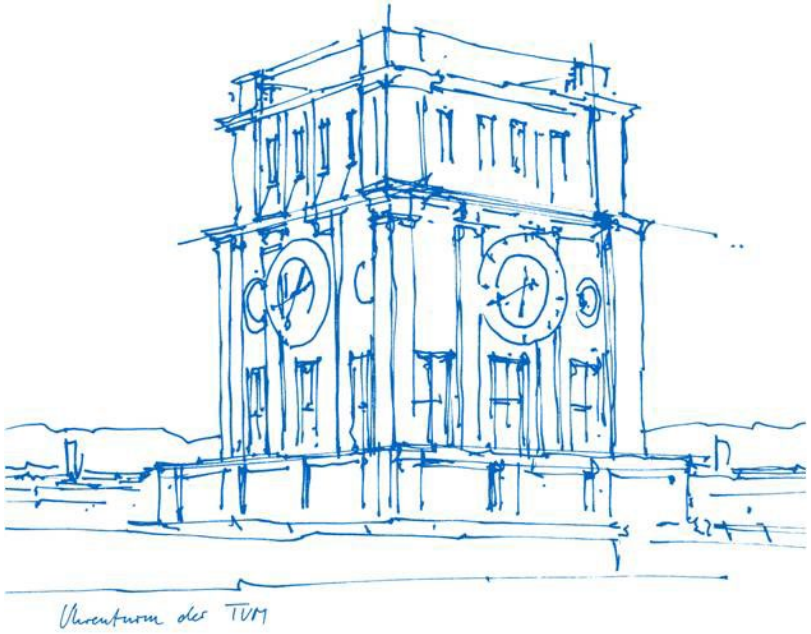
Welcome and Introduction
Winter semester 2025/26
M.Sc. Health Science – Prevention and Health

Technical University of Munich

TUM School of Medicine and Health

Munich, October 07, 2025



TUM Campus im Olympiapark

The heart of health and sport sciences

Please be aware of the house rules at the entrance.

Sport- und gesundheitswissenschaftliche Studiengänge →

Professional Profile Gesundheitswissenschaft

B.Sc. Gesundheitswissenschaft
M.Sc. Health Science - Prevention and Health Promotion

Academic Program Director
Univ.-Prof. Dr. Manuel Spitschan
Professional Profile
Gesundheitswissenschaft

Professional Profile Sportwissenschaft

B.Sc. Sportwissenschaft
M.Sc. Sport & Exercise Science

Academic Program Director
Univ.-Prof. Dr. Karsten Köhler
Professional Profile
Sportwissenschaft

Professional Profile Lehramt Sport

Lehramt an Gymnasien
Lehramt an Realschulen
Lehramt an beruflichen Schulen
Lehramt an Mittelschulen (Unterrichtsfach)
Lehramt an Mittelschulen (Didaktikfach)
Lehramt an Grundschulen (Unterrichtsfach)
Lehramt an Grundschulen (Didaktikfach)
Basisqualifikation Sport für das Lehramt an Grund- und Mittelschulen

Academic Program Director
Univ.-Prof. Dr. Jörg Königstorfer
Professional Profile
Lehramt Sport

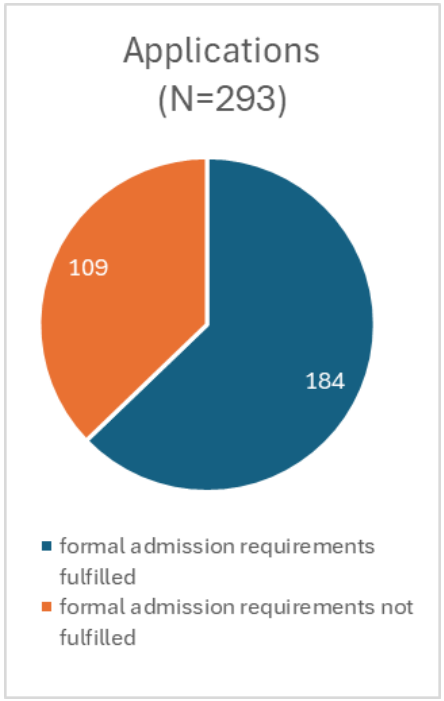
Master of

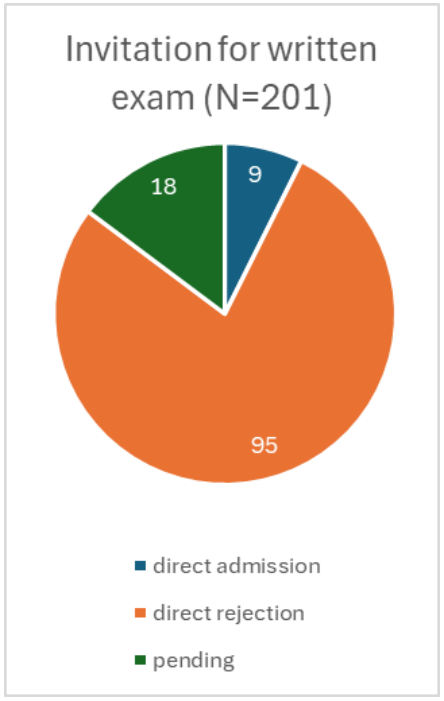
Health Science – Prevention and Health Promotion, M.Sc.

