td><td rowspan="2">Contact time (in hours per week per semester)</td><td colspan="2">Secondary examinations (number, form, scope)</td><td rowspan="2">Course-accompanying module (sub-) examination(s) (number, form, scope)</td></tr>
<tr><td>For completing the module</td><td>For admission to the module exam</td></tr>
<tr><td>Basics of Population-Based Medicine (lecture)</td><td>2</td><td>-</td><td>-</td><td>-</td></tr>
<tr><td>Ethics in the Health Sciences (lecture)</td><td>1</td><td>-</td><td>-</td><td>-</td></tr>
</table>

Ethics in the Health Sciences (recitation course)	1	In-class presentation (20 minutes) and handout (1 page) or written elaboration (approx. 10-15 pages)	-	-
Frequency at which the module is offered:		Winter semester		
Prerequisite for taking the module:		In order to achieve the qualification objectives, it is recommended that students refresh their basic knowledge of scientific research methods, health psychology, and health sociology.		
Teaching unit(s):		Basics of Population-Based Medicine (lecture): Sports Science/Medicine Ethics in the Health Sciences (lecture): Health Sciences Ethics in the Health Sciences (recitation course): Health Sciences		

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

PEN-11 Public Health: Basics and Methods	Number of credit points (CP): 8
Module type (compulsory or elective module):	Depends on the degree program
Content and objectives of the module:	*Content:* - indicators and data for health and disease at population level and health monitoring tasks - prevention in selected individuals (high-risk approach) - economic and regulatory possibilities of the health system, cost-benefit analyses, proof of efficacy, problems of health system research - evidence-based public health - descriptive and analytical working methods in epidemiology, measures of disease incidence, epidemiological study designs (e.g. case-control studies, cohort studies) - counterfactuals, randomization, DAGs measures - causality models, sources and role of bias in epidemiological studies - probability calculus, discrete and continuous distributions, statistical testing and test theory, correlation analysis (e.g. correlation and regression analysis, prediction models, variance analysis, comparative epidemiological measured values), methods and techniques of statistical data processing with software packages (e.g. SAS, SPSS, R), data presentation *Qualification objectives:* Students have in-depth knowledge of the distribution of diseases. They can interpret health-reporting data and are familiar with basic approaches to improving public health. Students are familiar with the designs of cross-sectional, case-control, cohort and intervention studies. They are able to assess and critically scrutinize their applicability and informative value. They are familiar with common statistical methods for analyzing epidemiological data and health care data.
Module (sub-)examination (number, form, scope):	Written exam, 90 min
Independent study time (in hours (h)):	180

Courses (teaching formats)	Contact time (in hours per week per semester)	Secondary examinations (number, form, scope)		Course-accompanying module (sub-) examination(s) (number, form, scope)
		For completing the module	For admission to the module exam	
Introduction to Epidemiology (lecture)	2	-	-	-
Biostatistics I (lecture)	1	-	-	-
Biostatistics I (seminar)	1	Exercises (50 percent)	-	-

Frequency at which the module is offered:	Winter semester
Prerequisite for taking the module:	In order to achieve the qualification objectives, it is recommended that students refresh their basic knowledge of scientific research methods, public health, and epidemiology.
Teaching unit(s):	Health Sciences

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

PEN-12 Exercise Science: Basics and Methods	Number of credit points (CP): 8
Module type (compulsory or elective module):	Depends on the degree program
Content and objectives of the module:	*Content:* - effects and mechanisms of physical activity in therapy e.g. of cardiovascular, musculoskeletal, and neurological diseases - proven areas of application of physical activity in the prevention of diseases of various organ systems - dose-response relationships between physical activity in prevention and therapy and the scope of the effect - recording and quantification methods for assessing the effect of physical activity in different organ systems - assessment of physical performance in patients and healthy individuals - from prevention to rehabilitation: significance in the German healthcare system (from prevention, e.g. occupational health management, to aftercare, e.g. follow-up rehabilitation) and in international comparison - biopsychosocial model: ICF classification (structural damage/functionality), psycho-diagnostic screening/classification, social and occupational reintegration - medical rehabilitation: various forms of physical training, physiotherapy and occupational therapy, nutritional advice and, if necessary, dietary changes, psychological support, social support, risk factor management, patient reduction, and conveying health skills - techniques of scientific work and publishing (review, original paper, one-minute paper, poster, micro-topics) *Qualification objectives:* Students learn about and deepen their knowledge of the basics of the effects of physical activity and how to record them using different methods. They are familiar with interdisciplinary and translational possibilities for the use of physical activity in prevention and rehabilitation as well as specific diseases. Students can assess the importance of rehabilitation in the healthcare system, taking into account the occupational and social environment. They understand the impact of the patient's environment on their social and professional inclusion when health literacy is improved. They are familiar with a wide variety of training forms adapted to health status and age and can carry out some of them in conjunction with the inclusion of the risk factor load/a varied diet adapted to the disease to improve health behavior.
Module (sub-)examination (number, form, scope):	Written exam, 90 min
Independent study time (in hours (h)):	180

