



Central International University-CIU

**In Partnership With
Diversity Learning Institute-DLI**

All registered in Germany and the European Union

Master's Degree in Physical & Sports Education, MA.Ed. PSE

A) Course: Physical & Sports Education, MA.Ed. PSE

Duration: 3 Semesters (18 months), 6 months per semester

Total Credits: 180

B) Module Table:

Semester 1 Modules:

Module Code	Module Name	Study Hours	Credits
PSE101	Foundations of Physical Education	120	20
PSE102	Sports Science	120	20
PSE103	Research Methodology in PSE	90	15

Semester 2 Modules:

Module Code	Module Name	Study Hours	Credits
PSE201	Advanced Pedagogy in Sports	120	20
PSE202	Sports Psychology	120	20
PSE203	Biomechanics and Kinesiology	90	15

Semester 3 Modules:

Module Code	Module Name	Study Hours	Credits
PSE301	Elective 1	120	20
PSE302	Elective 2	120	20
PSE303	Dissertation	150	25

Elective Modules (Semester 3): *Students choose two electives from a pool of options, e.g., Sports Management, Exercise Physiology, Adaptive Physical Education.*

C) Main Aims and Objectives: Physical & Sports Education, MA.Ed. PSE

1. Develop advanced pedagogical skills in physical education.
 2. Enhance understanding of sports science principles.
 3. Cultivate research proficiency in the field.
 4. Foster expertise in sports psychology.
 5. Promote biomechanical and kinesiological knowledge.
 6. Encourage critical thinking and innovation in teaching methods.
 7. Provide specialized elective options.
 8. Facilitate the completion of a comprehensive dissertation.
 9. Develop leadership and management skills in sports.
 10. Prepare graduates for diverse roles in sports education and related fields.
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D) Outline of Syllabus Per Semester:

Semester 1

1. PSE101 - Foundations of Physical Education:
 - Historical Perspectives of Physical Education
 - Philosophical Foundations
 - Motor Development
2. PSE102 - Sports Science:
 - Anatomy and Physiology for Athletes
 - Nutrition in Sports
 - Exercise Prescription
3. PSE103 - Research Methodology in PSE:
 - Quantitative and Qualitative Research
 - Data Collection and Analysis
 - Literature Review Techniques

Elective Modules (Semester 3): Topics will vary based on the chosen electives.

Semester 2

1. **PSE201 - Advanced Pedagogy in Sports:**
 - Advanced Teaching Strategies in Physical Education
 - Curriculum Design and Implementation
 - Assessment and Evaluation in Sports Education
2. **PSE202 - Sports Psychology:**
 - Personality and Individual Differences in Athletes
 - Group Dynamics in Sports Teams
 - Mental Toughness and Resilience
3. **PSE203 - Biomechanics and Kinesiology:**
 - Biomechanical Principles in Human Movement
 - Analysis of Sports Techniques
 - Injury Prevention and Rehabilitation

Semester 3 Elective Modules

4. **PSE301 - Elective 1: (e.g., Sports Management)**
 - Sports Governance and Policy
 - Financial Management in Sports Organizations
 - Marketing and Promotion in Sports

5. **PSE302 - Elective 2: (e.g., Exercise Physiology)**
 - Advanced Exercise Prescription
 - Cardiovascular and Respiratory Adaptations to Exercise
 - Nutrition for Performance Enhancement

6. **PSE303 - Dissertation:**
 - Topic Selection and Proposal Writing
 - Literature Review and Theoretical Framework
 - Data Collection, Analysis, and Discussion
 - Conclusions and Recommendations

Elective Modules (Semester 3): Topics will vary based on the chosen electives

E) Practicals in Modules:

PSE201 - Advanced Pedagogy in Sports:

- Conducting Effective Coaching Sessions
- Practical Application of Teaching Models

PSE202 - Sports Psychology:

- Psychological Skills Training Sessions
 - Case Studies and Role-Playing
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F) Structure and Duties During Industrial Attachment:

Duration: 3 months

Duties:

- Observational Learning in a Real-world Sports Setting
 - Assisting in Coaching or Sports Management Activities
 - Researching and Implementing Innovative Sports Programs
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G) Research Topics (Final Semester 3):

- The Impact of Technology on Sports Education
 - Strategies for Inclusive Physical Education
 - Athlete Motivation and Performance
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H) Benefits of Pursuing the Course:

1. Enhanced Teaching Skills
2. In-Depth Sports Science Knowledge
3. Research Proficiency
4. Career Diversification in Sports Management
5. Leadership and Management Skills
6. Advanced Pedagogical Techniques
7. Contribution to Community Health
8. Networking Opportunities
9. Access to Cutting-edge Research
10. Personal and Professional Growth

I) Entrepreneurship Benefits:

1. Establishing Sports Coaching Academies
 2. Consulting in Sports Science and Rehabilitation
 3. Developing Specialized Fitness Programs
 4. Sports Event Management
 5. Health and Wellness Entrepreneurship
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J) Inventions and Discoveries:

- Innovative Teaching Models
 - Sports Equipment Design
 - Technology Integration for Performance Analysis
 - Adaptive Sports Gear for Differently-abled Individuals
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K) Companies/Institutes for Graduates:

- Local related firms
 - International Olympic Committee
 - Nike
 - Adidas
 - Local and international educational institutes and Sports Authorities
 - Universities and Schools with Sports Programs
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L) Recommended Books and Materials:

- "Foundations of Physical Education, Exercise Science, and Sport" by Wuest and Fisette
- "Sport and Exercise Psychology: A Canadian Perspective" by Crocker et al.
- "Research Methods in Physical Activity" by Thomas and Nelson