

MSc & MPE
dual degrees
programme
in International
Sports
Coaching Science



國立體育大學
National Taiwan Sport University



Testnevelési Egyetem
University of Physical Education, Budapest





**Information on our master programme
in international Sports Coaching Science**

Being an elite sport coach requires years of experience and opportunities to work with talent athletes. The MSc & MPE programme could largely shorten the learning process by providing genuine courses delivered by a great combination of professional lecturers from two elite sport universities. Our master programme offers full time sport coaches or student-athletes a unique opportunity to enhance their understanding of coaching science, the scientific skill of working with professional athletes, and the ability of supervising the training programme for a sport team. Each student will also be certified as a professional strength and conditioning coach after taking part in series of academic and practical sessions. Each student's objective and goals are different and our dedicated teaching faculty, coaches and performance specialists will work diligently to make sure their needs are met.





National Taiwan Sport University (NTSU) has educated Olympic medalists and leaders for professional sports coaches and sports scientists in Taiwan over the past 30 years. As a sport-specialised higher education institute, members in NTSU are also active in sport/exercise related societies in Asia and dedicated to make NTSU the leading sport institute in Asia.





University of Physical Education, Budapest

(TF), with 89 years of history, has produced more than 180 Olympic medals, is a leading sport-specialised institution of higher education located in Europe. It is the largest, most comprehensive and the oldest centre for physical education and training of sport in Hungary. In this dual degrees programme, senior lecturers will come to NTSU campus to join the teaching faculty.

The MSc & MPE dual degrees programme in International Sports Coaching Science combines the methodology and content of the Asian and European approach in coach education. The purpose of the MSc & MPE programme is to identify those elements, which are useful in the European model and its combination with and adaptation into the Asian circumstance may enrich the quality of the coach education in Asia. The European and Asian conceptual thinking in coach education can be efficiently merged and embedded into a new aspect of coach education.





Merits - Why Us?

1.

Dual Degrees

Students who meet all the graduation requirements will receive dual MSc and MPE degree certificates in International Sports Coaching Science.

2.

Budget & Authentic European Education

Students receive authentic European higher education and learn the European model of success with less than half expenses for studying in Europe. All students will register in both universities and enjoy equal support from both universities, e.g. access to online e-journals database of both universities, career advice service.

3.

Professional Certificate for Strength and Conditioning Coach

Two teaching faculty members will introduce strength & conditioning course and latest concept of training monitor into this programme from East Tennessee State University, USA. All students will be awarded a Certificate for Strength and Conditioning Coach after passing exams.

4.

Get Involved with Professional Teams

Students have opportunities to get involved with 20 professional sport teams in NTSU as an intern coach or student-athlete. The campus is beautiful and large with good training facilities and quick access to the modern capital – Taipei city with MRT.

5.

Access All Sports Facilities

All students can access all sports facilities with cheap entry fee (e.g. swimming pool & indoor tennis centre) or free of charge (e.g. fitness centre before 4pm, tracks, badminton court in the evening, outdoor tennis court, outdoor basketball court...)

6.