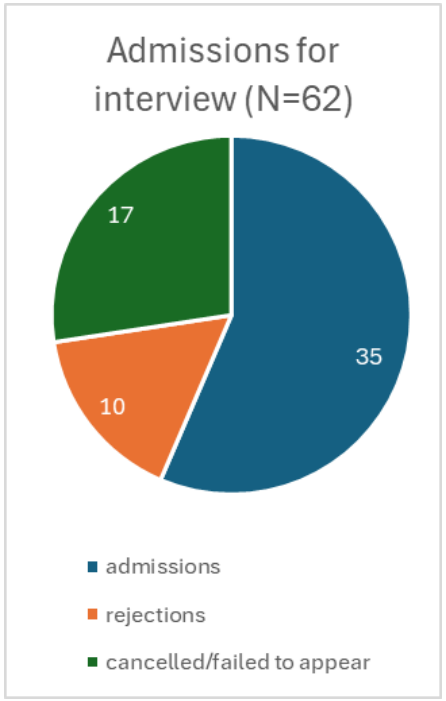
Technical University of Munich

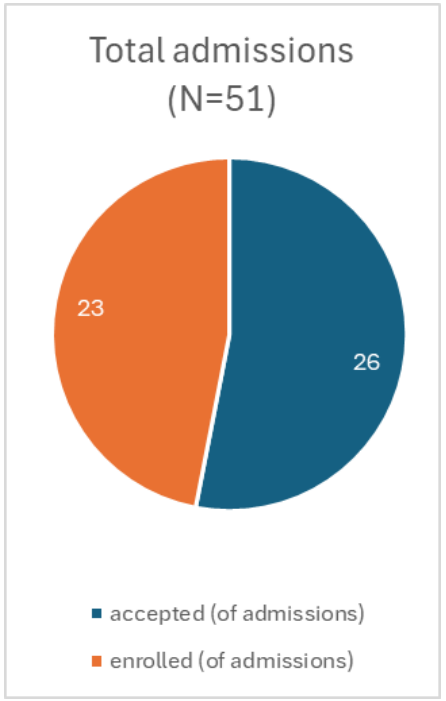
TUM School of Medicine and Health

Statistics on application procedures for the winter term 2025/26 (As of October 1, 2025)

