

The selected 24 students will be equally distributed to three home universities: **University of Jyväskylä (JyU)**

,  
**Lund University (LU)**

and

**University of Thessaly (UTH)**

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The students spend the first, third and fourth semesters at the appointed home university. For the second semester all students go to the

**host university Leipzig**

. Students select modules equal to 30 ECTS for each semester.

During the **first and second semesters**, the students will learn the core substance areas, theories and methods of SEP, and begin the planning for the Master's thesis. The **semester 3**

may include a second mobility period, which provides additional opportunities for students to increase their intercultural competence as well as to benefit from the specific expertise of partner institutions.

**This mobility is obligatory for those who have obtained their last degree in the country of the selected home university and optional for others**

. For

**semester 4**

, students return to their EMSEP home university to complete their Master's thesis.

Collaboration between students and teachers of the consortium continues throughout the programme with the help of a virtual learning environment.

The structure, mobility and modules for the whole EMSEP course are described in:

<https://www.jyu.fi/sport/en/study/programmes/emsep/outline>

**Modules in University of Thessaly**

**Table 1**

	Modules		ECTS	
		1		
1	<a href="#">Research Method and Statistic</a>	C	6	
2	<a href="#">Psychological Foundations of Sport and Physical Activity</a>	C	10	
3	<a href="#">Psychological skills in physical activity and sports</a>	C	6	
4	<a href="#">Psychology in physical education and youth sports</a>	C	6	
		2		
5	<a href="#">Psychology of Adapted Physical Activity</a>	O	8	
6	<a href="#">Counseling Principles and Special Issues in Sport</a>	O	8	
7	<a href="#">Promoting Health, Exercise and Recreation programs</a>	O	8	
8	<a href="#">Motor Learning, Physical Activity, and Health</a>	O	8	
		3		
9	<a href="#">Physical activity and health education I</a>	O	4	
10	<a href="#">Physical activity and health education II</a>	O	4	
11	<a href="#">Psychology of physical activity in the elderly I</a>	O	4	
12	<a href="#">Psychology of physical activity in the elderly II</a>	E	4	
13	<a href="#">Analysis of quantitative data</a>	O/C	4	
14	<a href="#">Analysis of qualitative data</a>	O/C	4	

**Table 2**

	Seminars		ECTS	
		1		
1	<a href="#">Training academic skills</a>	C	2	
		2		

1	Developing research proposal	C	3
2	Psychological Skills Training	C	3
		<b>3</b>	

1	<a href="#">ICT applications for sport and exercise</a>	C	3
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**Table 3**

		ECTS
Practicum (Semester 3)	C	15
Master's thesis (Semester 4)	C	30

*C = Compulsory, O = Optional, O/C = students must select either one of the two modules, or both*

- The minimum duration of each semester is 12 weeks. Each lecture lasts 3 teaching hours. Students are evaluated for each module based on their performance in the module assignments (essays, presentations, exams) according to the guidelines provided for each module.
- Attendance for all modules taken is compulsory.
- Modules run in small classes and emphasis is placed on autonomous and cooperative learning. Teaching is delivered in English.
- In addition to the department's staff, professors and experts from domestic and foreign Universities will be often invited to teach, in particular professors from the European University Network that runs the European Master of Sport and Exercise Psychology.