Courses (teaching formats)	Contact time (in hours per week per semester)	Secondary examinations (number, form, scope)		Course-accompanying module (sub-) examination(s) (number, form, scope)
		For completing the module	For admission to the module exam	
Physical Activity in Therapy and Prevention (lecture)	1	-	-	-
Rehabilitation (lecture)	1	-	-	-

Scientific Research Methods (lecture)	1	-	-	-
Rehabilitation (seminar)	1	Poster presentation (15-20 minutes) or review (approx. 10-15 pages) or one-minute paper (80 percent)	-	-
Frequency at which the module is offered:		Winter semester		
Prerequisite for taking the module:		In order to achieve the qualification objectives, it is recommended that students refresh their basic knowledge in the areas of exercise sciences and sports medicine.		
Teaching unit(s):		Physical Activity in Therapy and Prevention (lecture): Health Sciences (50%) | Sports Science/Medicine (50%) Rehabilitation (lecture): Health Sciences Scientific Research Methods (lecture): Health Sciences Rehabilitation (seminar): Health Sciences		

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PEN-15 Public Health: Applied Methods and Advanced Analysis	Number of credit points (CP): 8
Module type (compulsory or elective module):	Depends on the degree program
Content and objectives of the module:	*Content:* - neurodegenerative diseases and mental illnesses, cellular plasticity, and immunological mechanisms - effects of lifestyle interventions on neuroplasticity - complexity of neuroplasticity effects and aspects of dose-response in multimodal therapy strategies - disease-related fields of application of epidemiology and health services research - basics of implementation research - molecular epidemiology (metabolomics, transcriptomics, proteomics) - application and interpretation of epidemiological measured values, evaluation of data in epidemiological studies and health services research - molecular epidemiology (metabolomics, transcriptomics, proteomics) - application of statistical methods to specific study designs in epidemiology and health services research - advanced statistical analysis methods (e.g. linear and logistic regression analysis, Cox regression, other multivariate models e.g. PCA, meta-analysis, ROC analysis), advanced data analysis with common software packages (e.g. SAS, SPSS, R) *Qualification objectives:* Students know methods of recording and evaluating nutrition and physical activity in epidemiological and health services research studies. They can compare and evaluate key results and designs of epidemiological research and health services research. Students understand the mechanisms of action of lifestyle interventions on neuroplasticity and brain health. They can understand advanced statistical methods for the evaluation of epidemiological or healthcare data and implement them with common software packages.
Module (sub-)examination (number, form, scope):	Oral exam, 15-30 minutes
Independent study time (in hours (h)):	180 minutes

Courses (teaching formats)	Contact time (in hours per week per semester)	Secondary examinations (number, form, scope)		Course-accompanying module (sub-) examination(s) (number, form, scope)
		For completing the module	For admission to the module exam	
Biostatistics II (lecture)	1	-	-	-
Biostatistics II (seminar)	1	Exercises (50 percent)	-	-
Lifestyle Interventions and Neuroplasticity (seminar)	2	In-class presentation (15-20 minutes)	-	-

Frequency at which the module is offered:	Summer semester
Prerequisite for taking the module:	none
Teaching unit(s):	Health Sciences

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PEN-16 Exercise Science: Applied Methods and Advanced Analysis	Number of credit points (CP): 8
Module type (compulsory or elective module):	Depends on the degree program
Content and objectives of the module:	*Content:* - applied methods to record the effectiveness of physical activity in prevention and therapy - scientific quality criteria for the applied methods - validated strategies on how to dose training in prevention and therapy - rehabilitation: differentiated application of physical training for a wide range of indications, specializations, and age groups (cardiological/cardiovascular [including TAVI], pulmonary [including asthma], neurological [including stroke], oncological/ gastroenterological, rheumatological, orthopaedic diseases [including hip/knee TEP] and metabolic diseases [including obesity]) - rehabilitation: differentiated, state-of-the-art nutritional intervention/supplementation or change of diet in conjunction with physical activity, especially in the case of cardiovascular diseases together with drug therapy (e.g. IBD, diabetes mellitus, etc.) and in combination with behavioral therapy (e.g. obesity) *Qualification objectives:* Students can name and explain validated methods in the application of physical activity and justify them in a scientific manner. They can assess the dosage in training and therapy and make recommendations as well as use selective assessment criteria for the effectiveness of the methods. Students learn to recognize and classify the effects of different forms of exercise and nutrition on physiology and pathophysiology against the backdrop of existing evidence (literature search, preparation of reviews, meta-analyses if necessary).
Module (sub-)examinations (number, form, scope):	One examination of the following formats: Term paper, 15 pages Written exam, 90 minutes
Independent study time (in hours (h)):	180