Opportunity to study in beautiful Budapest

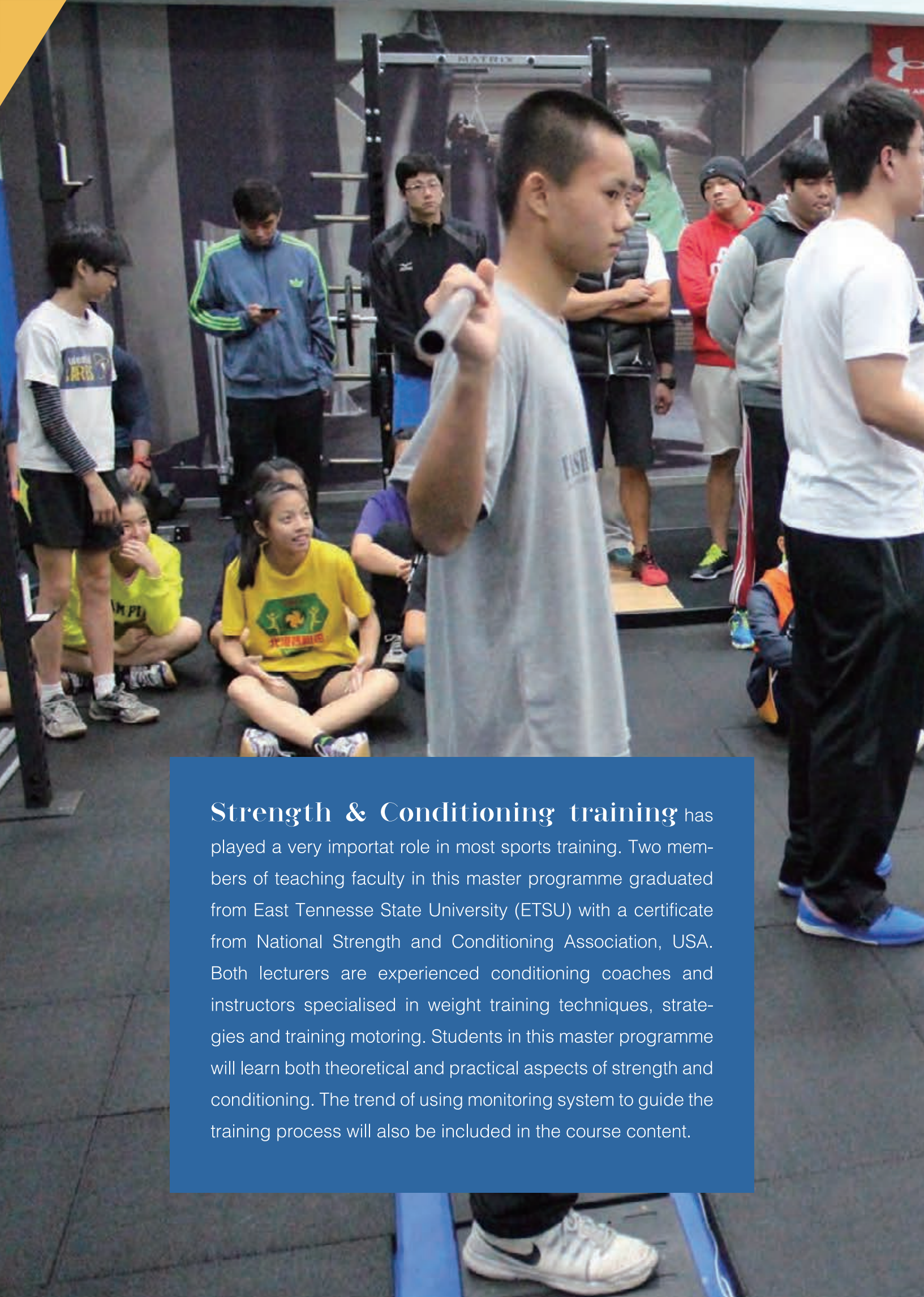
All students will have to take part in final exams & Graduation Day in TF in the end of 4th semester. Therefore, students could have opportunity to explore Budapest and to meet friends on TF campus.

7.

More Opportunities in Coaching Career

After learning the European model and concept in sports coaching, students can merge into their local culture or system in order to improve performance in their coaching career, or seek for the working opportunity in EU countries as a coach.





Strength & Conditioning training has played a very important role in most sports training. Two members of teaching faculty in this master programme graduated from East Tennessee State University (ETSU) with a certificate from National Strength and Conditioning Association, USA. Both lecturers are experienced conditioning coaches and instructors specialised in weight training techniques, strategies and training monitoring. Students in this master programme will learn both theoretical and practical aspects of strength and conditioning. The trend of using monitoring system to guide the training process will also be included in the course content.









Taoyuan city





National Taiwan Sport University is located in **Taoyuan city**, which is located at the edge of the Greater Taipei Region, with MRT connecting to Taipei centre. Due to trade prosperity in recent years and the proliferation of job opportunities, Taoyuan has developed into a major economic district in Northern Taiwan. Large number of passengers and freight transport has made Taoyuan International Airport (TPE) the most important gateway of Taiwan to the outside world. Taoyuan has transformed from an agricultural based city into an economical metropolitan city, where there are many headquarters of international enterprises, such as hTC, CMC, MITAC, Quanta...etc. Taoyuan is not only the start point for all foreign travelers to explore Taiwan, many beautiful and popular tourism spots can also be found in the city.

