

“your COACHING,  
your MASTERS,  
your FUTURE.”

Executive Master of Arts

# Innovative Coaching in High Performance Sports

## Major overview

*This full Masters' Program builds the bridges between the foundations for successful innovative coaching in modern high-performance sports. Coaching demands a multifaceted skill set, ranging from athlete management and scientific knowledge to effective communication and adaptability in an ever-evolving field.*

**Eng**  
Language

**Full Masters'**  
120 ECTs

**2**  
years

Take  
Your Game  
Higher.

Master of Arts

**Innovative Coaching**

**in High Performance Sports**

# FOR. Whom



# GOAL. Why

-  **Manage**  
*Physical and mental well-being of athletes*
-  **New approaches**  
*to integrate all data into training plans*
-  **Interpersonal skills**  
*how to motivate and communicate effectively*
-  **Navigating**  
*complexities of administrative & organisational aspects*
-  **Flexibility & problem-solving**  
*abilities to adapt to unexpected setbacks*

# Program.

## Content

1. Movement Science & Biomechanics
2. Training & Teaching
3. Sport Psychology & Methods
4. Health, Nutrition & Performance
5. Sport Management & Leadership
6. Mentorship Practical Application
7. Sport Specific Coaching
8. Professional Masters' Thesis

**Part-Time**  
study

**3-8**  
flexible  
Semester

**10**  
Partner  
companies

**8500€**  
entire Masters'

**VR**  
glasses

## Place.

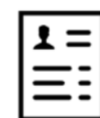


**85%**  
online

**15%**  
live

Mainz, Germany  
**Johannes Gutenberg-University**  
Sports institute

## APPLY.



### Application Period

15.01.2024 - 15.04.2024



### Semester starts

13.05.2024



### Requirements

No mandatory Bachelor's required, English B2,  
Professional experience in High Performance Sport  
is mandatory

Scan below



Contact

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Sports science

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