



WESTFÄLISCHE  
WILHELMS-UNIVERSITÄT  
MÜNSTER

# Welcome to the Institute of Sport and Exercise Sciences

a guide for international exchange students

living.knowledge  
WWU Münster



institute of  
sport and  
exercise sciences

written by Lena Busch



## Welcome!

Welcome to the Institute of Sport and Exercise Sciences, welcome to the University of Münster! For your stay in Germany you chose Münster – a city that was awarded one of the most livable cities in the world! Münster is a city with over 1.200 years of history and about 300.000 inhabitants - 38.000 of them are students enrolled at the University of Münster.





## Welcome!



Münster's castle – lectures are hold here too

The university has a long tradition: it was founded in 1780 and is one of the largest and top ranked universities in Germany. Its faculties are located all over Münster.

We created this brochure to provide you with some information about the Institute of Sport and Exercise Sciences, contact persons, tips and information about living in Münster that you might find useful for getting started.

## *Table of contents*

### The Institute of Sport and Exercise Sciences

Courses of studies

Training facilities

Departments at the Institute of Sport and Exercise Sciences

People to contact

Research

Lunch break and copying

### Living in Münster

Things to do and things to know

Leisure



# The Institute of Sport and Exercise Sciences



© Medienlabor Institut für Sportwissenschaft



## The Institute of Sport and Exercise Sciences

The Institute of Sport and Exercise Sciences and its seven departments are dedicated to high standards of practical and theoretical education. You can benefit from a variety of practical courses that are offered in numerous sports, as well as theoretical courses giving you insights in the state of the art research in sport science.



© Medienlabor Institut für Sportwissenschaft

## Courses of studies

About 1.500 students are currently enrolled in the Bachelor and Master programs in sport sciences. Students have the possibility to choose from a broad range of practical and theoretical courses.

On the next pages we provide you with some useful information about the Institute of Sport and Exercise Sciences. If you are interested in further information, you will find more detailed descriptions on our homepage

<https://www.uni-muenster.de/Sportwissenschaft/index.html>

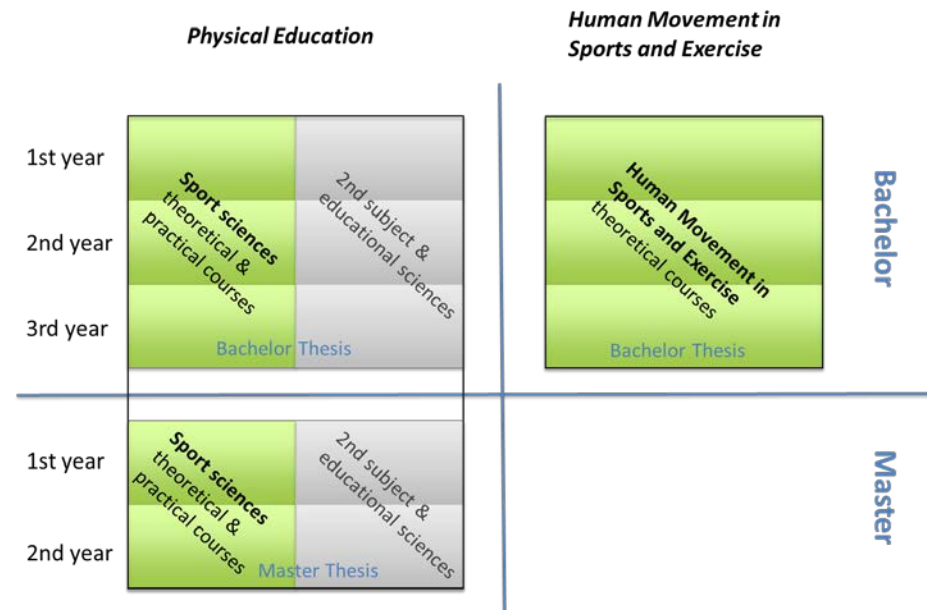
## Courses of studies

In Münster, the Bachelor and Master programs are organized in modules. You have the option to choose between two programs in sport and exercise sciences:

- Physical Education

- Human Movement in Sports and Exercise

The programs are described in detail on the next pages.





# Physical Education Program

## Physical Education

		<b>Bachelor</b>	
1st year	Sport sciences theoretical & practical courses		2nd subject & educational sciences
2nd year			
3rd year	Bachelor Thesis		
<hr/>			
		<b>Master</b>	
1st year	Sport sciences theoretical & practical courses		2nd subject & educational sciences
2nd year			
	Master Thesis		

The Physical Education Program is part of a degree that entails two individually combined subjects of studies and courses in educational sciences. Those courses are **taught in German**. The combined program is especially interesting for students who are planning to work in physical education.