Taipei, the capital of Taiwan, where you can be led into a world of fascination contrasts – a mix of modern and traditional with a generous dash of energy and friendly smiles to make it a multi-faced treasure that makes you want to stay longer.

Just a few minutes away from the heart of the city you can soak away the cares of the world in mineral-rich hot springs nestled in the lush mountain foothills ringing the Taipei Basin. And throughout the city there are plenty of trails, parks, and other oases of tranquility to lift and invigorate your spirits.



Taipei



Semester Arrangement/

<i>Lecturing</i>	<i>Internship & research work</i>	<i>Final paper & oral exams and thesis write-up</i>
1st Semester 2nd Semester	3rd Semester	4th Semester @TF
@NTSU	<i>Choose one</i> @NTSU @TF @Home country	
Course Lecturing & E-Learning	E-Learning	

Detailed list of modules/

- Natural Science:

Anatomy

Physiology

Human biology

Training theory

High performance analysis

Biomechanics

Biochemistry

Exercise physiology

Prevention

Injuries

Rehabilitation

Sport nutrition and doping



■ **Social Science:**

Sport psychology

Sport pedagogy

Ethics and sport

Philosophy and sport

Models and talent identification

Talent management and development

Long term athlete development

Sport policies

Leadership and strategies in sport

International affairs in sport

Social inclusion and volunteering

Dual career

Sport and media





- **Sport Field Practice:**

- General and sport specific warm up and cool down*

- Stretching*

- Strength and conditioning*

- Field experience (internship)*

- Training theory*

- Training and coaching*

- Periodisation*

- **Thesis:**

- Research design and methods*

- Literature review*

- Data analysis and statistics*

- Thesis I*

- Thesis II*

- Thesis III*

- Thesis IV*

Admission Requirements/

For successful admission to MSc & MPE dual programme must submit:

- *Online application form for Master Programme in International Sports Coaching Science (check <http://acad.ntsuh.edu.tw/programme/frmProgrammeMain.aspx>).*
- *Copy of graduation certificate from your highest educational institution completed (in Mandarin Chinese or English translation). A BSc degree is required. A reference letter to identify your working experience in sport if you do not hold a degree in exercise or sports related area.*
- *Proof of English proficiency via IELTS scores (5.5, minimum 4.0 in subtests) or equivalent level in other English language test.*
- *Copy of valid Passport.*

Tuition/

*Tuition fee will be **650,000 NTD** for 2 years course (equals to about 21,600 USD, varies with exchange rate, the tuition fee should be paid 325,000 NTD every year), accommodation fee is not included. 10% of the tuition fee will be required as the deposit after receiving official Admission Letter.*



Dates & Deadlines/

■ Application deadline: **30th June**

1st semester	<i>1st August to early October</i>
2nd semester	<i>mid-February to early April</i>
3rd semester	<i>1st August ~</i>
4th semester	<i>1st August ~</i>
Final exams & Graduation day	
<i>early June</i>	

Accommodation/

*Students can choose to stay on-campus or off-campus. If students choose to stay on-campus, shared twin rooms will be provided in Pu-Yuan Education Training Centre with a monthly rental fee **15,000 NTD**. Students should find accommodation before their arrival at National Taiwan Sport University. In the 4th semester, TF will assist students to find accommodation in Budapest on students' cost.*

Cost of Living/

*We estimate that your living costs will be around **25,000 NTD** per month (including accommodation and food). Your budget will mostly depend on how you manage your free time (e.g. travelling, eating out,*

VISA/

All students need to apply for a student visa at an Embassy of Republic of China or Taipei Representative Office in your country or neighborhood country.





Your Contact/

Coordinator/

Centre for International Affairs

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NTSU



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<http://iscs.ntsus.edu.tw>