Courses (teaching formats)	Contact time (in hours per week per semester)	Secondary examinations (number, form, scope)		Course-accompanying module (sub-) examination(s) (number, form, scope)
		For completing the module	For admission to the module exam	
Training Methods (lecture)	2	-	-	-
Rehabilitation: Differentiated Interventions (seminar)	2	Presentation (10-15 minutes)	-	-

Frequency at which the module is offered:	Summer semester
Prerequisite for taking the module:	none
Teaching unit(s):	Training Methods (lecture): Health Sciences (75%) | Sports Science/Medicine (25%) Rehabilitation: Differentiated Interventions (seminar): Health Sciences

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

<table>
<tr><td colspan="3">PEN-19 Public Health: Research Internship</td><td colspan="2">Number of credit points (CP): 15</td></tr>
<tr><td>Module type (compulsory or elective module):</td><td colspan="4">Depends on the degree program</td></tr>
<tr><td>Content and objectives of the module:</td><td colspan="4"><u>Content:</u>
- research internship or collaboration in a tandem research project in the field of public health (health care and health services research) including clinical studies, topic search, and exposé
- recruitment of patients
- working on participative, qualitative, and quantitative designs in health services research and epidemiology
- evaluation of data sets from the field of public health
- secondary data analysis (cohort studies)

<u>Qualification objectives:</u>
Students understand the advantages and disadvantages of various study designs and experimental concepts. They can evaluate relevant experimental data using suitable statistical methods and software tools, interpret the results, and recognize possible sources of error. They are able to find a suitable topic for an empirical master's thesis in the field of public health and prepare an exposé.</td></tr>
<tr><td>Module (sub-)examination (number, form, scope):</td><td colspan="4">Portfolio examination, on empirical research work during the internship; consisting of a project/internship report on empirical research work during the internship in publication form (CONSORT) (75 percent share, max. 20 pages) and the presentation of the project/internship report (25 percent share, 20 minutes)</td></tr>
<tr><td>Independent study time (in hours (h)):</td><td colspan="4">60</td></tr>
<tr><td colspan="5"></td></tr>
<tr><td rowspan="2">Courses (teaching formats)</td><td rowspan="2">Contact time (in hours per week per semester)</td><td colspan="2">Secondary examinations (number, form, scope)</td><td rowspan="2">Course-accompanying module (sub-) examination(s) (number, form, scope)</td></tr>
<tr><td>For completing the module</td><td>For admission to the module exam</td></tr>
<tr><td>Research Project/Internship (during the semester, full-day) (practical component)</td><td>Supervision: 4</td><td>active and regular participation (80%) in the planning, implementation, and evaluation of the empirical research project; compulsory attendance (at least 80%)</td><td>-</td><td>-</td></tr>
<tr><td>Specific Research Methods in the Field of Public Health (seminar or recitation course)</td><td>2</td><td>Exposé for the empirical research work during the internship</td><td>-</td><td>-</td></tr>
<tr><td colspan="5"></td></tr>
<tr><td colspan="2">Frequency at which the module is offered:</td><td colspan="3">Winter semester</td></tr>
<tr><td colspan="2">Prerequisite for taking the module:</td><td colspan="3">none</td></tr>
<tr><td colspan="2">Teaching unit(s):</td><td colspan="3">Health Sciences</td></tr>
</table>

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

<table>
<tr><td colspan="3">PEN-20: Exercise Science: Research Internship</td><td colspan="2">Number of credit points (CP): 15</td></tr>
<tr><td>Module type (compulsory or elective module):</td><td colspan="4">Depends on the degree program</td></tr>
<tr><td>Content and objectives of the module:</td><td colspan="4"><u>Content:</u>
- scientific application and assessment of methods to analyze the effects of physical activity in patients and healthy individuals (including kinematics, kinetics, ergometry, anthropometry, neurophysiological analyses, imaging, laboratory analyses, etc.)
- planning, conducting, and analyzing scientific studies on the effectiveness of physical activity in prevention and rehabilitation
- research internship or tandem research project incl. topic search and exposé
- laboratory work on the application of the methods mentioned above