Theoretical education focuses on movement control, motor learning, training and health topics. The practical courses entail courses in track and field athletics, gymnastics, swimming and dancing. Additionally, you can select from a range of optional courses.

## Human Movement in Sports and Exercise Program

Furthermore, we are proud to offer a new international Bachelor of Science in “Human Movement in Sports and Exercise“ that is **taught in English**. In this program, teaching focuses on applied research in sports sciences. It provides courses in motion science, physiology, sport psychology and scientific work.

You will find more detailed information about the modules and courses of both programs (including the university calendar and online access to course material) on our homepage:

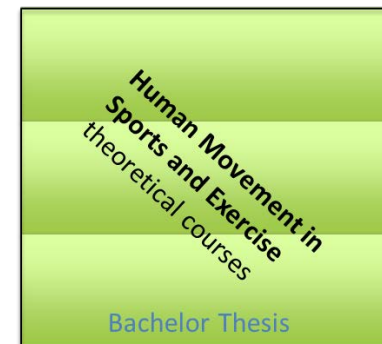
<https://studium.uni-muenster.de/qisserver/rds?state=wtree&search=1&trex=step&root120162=135670|143373|136278&P.vx=kurz>

### *Human Movement in Sports and Exercise*

1st year

2nd year

3rd year



Bachelor

living.knowledge  
WWU Münster

## Training facilities

The Institute of Sport and Exercise Sciences is located on the Leonardo Campus. Here, the departments, lecture rooms, labs and training facilities are close to each other.

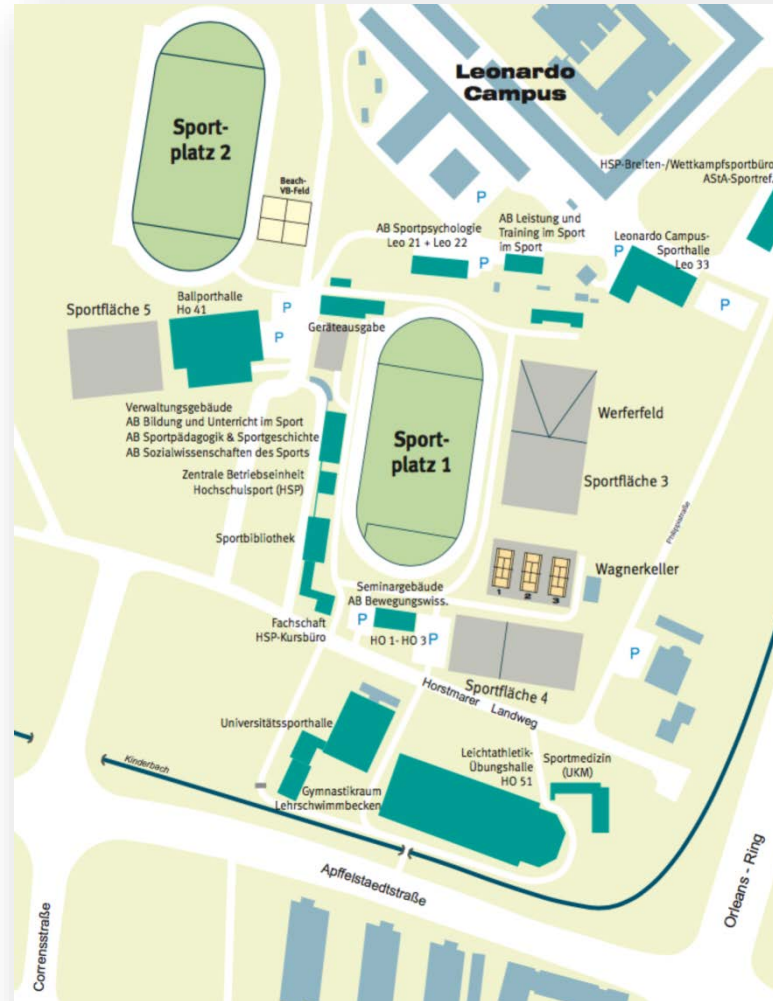
The campus provides excellent training facilities with several modern track and field stadiums, team sport halls, volleyball- and tennis courts as well as swimming pools. They are used for courses in many different kinds of sports.



The modern track and field stadium at the institute

# Training facilities

Here, you find a map of the training facilities located at the Institute of Sport and Exercise Sciences.