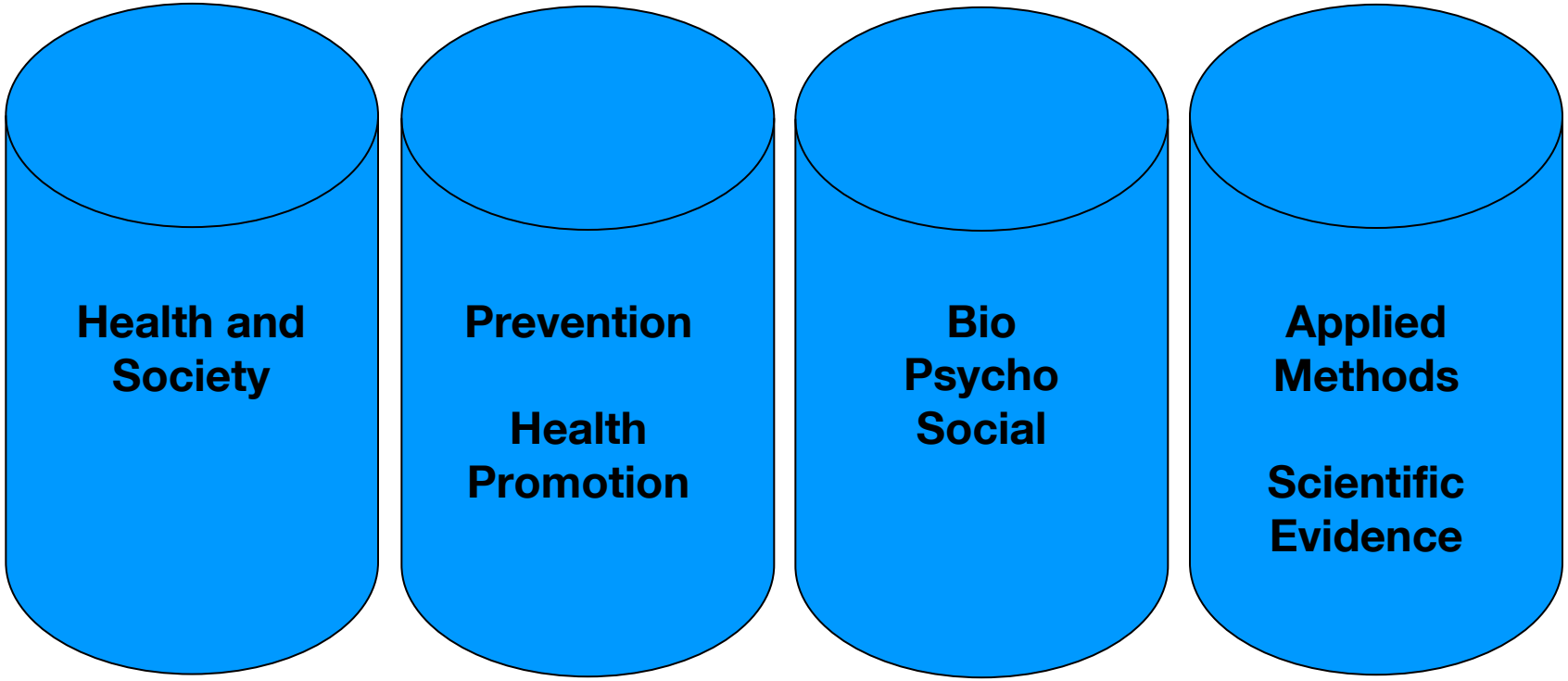




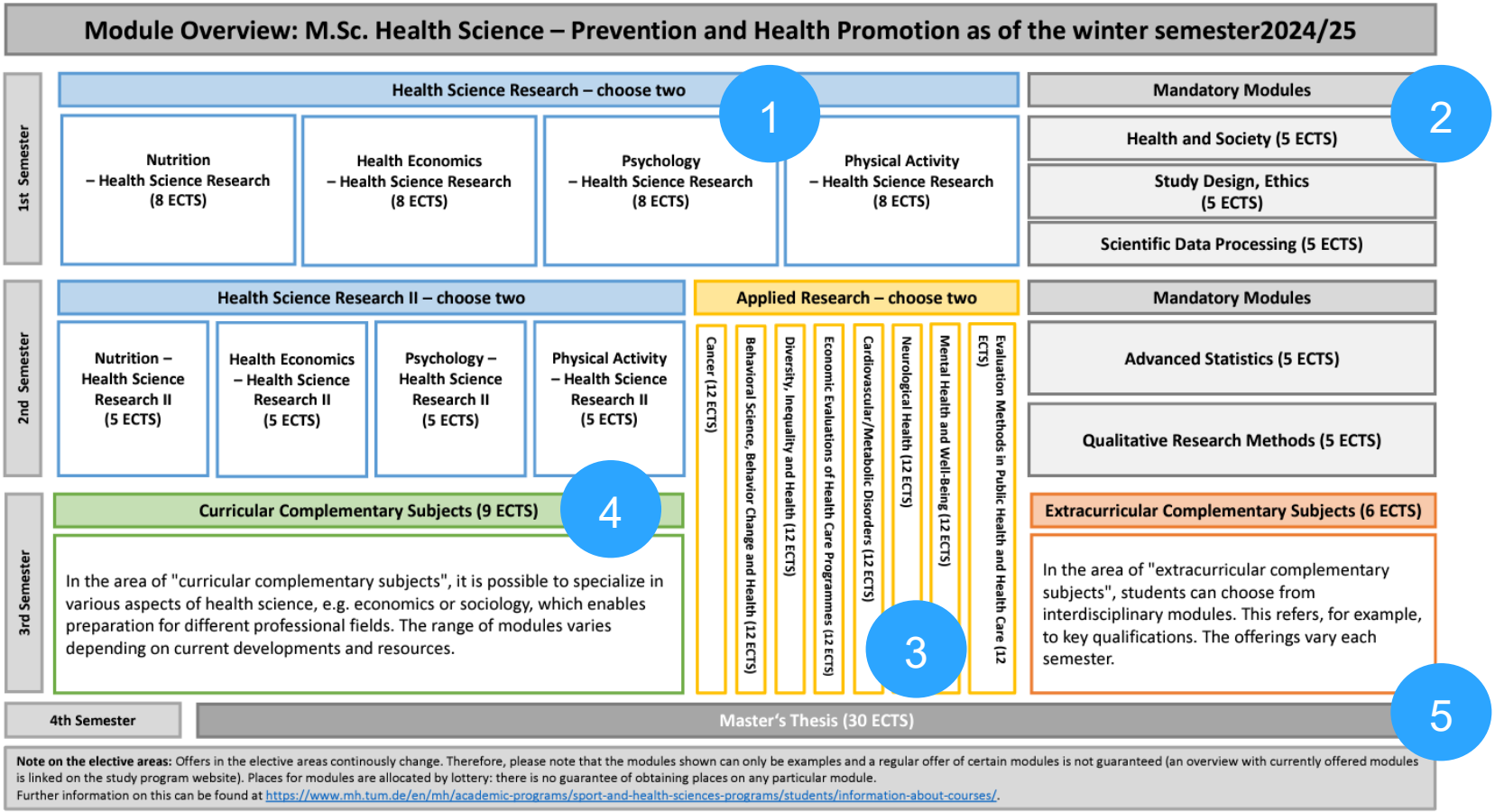




Components of Master of Health Science at TUM



Educational Organization: 5 central units



Course enrollment: 1st Semester

Module-number	CP	Title of module	Responsible	R/E [1]	Form	SWS [2]	Title of course	Exam (german/english), duration	Language
[1] required/elective module [2] weekly hours per semester									
1st semester									
MH160004	5	Health and Society	Richter	R	L	2	Introduction to Health and Society	Klausur/written exam 90 min	englisch
					Ex	2	Health and Society		
MH160005	5	Study Design, Ethics	Klug	R	L	2	Advanced Study Design, Ethics	wiss. Ausarbeitung + Klausur Research paper + written exam 90 min	englisch
					Se	2	Applied Study Design, Ethics		
MH160006	5	Scientific Data Processing	Sudharsanan	R	Ex	4	Scientific Data Processing	Klausur/written exam 60 min	englisch
Choose (16 Credits required)									
MH160007	8	Nutrition - Health science Research	Köhler	E	L	2	Nutritional Prevention Strategies and Research	Klausur/written exam 90 min	englisch
					Ex	2	Methods of Nutritional Assessment and of Body Composition Measurement		
MH160008	8	Physical Activity - Health Science Research	Hermsdörfer	E	L	2	Physical Activity in Health Science - Assessment and Intervention	Klausur/written exam 90 min	englisch
					Se	2	Physical Activity in Health Science - Journal Club		
					Ex	2	Physical Activity in Health Science - Practical Project		
MH160009	8	Psychology - Health Science Research	Ebert	E	L	2	Methodologies in Psychological Prevention I	Präsentation/presentation Übungsleistung /exercises (SL)	englisch
					Se	2	Research Methods in Psychological Prevention		
MH160010	8	Health Economics - Health Science Research	Sundmacher	E	L	2	Introduction to Health Economics	Klausur/written exam 120 min	englisch
					Ex	2	Health Economics		

Example:

- [MH160005] Study Design, Ethics
  - [MH1600052] Study Design, Ethics - Research Methods (Scientific Work)
  - [MH1600051] Study Design, Ethics - Research Methods (Written Exam)
  - Advanced Study Design, Ethics
  - Applied Study Design, Ethics

Orange = Module
Green = Exam
Red = Lecture

Module coordinators – 1st Semester

Mandatory modules:

Prof. Dr. Stefanie Klug, MPH (Study Design, Ethics)

Prof. Dr. Nikkil Sudharsanan (Scientific Data Processing)

Prof. Dr. Matthias Richter (Health and Society)

Elective modules (two required):

Prof. Dr. Köhler (Nutrition - Health Science Research)

Prof. Dr. Joachim Hermsdörfer (Physical Activity – Health Science Research)

Prof. Dr. David Ebert (Psychology – Health Science Research)

Prof. Dr. Leonie Sundmacher (Health Economics– Health Science Research)

