

Teaching and Examination Regulations

**Master's programme Human Movement Sciences: Sport,
Exercise & Health**

Faculty of Behavioural and Movement Sciences

Academic year 2026-2027

A. Faculty section

B1. Programme-specific section – general provisions

B2. Programme-specific section – content of programme

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Section A: Faculty section

1. General provisions

Article 1.1 Applicability of the Regulations

1.	These Regulations apply to anyone enrolled in the programme, irrespective of the academic year in which the student was first enrolled in the programme.
2.	These Regulations enter into force on 1 September 2026.
3.	An amendment to the Teaching and Examination Regulations is only permitted to concern an academic year already in progress if this does not demonstrably damage the interests of students.
4.	In certain cases, students may appeal against decisions made on the basis of the Teaching and Examination Regulations, for example decisions made by an examiner, examination board, BSA committee, or admission committee. Whether an appeal can be considered depends on the type of the decision and by whom the decision was made. More information about legal protection can be found in the Student Charter and on the website Complaints, appeals, and objections - Vrije Universiteit Amsterdam.

Article 1.2 Definitions

The following definitions are used in these Regulations (*in alphabetical order*):

- a. academic year: the period beginning on 1 September and ending on 31 August of the following calendar year;
- b. EC (European Credit): a course credit with a workload of 28 hours of study;
- c. examination: an assessment of the student's knowledge, understanding and skills relating to a unit of education. The assessment is expressed in terms of a final mark. An examination may consist of one or more partial examinations. A resit always covers the same material as the original examination. An examination can be completed in writing, orally or in another way;
- d. final examination: a Master's examination;
- e. internship: period spent working in professional practice as part of a study programme;
- f.1 joint degree: a degree awarded by an institution together with one or more institutions in the Netherlands or abroad, after the student has completed a study programme (a degree programme, a specialisation or a specific curriculum within a degree programme) for which the collaborating institutions are jointly responsible;
- f.2 double degree: partnership between a program of a Dutch educational institution with a foreign educational institution, whereby students complete all or part of both study programmes and obtain two diplomas on the basis of agreements regarding the mutual recognition of the programme (replacement courses);
- g. period: a part of a semester;
- h. practical exercise: participation in a practical training activity or other educational learning activity, aimed at acquiring certain (academic) skills. Examples of practical exercises are:
 - researching and writing a thesis or dissertation
 - carrying out a research assignment
 - taking part in fieldwork or an excursion
 - taking part in another educational learning activity aimed at acquiring specific skills, or
 - participating in and completing a work placement;
- i. programme: the totality and cohesion of the units of education, teaching

	activities/methods, contact hours, testing and examination methods and recommended literature;
j. SAP/SLM:	the student information system (<i>Student Lifecycle Management</i>);
k. semester:	the first (September - January) or second half (February - August) of an academic year;
l. specialisation:	optional route of study within a degree programme indicating a deepening of the context of the programme (e.g. interdisciplinary or multidisciplinary);
m. student statute:	sets out the rights and responsibilities of students on the one hand, and of Vrije Universiteit Amsterdam on the other hand, including those derived from the law and those derived from university regulations. The Executive Board (CvB) officially confirms the student statute once its completeness has been approved by the University Student Council (USC);
n. student:	the person enrolled, requesting enrolment or who has been enrolled in a course or program at the Vrije Universiteit;
o. study guide:	the guide for the study programme that provides further details of the courses, provisions and other information specific to that programme. The study guide is available online at https://www.vu.nl/studiegids ;
p. study monitor:	dashboard for students and academic advisers containing data pertaining to the student, including the student's study progress;
q. subject:	see u. 'unit of education';
r. thesis:	a unit comprising research into the literature and/or a contribution to scientific research, always resulting in a written report;
s. track:	a study pathway within a program, of which the workload and the qualities in terms of knowledge, insight and skills that the student must have acquired by the end of the program are equal to those of the program;
t. unit of education:	a unit of study of the programme within the meaning of the WHW;
u. university:	Vrije Universiteit Amsterdam;
v. WHW:	the Dutch Higher Education and Research Act (Wet op het Hoger Onderwijs en Wetenschappelijk Onderzoek (WHW)).
w. workload:	the workload of the unit of education to which an examination applies, expressed in terms of credits = EC credits (ECTS = European Credit and Transfer Accumulation System). The workload for 1 year (1,680 hours) is 60 EC credits.