<u>Qualification objectives:</u>
Students are familiar with specific methods, laboratory equipment, and measurement procedures in relation to concrete exercise science research projects and laboratories. They understand the advantages and disadvantages of various study designs and experimental concepts. They are able to work on extensive laboratory tasks and apply experimental designs and surveys according to previously defined scientific questions. They can analyze and evaluate relevant experimental data and identify possible sources of error. They are able to find a suitable topic for an empirical master's thesis in exercise science and prepare an exposé on it.</td></tr>
<tr><td>Module (sub-)examination (number, form, scope):</td><td colspan="4">Portfolio examination, on empirical research work during the internship; consisting of a project/internship report on empirical research work during the internship in publication form (CONSORT) (75 percent share, max. 20 pages) and the presentation of the project/internship report (25 percent share, 20 minutes)</td></tr>
<tr><td>Independent study time (in hours (h)):</td><td colspan="4">60</td></tr>
<tr><td colspan="5"></td></tr>
<tr><td rowspan="2">Courses (teaching formats)</td><td rowspan="2">Contact time (in hours per week per semester)</td><td colspan="2">Secondary examinations (number, form, scope)</td><td rowspan="2">Course-accompanying module (sub-) examination(s) (number, form, scope)</td></tr>
<tr><td>For completing the module</td><td>For admission to the module exam</td></tr>
<tr><td>Research Project/Internship (during the semester, full-day) (practical component)</td><td>Supervision: 4</td><td>active and regular participation (80%) in the planning, implementation, and evaluation of the empirical research project; compulsory attendance (at least 80%)</td><td>-</td><td>-</td></tr>
<tr><td>Specific Research Methods in Exercise Science (seminar or recitation course)</td><td>2</td><td>Exposé (approx. 2-5 pages) on the empirical thesis</td><td>-</td><td>-</td></tr>
<tr><td colspan="5"></td></tr>
<tr><td colspan="2">Frequency at which the module is offered:</td><td colspan="3">Winter semester</td></tr>
<tr><td colspan="2">Prerequisite for taking the module:</td><td colspan="3">none</td></tr>
</table>

Unofficial translation of the German original. In case of discrepancies between the two versions, the German-language version shall prevail.

Teaching unit(s):	Research Project/Internship (during the semester, full-day) (practical component): Health Sciences (50%) | Sports Science/Medicine (50%) Specific Research Methods in Exercise Science (seminar or recitation course): Health Sciences (75%) | Sports Science/Medicine (25%)

Modules at other faculties

The descriptions of the modules listed in Section 7 and in the table below are governed by the following regulations:

1. Regulations for the Module Catalog of the Faculty of Human Sciences for the Bachelor's and Master's Programs at the University of Potsdam (MK HWF). Supplementary regulations and/or deviations from the MK HWF are indicated in the table that follows.

Module code	Module title	Compulsory/ Elective Module	CPs	Participation requirements
SPO-PEN-14	Society and Health: Applied Methods and Advanced Analysis	CM	6	see MK HWF
SPO-PEN-18	Society and Health: Research Internship	EM	15	see MK HWF
CP = Credit Points, CM = Compulsory Module, EM = Elective Module				

2) Regulations for the Module Catalog of the Faculty of Science for the Bachelor's and Master's Programs at the University of Potsdam (MK MNF). Supplementary regulations and/or deviations from the MK MNF are indicated in the table that follows.

Module code	Module title	Compulsory/ Elective Module	CPs	Participation requirements
IEW-PEN-13	Nutrition Science: Basics and Methods	CM	8	see MK MNF
IEW-PEN-17	Nutrition Science: Applied Methods and Advanced Analysis	CM	8	see MK MNF
IEW-PEN-21	Nutrition Science: Research Internship	EM	15	see MK MWF
CP = Credit Points, CM = Compulsory Module, EM = Elective Module				

Appendix 2: Sample degree progress plan

Module code and name of module		Semester of study			
		1	**2**	**3**	**4**
A. Foundations					
PEN-10	Society and Health: Basics and Methods	6			
PEN-11	Public Health: Basics and Methods	8			
PEN-12	Exercise Science: Basics and Methods	8			
IEW-PEN-13	Nutrition Science: Basics and Methods	8			
B. Specialization					
SPO-PEN-14	Society and Health: Applied Methods and Advanced Analysis		6		
PEN-15	Public Health: Applied Methods and Advanced Analysis		8		
PEN-16	Exercise Science: Applied Methods and Advanced Analysis		8		
IEW-PEN-17	Nutrition Science: Applied Methods and Advanced Analysis		8		
C. Electives*					
2 of the following modules at 15 CPs each				30	
SPO-PEN-18	Society and Health: Research Internship				
PEN-19	Public Health: Research Internship				
PEN-20	Exercise Science: Research Internship				
IEW-PEN-21	Nutrition Science: Research Internship				
D. Thesis					
Master's thesis					30
Total		30	30	30	30