Timetable – all courses 1st Semester WS 25/26

Time	Monday	Tuesday	Wednesday		Thursday		Friday	
08:15–09:45		Physical Activity in Health Science – Practical Project GR1	Scientific Data Processing GR 2	Applied Study Design; Ethics GR1	Physical Activity in Health Science – Practical Project GR2		Applied Study Design; Ethics GR3	
10:15-11:45	Methodologies in Psychological Prevention I	Introduction to Health Economics		Applied Study Design; Ethics GR2	Physical Activity in Health Science – Journal Club GR1	Physical Activity in Health Science – Journal Club GR2	Applied Study Design; Ethics GR4	
12:15-13:45	Health & Society GR1	Advanced Study Design, Ethics	Health Economics Exercise GR1		Introduction to Health & Society		Nutritional Prevention Strategies and Research	
14:15-15:45		Scientific Data Processing GR1	Methods of Nutritional Assessment and of Body Composition Measurement GR1				Physical Activity in Health Science – Assessment and Intervention (14:15-15:45)	Research Methods in Psychological Prevention GR1 (14:00-18:30)
16:15-17:45	Health & Society GR2		Methods of Nutritional Assessment and of Body Composition Measurment GR2					

Delayed arrival to Munich

- Everyone who can not be on time in Munich due to VISA problems or is not yet fully enrolled and therefore needs to register for courses afterwards:

➡ Write an email to: smartstart.sto@mh.tum.de

Dates in winter term 2025/26

Freshman Reception „Welcome@TUM“

Monday, **October 13, 2025**, from **4:00 p.m.**

On the Campus Garching. Further Information:

https://www.tum.de/en/news-and-events/events/welcometum

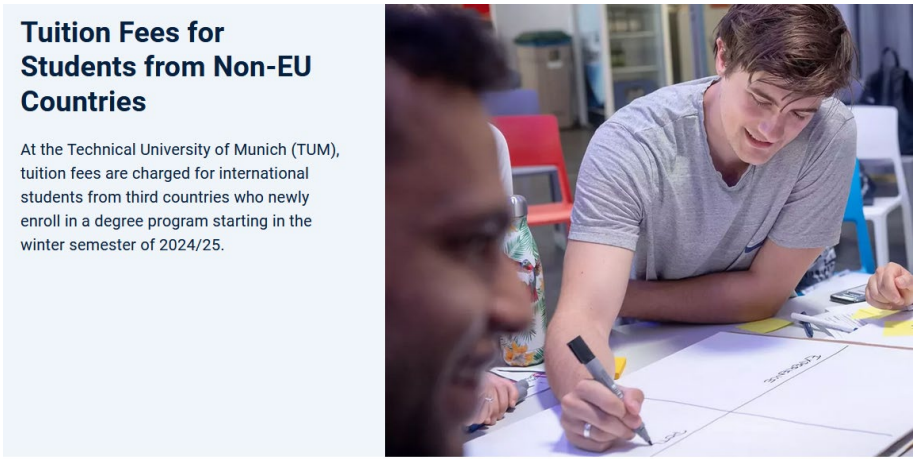
- Dates (winter term): Available for download from www.mh.tum.de
  Study programs ➡ News/Important Information

- Lecture registration period: 06.10.2025 – 07.10.2025
- Lecture period: 13.10.2025 – 06.02.2026
- Exam registration period: 01.11.2025 – 26.01.2026
- Examination period: 07.02.2026 – 28.02.2026

Tuition Fees for Students from Non-EU Countries

Since winter semester 2024/25: Tuition fees for international students from third countries: https://www.tum.de/en/studies/fees/tuition

- Waiver scholarships, exemptions and waivers for international students : https://www.tum.de/en/studies/fees/tuition/scholarships-and-waivers



Academic progress check (Studienfortschrittskontrolle)

§10 APSO, General academic & Examination regulations Bachelor & Master

Moreover, in Master programs the following number of credits must be earned in the modules specified in the pertinent FPSO (degree program study and examination regulations) (§38):

1. Minimum of **30 credits** by the end of the **third semester** in which the student is registered for courses awarding credits toward the degree
2. Minimum of **60 credits** by the end of the **fourth semester** …
3. Minimum of **90 credits** by the end of the **fifth semester** …
4. Minimum of **120 credits** by the end of the **sixth semester** …

§ 38 FPSO: In addition, at least one module exam from the basics must be successfully completed by the end of the second semester.

s. https://www.tum.de/en/studies/during-your-studies/organizing-your-studies/statutes-regulations

s. Website ➡ Study programs ➡ M.Sc. Health Science ➡ Information & Download ➡ FPSO

Master Thesis 5

- General regulations applying to the Master thesis: general academic and examination regulations (APSO) & degree program and examination regulations (FPSO).
- You have to register for your thesis after you have identified your topic and had it approved by your principal advisor. The registration is done by the supervisors.
- The permissible amount of time between registering for and submitting the thesis is specified in the FPSO of your degree program and comprises 6 months.
- For the Master thesis, 30 credits will be awarded. (Calculated workload of approximately 900 hours)
- Once your thesis is finished, you have to submit it within the corresponding deadline.
- The thesis is to be assessed within two months from the date of submission (§ 18 (11) APSO).
- For the period in which you are working on your thesis at TUM, from registration to submission, (+ where applicable, any supplementary requirements in conjunction with your thesis, such as a final colloquium or oral exam) you must remain enrolled in your degree program (cp. § 6 (3), APSO).