## Departments at the Institute of Sport and Exercise Sciences

The Institute of Sport and Exercise Sciences is divided into seven departments. Each department lays their focus of research and teaching on a different field in sport and exercise sciences.

- **Sport Pedagogy and Sport History** (Prof. Krüger): education in and by movement, game and sports; studying the history and culture of sports, the Olympic Games and physical education in schools
- **Physical Education and Teaching Research** (Prof. Neuber): motor and cognitive factors in motor control and learning, studying their biological correlates and modification by training interventions
- **Motion Science** (Prof. Wagner): combining the fields of biomechanics and motor control in research and teaching, providing interesting questions for sport sciences and related fields of study

## Departments at the Institute of Sport and Exercise Sciences

- **Sport Psychology** (Prof. Strauß): studying human behavior and cognition in sports, aiming to predict and influence athletes' behaviour
- **Human Performance and Training in Sports** (Prof. Zentgraf): processes and stages of learning and teaching, developing support for children in movement, play and sports
- **Social Sciences of Sports** (Prof. Meier): studying the role, changes and functions of sports in society, predicting the development of sports
- **Physical Education, Play and Sport in Childhood** (Prof. Seyda): promotion of child development through sports, studying ways to ensure lifetime activity in sports
- **Senior Professor for European Studies in Physical Education and Youth Sport** (Prof. Naul): Health, lifestyle, motor development, self-efficacy etc. in youth

**Cooperation Partner: Sports Medicine** (Prof. Brand): center for medical diagnostics and checkups in sports

## Research

The Institute of Sport and Exercise Sciences offers a range of modern labs; one of them is the “Open Lab” for research on motion in sport and exercise. It provides excellent opportunities for conducting experimental studies in sport and exercise. The institute provides important research in the fields of education, expertise and health in sports. Research at our institute integrates interdisciplinary perspectives from humanities, natural sciences and social sciences. Our programs provide a promotion of talented junior staff and students who work closely with experienced scientists.



© WWU – Institut für Sportwissenschaft

## People to contact

You feel overwhelmed by organizing your start in Münster, have problems with your studies or you are just looking for the best party location in town? – No worries! There is a range of people who are happy to help you with formalities, questions about studies, courses or life in Münster.



© Medienlabor Institut für Sportwissenschaft



## Buddy Program

Making your start easy, the International Office provides a “buddy” program. Buddies help our international students to find their way around the university and city and to get connected with the German students. And of course, they know the best places in town to spend a good night out! 😊

For more information visit

<http://www.uni-muenster.de/international/internationalisierung/weiterbildung/Buddy.html>

## International coordinator at the Institute of Sport and Exercise Sciences

Please do not hesitate to contact our international coordinator at the Institute of Sport and Exercise Sciences, Prof. Dr. Maike Tietjens. Together with Dr. Linda Schücker and Friederike Rosenfeld she is responsible for support in international activities and ERASMUS exchanges.

Here, you find the contact details to the persons mentioned above:

<https://www.uni-muenster.de/Sportpsychologie/team/index.html>

### Contact:

Institut für Sportwissenschaft  
Horstmarer Landweg 62b  
D-48149 Münster

## International Office

The International Office supports foreign students in many ways to start their studies and life in Münster. It offers a variety of activities and meetings and provides support for foreign students if they have problems during their studies.

Contact:

Schlossplatz 3

48149 Münster

Germany

Phone: +49 251 83-22215

Fax: +49 251 83-22226

[international.office@uni-muenster.de](mailto:international.office@uni-muenster.de)

## Student Association of Sport and Exercise Sciences

The student association is a group of students who engage in improvement of the studying conditions. They represent the students' interests, e.g., in committees. The student association can provide you with a lot of information and tips about all issues of student life in Münster. On top, there is a lot of fun activities and parties going on. You will find the dates and contact information on their homepage:

<http://www.fssport-muenster.de>

### Contact:

Fachschaft Sportwissenschaft

Horstmarer Landweg 62b

48149 Münster

Tel.: +49 251- 83 3 22 92

Mail: [fssport@uni-muenster.de](mailto:fssport@uni-muenster.de)

## Lunch break and Copying

### Canteens



Mensa am Aasee

It's lunchtime! In Münster, you can choose between several bistros and two large canteens to enjoy an inexpensive and delicious meal. The two large canteens are

**Mensa am Ring** (at Coesfelder Kreuz)

**Mensa am Aasee** (at lake Aasee)

Here, you can choose from different menus, including vegetarian, wok and barbecue dishes, as well as a salad buffet and a variety of desserts.