The other terms have the meanings ascribed to them by the WHW.

2. Study programme structure

Article 2.1 Structure of academic year and units of education

1.	The study programme will be offered in a year divided into two semesters.
2.	Every semester consists of three consecutive periods. The first two periods each consist of eight weeks, and the final period consists of four weeks.
3.	A unit of education comprises 6 EC or a multiple thereof.
4.	By way of exception to paragraph 3, the Executive Board may in special cases and on request of the Faculty Board, stipulate that a unit of education comprises 3 EC or a multiple thereof.

3. Assessment and examination

Article 3.1 Signing up for education and examinations

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| 1. Every student must sign up to participate in the units of education of the programme, the examinations and resits. The procedure for signing up is described in Regulations for registering for courses and examinations. |
| 2. Signing up may only take place in the designated periods. |

Article 3.2 Type of examination

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| 1. At the examiner's request, the Examination Board may permit a different form of examination than is stipulated in the study guide. |
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Article 3.3 Oral examinations

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| 1. No more than one student will be examined orally at a time, unless specified otherwise in part B for the relevant unit of education. |
| 2. A second examiner is present when an oral examination is being held, unless the Examination Board has determined otherwise. The oral examination takes place at a time and location to be determined by the examiner within the regular timetable, on campus or online. At the request of the student, and with the approval of the examiners, an audio recording can be made. Should the second examiner not be available unexpectedly, an audio recording of the oral exam is made. This audio recording is retained by the university for the retention period applicable for examinations. |

Article 3.4 Determining and announcing results

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| 1. The examiner determines the result of a written examination within ten working days. However, the marking deadline for final projects is no longer than twenty working days after submission. The examiner will then immediately ensure that the marks are registered and also ensures that the student is immediately notified of the mark, taking due account of the applicable confidentiality standards. |
| 2. The examiner determines the result (i.e. mark) of an oral examination as soon as possible, but at the latest within [one or two working days] after the examination has finished and informs the student accordingly. The third clause of the first paragraph applies. |
| 3. In the case of assessments other than oral or written examinations, the Examination Board determines in advance how and by what deadline the student will be informed of the results. |

Article 3.5 Examination opportunities

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| 1. a. Per academic year, two opportunities to take examinations will be offered for each unit of education.
b. By way of exception to a., the options for retaking practical exercises, work placements and final projects are detailed in the relevant work placement manual, course manual or teaching regulations. |
| 2. The most recent mark will apply in the event of a resit. A resit is allowed for both passed and failed units of education. |
| 3. The resit for an examination may not take place within ten working days of the announcement of the results for the original examination. Exceptions are only possible in period 6. |
| 4. The Examination Board may allow a student an extra opportunity to sit an examination if that student:
a) has completed all but one unit of education to meet the requirements of the degree; and |

b) has failed the examination during all the previously offered attempts unless participation in an examination was not possible for compelling reasons. This provision excludes the practical exercises and the final project. Requests for an additional examination opportunity must be submitted to the Examination Board no later than 1 July. If necessary, the method of examination may deviate from the provisions in the study guide.
5. If a unit of education is no longer offered, at least one additional opportunity will subsequently be provided to sit the examination(s) or parts thereof and a transitional arrangement will be included in Section B.

Article 3.6 Marks

1. Grades are given on a scale from 1 to 10 with no more than one figure after the decimal point.
2. A final mark between 5 and 6 will be rounded to the nearest whole number: final marks below 5.5, rounded down; final marks of 5.5 or higher, rounded up. All other final marks will be expressed in whole or half marks.
3. To pass a given course or unit, a final mark of 6 or higher is required.
4. The Examination Board can allow the use of symbols rather than numbers.