Important information about your study program

Important information about M.Sc. Health Science you can find on https://www.mh.tum.de/en/mh/academic-programs/sport-and-health-sciences-programs/students/ ➡ Study programs ➡ M.Sc. Health Science ➡ Downloads

e.g.: structure of modules:
https://www.mh.tum.de/fileadmin/w00ckv/mh/Studium/Sport-_und_gesundheitswissenschaftliche_Studiengaenge/Studierende/2_Masterstudiengaenge/MHS/20240808_Modular_Structure_MHS.pdf

e.g.: Academic and Examination Regulations (FPSO) of M.Sc. Health Science:
https://www.tum.de/en/studies/during-your-studies/organizing-your-studies/statutes-regulations#statute;c:Health%20Science%20-%20Prevention%20and%20Health%20Promotion

Career Opportunities

The Health Science program prepares students for work in

-Research
-Prevention
-Rehabilitation
-Planning and management of care

-Public Health
-Epidemiology
-Health care systems
-Health economics
-Health politics
-Digital Health

And many many more opportunities…

Career Opportunities

Potential areas of employment:

-Prevention centers

-Rehabilitation centers

-Planning, conduct and evaluation of prevention and health promotion programs e.g. in companies

-Service providers (e.g. pension, health or care insurances)

-Health research e.g. at the University

-Ministeries of Health, Governments, national and local health authorities

-Pharmaceutical industry, Start-up companies

-World Health Organization, NGO‘s

TUM Language Center

- Knowledge of the german language is important for success in the job market
- Programs from the TUM Language Center
  https://www.sprachenzentrum.tum.de/en/sz/homepage/

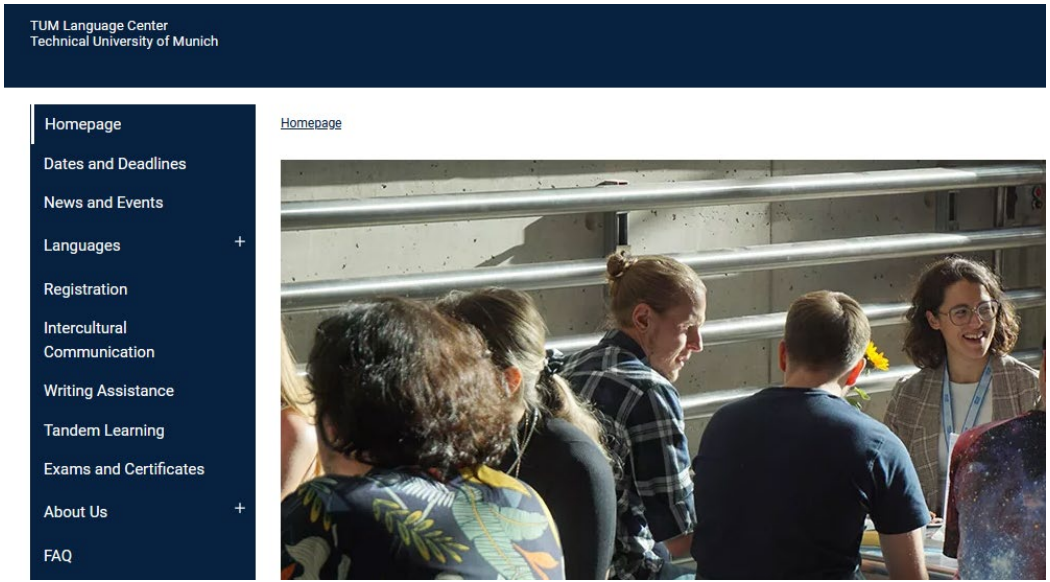


Image: TUM Language Center

TUM Language Center

sprachenzentrum@tum.de

Christine Reulein
Lektorin Deutsch als Fremdsprache

Technical University of Munich, October 2025

Sprachberatung / German Language Consultation

- Speaking – Writing - Learning

Our team of **lecturers** and **language fellows** advises you during all phases of your language learning process.

We support you in preparing for presentations and job interviews, revising application letters, long-term writing projects, and clarifying questions about grammar, pronunciation, and style!

- Choose a consultant and a suitable time in our booking calendar
- Duration of the session: 45 minutes - online or on campus
- Max. 12 appointments per semester
- Bring your topics, texts and questions and we'll work on it together.

tum.sprachberatung on Instagram →

Sprachberatung Website →

Matrix-Chat

Get access to interesting additional information to enhance your studies!

- Internship and job offers
- Short notice modules
- Events & more regarding your studies

Log in via the domian matrix.tum.de (#Master_Health_Science)

Browser

Google Play

IOS

F-Droid

Semester representatives

- **Who is available?**
- Big responsibility
- Connection between lecturers and students
- 3 to 4 students

➡ Interested?

E-Mail with name and contact info to: smartstart.sto@mh.tum.de

Contact person for requests at TUM & the School

➡ Meet and talk to them at the School fair!!

Team Academic and Student Affairs M.Sc.

Executive Officer

Daniela Pfarr • studentoffice.sto@mh.tum.de

Grade and Examination Management

Beate Hufnagel • pruefung.gsw.sto@mh.tum.de

Student Advisory Service

Annette Bauer (Dipl.Soz.-Wiss.)

studium.gsw.sto@mh.tum.de

Phone:	+49 89 – 289 – 24798
Open office hours:	Tu, 8:00 a.m. – 10:00 a.m.; room: 01.2334.110, CiO
Phone office hours:	Th, 8:00 a.m. – 10:00 a.m

Other consultation hours by appointment

Stephanie Räbiger (Dipl.-Sportwiss. (Univ.)

studium.gsw.sto@mh.tum.de

Phone:	+49 89 – 289 – 24716
Open office hours:	We, 01:00 – 03:00 p.m; room: 01.2334.110, CiO
Phone office hours:	Mo, 12:00 p.m. – 2:00 p.m.

Other consultation hours by appointment

Student Advisory Service

Valérie Lechevallier (LL.M.)

studium.gsw.sto@mh.tum.de

Phone: +49 89 – 289 – 24620

Consultations: via appointment

Course Management

Andreas Fischnaller

E-Mail: lehrveranstaltung.sh.sto@mh.tum.de

Adresse: TUM Campus im Olympiapark , Am Olympiacampus 11, 80809 München

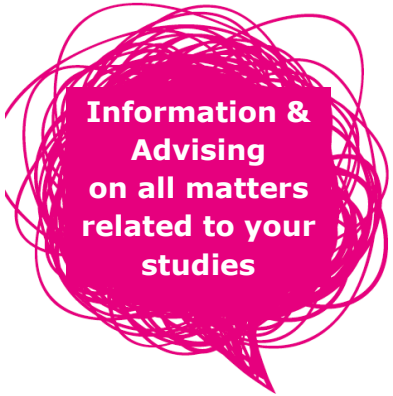
Zimmer: 01.2334.117

Tel.: +49 - 89 - 289 – 24683

https://www.mh.tum.de/mh/studium/sport-und-gesundheitswissenschaftliche-studiengaenge/studierende/lehrveranstaltungsanmeldung/