The „Mensa am Aasee“ additionally offers a buffet in the evening hours, including several warm meals, a broad selection of vegetables, salads, build your own - burgers, etc.

## Other locations

### Die Brücke

The international office's café offers lunch between 12 and 2pm

Wilmergasse 2

<http://www.uni-muenster.de/DieBruecke/en/index.html>

### Café Milagro

The café of the university's christian association offers lunch between 12 and 2pm with free refill

Frauenstraße 3-6

<http://www.kshg-muenster.de/wir-ueber-uns/cafe-milagro/>

## Copying

We recommend you to purchase a MensaCard that allows fast and cashless payment. You can purchase the MensaCard at the entrance of both large canteens for the price of 10€, including a starting credit of 5€. Using the automats located in all canteens, you can easily charge your MensaCard.

Additionally, you can use the MensaCard and its credit for the copiers at the institutes and the library.

On the Student Union's homepage you can find some useful information, including the meal plans and a location map of the canteens and bistros. They also provide a menu app for your smartphone and further information about the MensaCard.

<http://www.studentenwerk-muenster.de/en>



© WWU - Studentenwerk



## Living in Münster





## Living in Münster

Münster is a lovely place to live. On the next pages, you will find an overview of the most important things to consider when starting your life in Münster. On top, we provide you with some practical information about fun things in life, such as shopping, leisure and sports.



Prinzipalmarkt & Lamberti Church



## Things to do and things to know

### Registration

If you plan to stay in Münster for more than three months, you will need to register with the city of Münster within the first seven days after your arrival. For your registration, please visit the Citizens' office and bring your ID or passport.

Stadthaus 1  
Klemensstraße 10  
48143 Münster

You can find detailed information including office hours and download links for the required form on the Citizens' Office's homepage:

<http://www.stadt-muenster.de/en/citizens-office/citizens-office.html>

## Student card

Once you are enrolled at the University of Münster, you receive your student card and a semester ticket. Your student card is required when taking exams. It also grants you discounts at the canteens, university sports, cinemas etc.

On the back of the student card, you can find your access code for the university's libraries. It provides you online access to the library's loan system. At the libraries, your student card is required for loans.



© WWU



## Semester ticket & public transport

Your semester ticket grants you free use of public transport in Münster and North Rhine – Westphalia. It comprises buses, trams, the subway and railway; fast trains (e.g., IC, ICE) excluded.

Homepage of the German Railway (Deutsche Bahn):

[http://www.bahn.de/p\\_en/view/index.shtml](http://www.bahn.de/p_en/view/index.shtml)

Information about Münster's bus lines, its timetables and bus stops can be found here:

<https://www.stadtwerke-muenster.de/privatkunden/busverkehr/startseite.html>

## Bank account

If you stay in Germany for a longer time, you might find it helpful to open a bank account. Some banks offer student's accounts that charge little or no fees. For opening an account, you will need to bring your passport as well as your certificate of residency in Münster and your student card.

## Jobs and apartments

There is a magazine called “*na dann*” that is handed out for free all over Münster (e.g., at the institutes, canteens or the market place). It provides information about all sorts of events and the cinema's and theatre's programs, as well as job offers and ads for apartments/ shared apartments and used bikes. You also find information online:

<http://www.nadann.de/>

If you are looking for an apartment/ shared apartment specifically, you might find it helpful to visit the website

<http://www.wg-gesucht.de/en/>

## Bikes

One of Münster's main characteristics is the huge number of people riding their bikes. Due to short distances, bike friendly infrastructure and the flat landscape, Münster's citizens use their bikes often to get from one place to the other.

When riding your bike, please make sure your bike's brakes, head and back lamps are working. The police is controlling regularly. You should also keep in mind that the legal alcohol limit is 1,6 per mill for riding a bike. Exceeding a limit of 0,3 per mill, the police may also charge you in cases of dangerous bike riding.

If you are looking for a used bike to buy, you can have a look at the "Fietsenbörse" market. For more information, visit their website <http://fietsenboerse.de/muenster/>



Münster is full of bikes – some of Münster's citizens own even more than one bike!

## Markets and supermarkets

For your grocery shopping, you can go to one of the supermarkets spread around Münster. There are some supermarkets that sell their food on discount price (e.g., Lidl, Aldi or Netto) and some that are more expensive, but offer a broader variety of products, including brand products and a counter with fresh cheese and meat (e.g., Rewe or Edeka). All supermarkets provide fresh fruits and vegetables and freshly baked bread.



