Sport Sciences

How to identify and develop the sport talent of the future? What influence does physical activity have on a child's motor and cognitive development? How can we analyze and optimize performance and prevent injuries in sports? How do people use vision to control their actions?

The two-year research-driven Master's degree program in Sport Sciences gives you insights into these questions.

Does this suit you?
Are you interested in the cognitive, psychological, and physiological basis of sports performance? We offer training in state-of-the-art research to understand scientific and applied issues. You can experience what it is like to be an (embedded) sports scientist. Through developing scientific and practical skills, measuring, analyzing and reporting on sports performance and physical activity, you will be prepared for a position in a sport-related workplace.

Program content
The master program Sport Sciences offers a multidisciplinary approach to the scientific study of team- and individual-sports and physical activity on a recreational and athlete level. Within the program, you can specialize in four research areas: 'talent identification and development', 'physical activity and cognition in children and youth', 'performance analysis, optimization and injury prevention in (team)sports', and 'perception, action and decision making in sports'. You can gain experience with statistics and methodology (such as big data) and academic skills (such as presentation skills). You can specialize in a specific topic of interest by taking (external) courses or carry out an academic assignment, which could involve gaining teaching or applied research experience with one of our partners in top sports.

The main focus of the second year of the master program is the master graduation project. This project can be done internally, externally or abroad with one of our research partners. These partners are national and international sports federations and clubs, as well as research institutes and private partners.

Professional field
Researcher, scientific advisor, embedded scientist, lecturer, policy officer, product or program developer. The professional field includes universities, research institutes, sport institutions, municipalities, government, educational institutions.

Perception and action
Obviously, any human action is impossible without perception. Running on the football pitch, coordinating actions with those of team mates and opponents, seeing the opportunities for successful actions, all this needs perception. And what is true for the football player on the pitch also applies to human action in general.

Admission and application
– Bachelor’s degree (Bachelor of Science) in Human Movement Sciences or a related field (e.g. Sport and Exercise Sciences, Kinesiology etc.).
– Proof of English proficiency is required.

For more details on admission go to the website. You can apply online, please go to www.rug.nl/howtoapply.

Application deadline:
1 July (Dutch) / 1 May ((non)-EU/EEA)

Want to know more? More information on study and information events can be found on www.rug.nl/masters/sport-sciences
After gaining a lot of theoretical knowledge and skills during the bachelor, it was time for me to gain more in-depth knowledge in sports related themes. During the master it became clear that I have full control over my own skill-development. Additionally, to acquiring specific knowledge, I also opted for courses where I could develop myself in critical and efficient reading of articles, writing and presenting. The master program offers you, among other things, the opportunity to complete an extensive internship in the second year. For example, I am a trainee at FC Groningen where, in addition to my own graduation project on analyzing the relationship between pass options and success, I am involved in monitoring, testing and measurements for the youth teams. Once I graduate I would like to apply my acquired knowledge in a (top-) sports environment where I can combine sports science with data science.