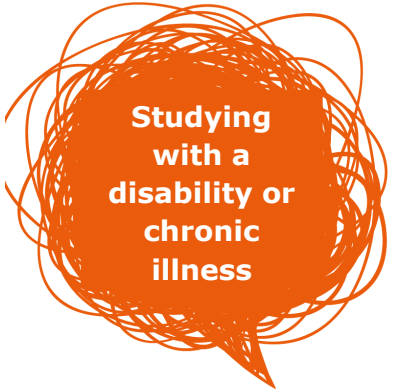
https://www.mh.tum.de/en/mh/academic-programs/sport-and-health-sciences-programs/students/information-about-courses/

Overview of Central Support Services at TUM



- Student Information
- General Student Advising (interdisciplinary)
- Departmental Student Advising (subject-specific)

- Academic Coaching
- Study Skills
- TUM4Mind
- Learning workshops
- Career Service



- Advising for students with disabilities
- Subject-specific support in schools

Student exchange for M.Sc. students in sport and health sciences

- Application possible when – from 1. sem. Master‘s
- Stay abroad – in Winter semester or Summer semester
- Where – worldwide (= TUMexchange), Europe (= Erasmus)
- Application deadlines
  - TUMexchange: 21.10.2025 – 30.10.25

    15.10.2025, 10-11:30: Online Webinar „Your TUMexchange application step by step – Link will be published in time on the TUMex webpage of the TUM G&A)
  - Erasmus+: 01.12.2025 – 13.01.2026

    12.11.2025 - Online Webinar, time TBD, Link will be published in time
- Conditions: plausible professional and personal motivation as well as good language skills

Information and Contact:

https://www.mh.tum.de/en/mh/academic-programs/sport-and-health-sciences-programs/students/international-office/exchange-programs-stays-abroad/

Talent Management & Diversity @ TUM School MH

Promoting diversity and equality

Family service for the compatibility of studies/academics and family

- Flexible childcare in the family room in the Ismaninger Str. 69 (Location @ TUM Universitätsklinikum – Max Weber Platz)
- Family-friendly workplace: Kids Box, play box, nursing room
- Counselling on finding a childcare place in Munich
- Counselling for studying with a child at the TUM School MH

Diversity Management

- Unconcious Bias trainings for teams and managers
- Regular awareness campaigns at the TUM School MH locations
- Gender&Diversity Counselling for research networks of the TUM School MH
- Counselling on various diversity dimensions

Talent Management & Diversity @ TUM School MH

Promoting diversity and equality

Talent Management:

- TUM Gesundheit / TUM Health
- Training and further education of the TUM School MH
- Science Career: Programmes for post docs

TUM Contact points for further informtion: :

Ansprechpersonen bei Fällen von sexueller Belästigung/sexualisierte Gewalt:

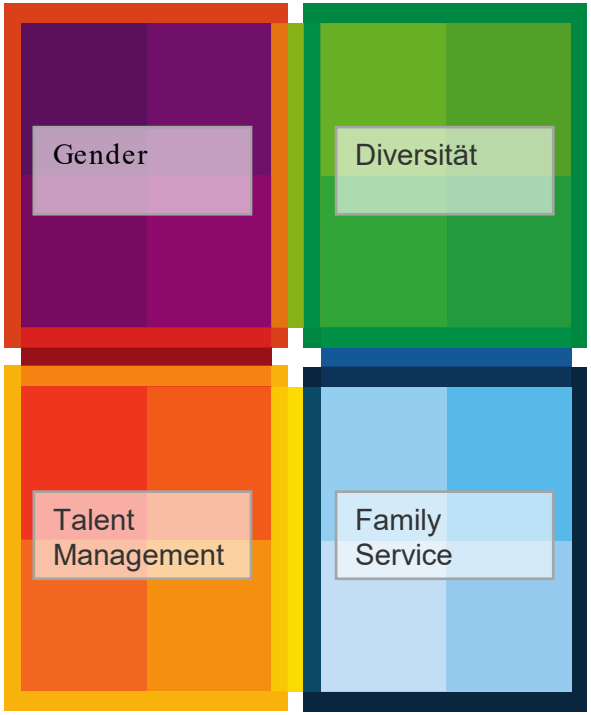
Contact persons in cases of sexual harassment/sexualised violence:

Dr. Clarissa Ruge und Dr. Veronika Diem:
https://www.zv.tum.de/diversity/stabsstelle-diversity-equal-opportunities/sexuelle-belaestigung-sexualisierte-gewalt
Mail: respect@tum.de

TUM Compliance Office:
https://www.tum.de/ueber-die-tum/ziele-und-werte/compliance

Location TUM University Hospital @ Max-Weber-Platz:
Tina Lupo (Diversity Management & Family Service): Tina.Lupo@tum.de
Laura Vogelgesang (Talent Management): Laura.Vogelgesang@tum.de
Ismaninger Str. 69 – 81675 Munich