In German supermarkets, you can purchase beer and wine (from age 16) and spirits (from age 18). They also offer a selection of sanitary products; for a broader selection visit one of the drug stores (e.g., dm or Rossmann).

In Germany, regular opening hours of supermarkets are from Monday to Saturday, usually between 8 am to 9 pm. Some supermarkets might be open a few hours longer.

## Farmers' market

Every Wednesday and Saturday a farmers' market takes place at Domplatz from 7 am to 2.30 pm. It is Münster's largest market where you can choose from a huge variety of local food, meat and fish, spices, flowers, antipasti, freshly baked bread, Dutch licorice and antipasti. The farmers' market is a nice place to spend your lunch break, enjoying a fresh pea soup, fish and chips, waffles, bread or just a cup of coffee.





## Leisure

Münster was awarded the most liveable cities in the world (LivCom-Award 2004)! You might enjoy spending your time in one of the various parks and recreation areas, for example for a picnic at lake “Aasee” or a nice evening at the docklands.



People like to spend their free time at lake Aasee

## Tradition and history

Münster has a long tradition that you can still find in lots of historical buildings and churches. For an interesting overview, you can buy a ticket for a hop on – hop off bus that brings you to the most important sites. On the bus, interesting information is provided in German and English language. Without getting off the bus, the tour takes about an hour. For more information (e.g., bus stops and ticket prices), visit:

<http://www.muensterbus.ms>



Münster has a long tradition



If you are interested in further information about Münster's long history, you might like to visit the Münster Stadtmuseum. The museum is free of charge and is located at

Salzstraße 28  
48143 Münster

Opening hours are

Tuesday – Thursday 10 am – 6 pm

Saturday & Sunday 11 am – 6 pm

For more information, visit

<http://www.stadt-muenster.de/museum/info-gbnlf.html>



© Allwetterzoo Münster

## The zoo

You might also enjoy visiting Münster's zoo. There are more than 300 animals living there, including tigers, elephants, giraffes, and penguins. The zoo provides indoor and outdoor areas so that bad weather will not bother you during your stay.

<http://www.allwetterzoo.de/en>

## Botanical Garden

Located close to Münster's castle, there is a beautiful botanical garden that belongs to the university's faculty of biology. It was first opened in 1803. In the botanical garden, you might enjoy to visit the orangery or just walk around the small lake and learn about the diversity of plants you can find along the pathways.

For more information, visit

<http://garten.uni-muenster.de/en/>



© Botanischer Garten Münster

## Lake Aasee

The lake is a nice place for a walk or a running workout. In summer, many students come to the meadow area by the lake to have a picnic or a barbecue. Unlike in many other cities, it is allowed to have barbecue in many areas. In summer, you can see sailing boats and pedal boats cruising on the lake. If you like, you can also rent a pedal boat.



## The canal

In summer, you might like to spend time lying in the sun at the banks of Dortmund-Ems-Canal. Some people go for a swim in the canal, although it is prohibited due to shipping traffic.

## Docklands

Especially on sunny days, it is nice to visit Münster's docklands that are located close to the city centre. The dockland area provides a broad range of restaurants and bars, a cinema and some night clubs.



The canal is nice for biking, walks and picnics

## Bars, clubs and restaurants

Besides the docklands, there is some other areas where you can spend a good night out. In Münster's old town, i.e., Kreuzstraße and Jüdefelder Straße, you will find many bars that are frequently visited by students. Many of them provide inexpensive drinks. The most famous night clubs in Münster are “Schwarzes Schaf” located close to Prinzipalmarkt (free admission till 1:30 am) and the “Cuba Nova” close to the railway station.



At the docklands you find many restaurants and bars



## Sports and University sports

The city of Münster is proud to be host of international sport events, such as Grand Prix Horse Riding, Womens' Volleyball, Marathon, Triathlon, Trampolin or Gymnastics.

Besides riding their bikes, Münster's citizens like doing sports. Especially the lakeside and the Promenade are frequently crowded with people going out for a run at any time of the day!

In the summer months, there is a “skate night” going on every first and third Friday of a month. People meet at Münster's castle and go for a skate tour. It takes about an hour and goes all around Münster. For dates, admission and further information visit

<http://www.skatenight-muenster.de>

The university of Münster provides training courses in a range of sports, including tennis, soccer, dance and yoga as well as extraordinary courses such as Ultimate Frisbee, fencing or rowing. So don't miss the registration date at the beginning of the semester!

You can find information on all courses including timetables and costs on their homepage <http://www.uni-muenster.de/Hochschulsport/en/>



© Medienlabor Institut für Sportwissenschaft



We hope to see you soon in Münster!