https://www.mh.tum.de/mh/talent-management-and-diversity/



University Library

Four locations

Nine branch libraries with a total of 1900 study desks

Over two million print and electronic media

OPAC, databases, training courses …

First Level Hotline

E-mail: information@ub.tum.de

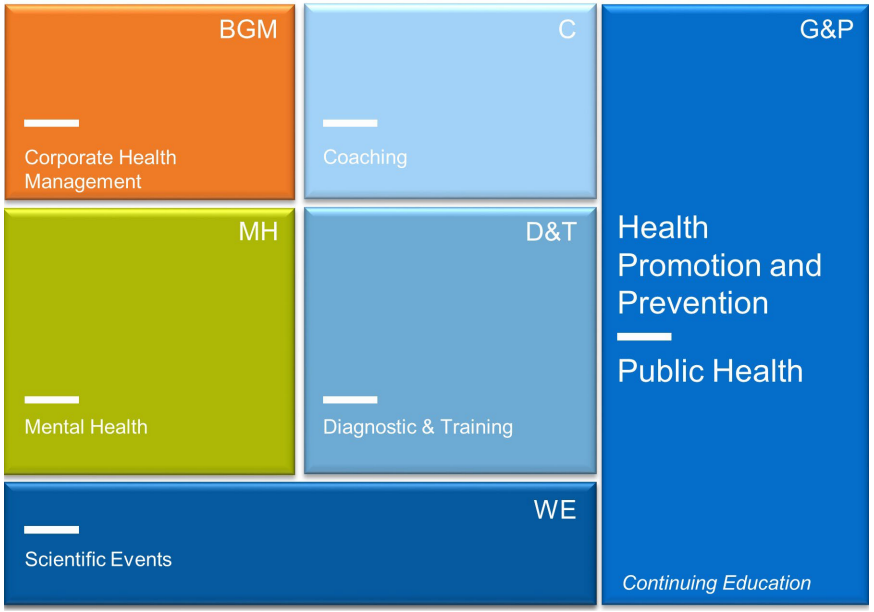
Phone: 089 189 659 220

Chat: speech bubble on www.ub.tum.de/en

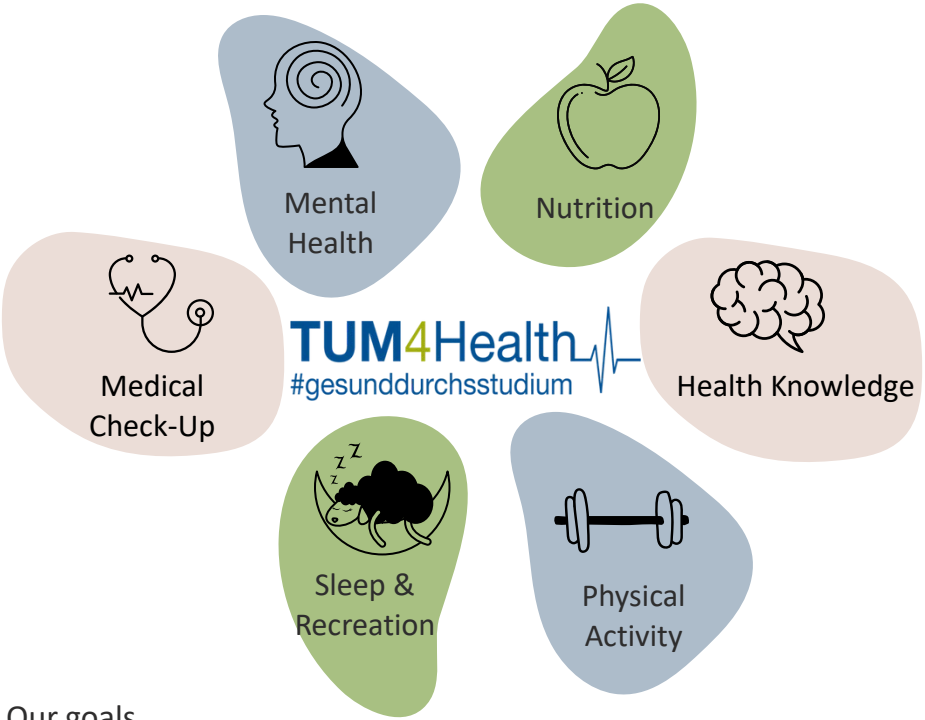
TUM Sport and Health for Life

Continuing Education and Training

- Additional qualifications and licenses
- Accepted by health insurance companies, health institutions and associations
- Individual recognition of ECTS in the free elective area
- Our courses fit perfectly to the topics of the TUM School of Medicine and Health



The Students' Health Management at TUM



Our goals

- Long-term physical and mental health promotion in TUM students
- Supporting a healthy „study-(work-)life balance"

www.tum4health.de

@tum4health

The TUM English Writing Center

Free one-to-one writing consulting for all TUM students and staff

Who are we?

- Trained English-speaking consultants

What do we do?

- We help you improve your texts *and* your long-term writing (and thinking) skills

What type of writing?

- Class assignments
- Theses
- Application materials (CVs, cover letters, etc.)
- Grant proposals
- Submissions to journals
- and more…

How many appointments?

- One a day, three a week, and up to 15 a semester

Natasha Wellershausen, Coordinator | writing@tum.de | @tum.writing

PZ | Core-Facility

Lehr- und Lernlabor
(Teaching and educational Lab)

- Project Lab & Devices for Students
- Workshops

For Seminar-Projects, Degree Theses…

Dr. Fabian Stöcker

M.Sc. Rafael Krätschmer

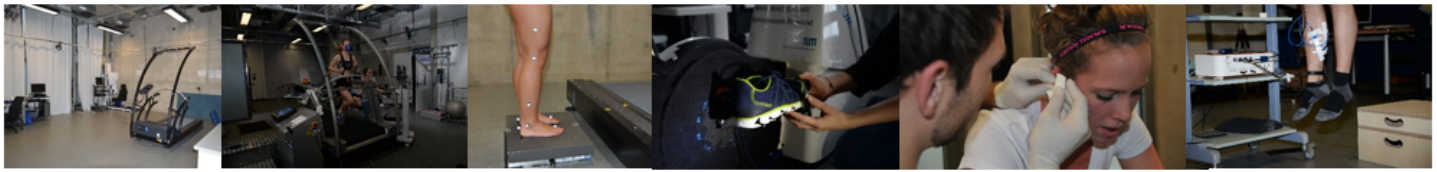


Photo: Alexander Gerner/TUM

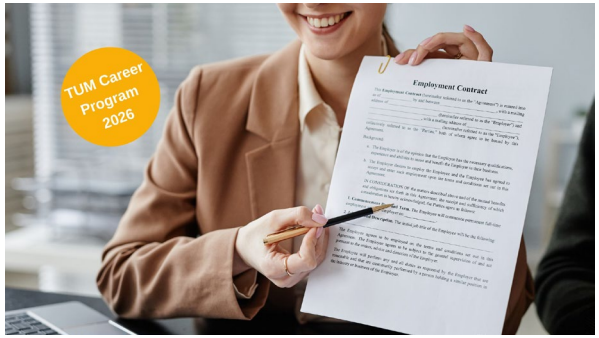


Photo: canva.com

TUM Alumni & Career

Events, counseling and network for all steps of your career: www.community.tum.de/career

- ✓ Webinars and Workshops: e.g. Cover Letter webinars
- ✓ TUM Career Guide (as book or online) and Career Podcast
- ✓ CV Check Online, Career Counseling and Career Days
- ✓ Career Newsletter for Students and Doctoral Students
- ✓ Job- and Internship Portal: www.tum.de/jobboerse
- ✓ TUM Community: www.community.tum.de/forum
- ✓ TUM Mentoring: www.community.tum.de/mentoring
- ✓ Women of TUM Network
- ✓ Social Media: @tum.alumni (Instagram) / TUM Alumni Community on LinkedIn

Bafög-Beauftragte

Frau Dr. Christine Hoffmann

E-Mail:	bafoeg.sto@mh.tum.de
Homepage:	https://www.hs.mh.tum.de/mh/department/departmentbeauftragte/bafoeg/
Telefon:	+49.89.289.24672
Sprechstunde:	nach Vereinbarung
Büro:	CiO Raum 01.2332.220
Postadresse:	TUM Campus im Olympiapark, Betriebseinheit Angewandte Sportwissenschaft Am Olympiacampus 11, 80809 München

- Heute nicht auf der Messe, es ist ein Video auf der Website!

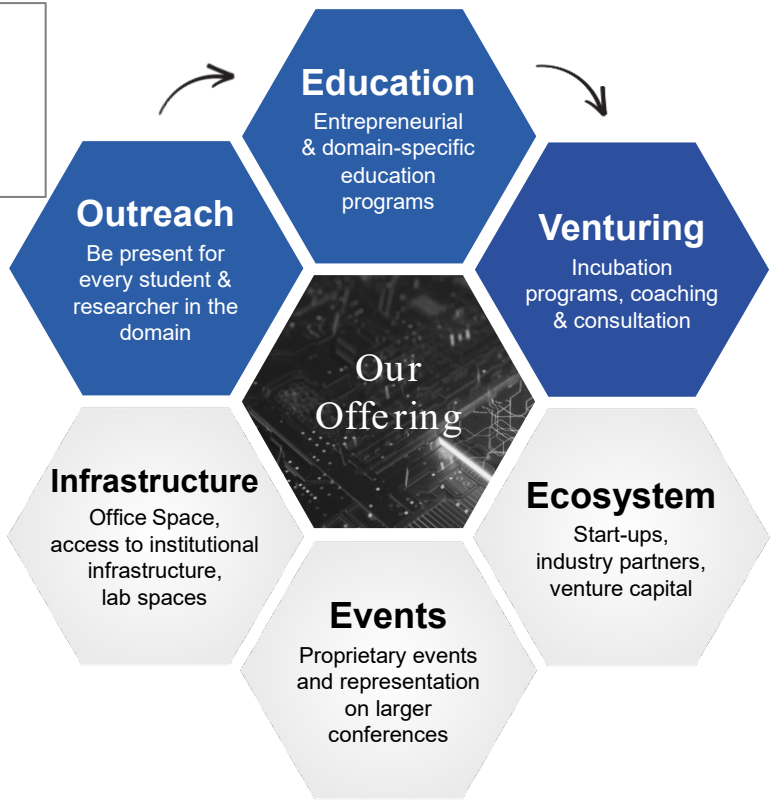
TUM Venture Labs

The **TUM Venture Labs** support talents and teams to turn their deep tech or life science idea into **scalable businesses with strong real-world impact.**

- We equip scientists with foundational knowledge in entrepreneurship
- We help scientists translate their research into real-world impact by supporting the creation of science-based startups
- We support startups in deep tech and life sciences on their journey from innovation to market

Website

LinkedIn



Represented by: Dr. Josef Braun

E-Mail: braun.josef@mytum.de

LinkedIn:

Ab 12 Euro im Semester

Buchung ab 1.10.

Infos unter zhs-muenchen.de

ZHS
Zentraler Hochschulsport München

Zentraler Hochschulsport München

ERLEBE DIE VIELFALT DES SPORTS

Willkommen bei Deutschlands größter Hochschulsporteinrichtung!

Mit uns kannst Du fit bleiben, Deine Grenzen überwinden, die Natur erleben und Ausgleich finden.

Wir bieten Dir:

- über 600 Kursangebote pro Semester in
- mehr als 100 unterschiedlichen Sportarten
- an verschiedenen Standorten in und um München!

Student Council Sports and Health

We represent the voice of students!

Fachschaft Sport & Gesundheit
Technische Universität München

Our areas of responsibility:

- University policy (faculty council, examination board, student council, ...)
- Events (parties, winter tournament day, regulars' table, freshers' days, freshers' trip)
- Merchandise
- newspaper

You can find us here …!

Fachschaft Sport und Gesundheit TU München

fs.sport.gesundheit.muc

https://www.sv.tum.de/sg/startseite/

fachschaft@sg.tum.de

Am Olympiacampus 11, floor 1 room 104/106

Our opening Hours:
Coming soon!

Would you like to become part of the student council family?
Then get in touch with us! We are happy about every new face!

We are at the freshmen fair

Here you get:

- More information about the student council
- Information and QR-Codes about the Events, we prepared for you this week!

After the freshmen fair you're invited to go into the quadruple hall and spend time with your new fellow students!

WLAN Login

WLAN Name: Eduroam

➡ Login: TUM-ID (e.g. ab12cde) and password

We are looking forward to your participation in the

Master of

Health Science!

We wish you lots of fun, hard work, and

much success for your studies!