Article 3.7 Exemption

1. At the written request of the student, the Examination Board may exempt the student from taking one or more examination components, if they: a. have either passed a unit of education at a university or university of applied sciences (HBO) or a research university (WO) that is equivalent in terms of content and level; b. or have demonstrated through their work and/or professional experience that they have sufficient knowledge and skills with regard to the relevant unit of education.
2. The Master Research Project is excluded from this exemption possibility

Article 3.8 Validity period for results

1. The validity period of examinations passed and exemption from examinations is unlimited, unless otherwise specified in Section B.

Article 3.9 Right of inspection

1. Within twenty working days after the announcement of the results of a written examination, but at least ten working days before the resit opportunity for that examination, the student has the right to inspect their graded examination. For course from period 5 the inspection is at least 5 days before the resit opportunity.
2. Students can view the questions and assignments set in the written examination, and the standards applied when assessing the examination, within the period specified in 3.9.1.
3. The examiner determines whether the inspection takes place collectively or individually. In all cases, the time and place of the inspection is announced in the course manual or learning environment.
4. Students are entitled to feedback on their academic performance. The manner in which this is provided in each unit of education is described in the course manual.

4. Academic student counselling and study progress

Article 4.1 Administration of study progress and academic student counselling

1.	The faculty board is responsible for the correct registration of the students' study results. After the assessment of a unit of education has been registered, every student has the right to inspect the result for that component and also has a list of the results achieved at their disposal in VU.nl Dashboard.
2.	Enrolled students are eligible for academic student counselling. Academic student counselling is in any case provided by - The Student Counsellor - Student psychologists - Faculty academic advisers

Article 4.2 Facilities for students with a disability or impairment

1.	Students with a disability or impairment can submit a request via VU.nl Dashboard to qualify for one or more special facilities with regard to teaching, practical exercises and examinations. These facilities will accommodate the student's individual disability or impairment as much as possible but may not alter the quality or degree of difficulty of a unit of education or an examination. In all cases, the student must fulfil the intended learning outcomes for the study programme.
2.	The request referred to in the first paragraph must be accompanied by a statement from a doctor or psychologist. If possible, an estimate should be given of the potential impact on the student's study progress. In case of a chronic disability a single (one time) request suffices.
3.	Students who have been diagnosed with dyslexia must provide a statement from a BIG-, NIP- or NVO-registered professional who is qualified to conduct a psychological evaluation.
4.	The faculty board, or the person acting on behalf of the faculty board, decides on teaching facilities and facilities regarding logistics. The Examination Board will decide on requests for facilities with regard to examinations.
5.	In the event of a positive decision in response to a request as referred to in paragraph 1, the student can make an appointment with the academic adviser to discuss the details of the provisions.
6.	A request for one or more facilities can be refused if it would place a disproportionate burden on the organisation or the resources of the faculty or university were it upheld. Any such refusal will be substantiated.
7.	If the disability or impairment justifies an extension of the examination time, the responsible person on behalf of the Examination Board will register in SAP this entitlement to an extension. If a disability or impairment justifies other measures to be taken, the academic adviser can take the necessary measures. The student can consult the study monitor to check which facilities have been granted to them.
8.	The decision as referred to in paragraph 5 may specify a limited validity of the facilities granted.

5. Hardship clause

Article 5.1 Hardship clause

In instances not regulated by the Teaching and Examination Regulations or in the event of demonstrable extreme unreasonableness or unfairness, the faculty board responsible for the study programme will decide, unless the matter concerned is the responsibility of the Examination Board.

Section B1: Programme-specific section

6. General programme information and characteristics

Article 6.1 Study programme information

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| 1. The programme Human Movement Sciences: Sport, Exercise & Health, CROHO number 66950 is offered on a full-time basis. |
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Article 6.2 Teaching formats used and modes of assessment

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| 1. The programme uses the teaching formats as specified in the study guide. |
| 2. The modes of assessment used per unit of education are specified in the study guide. |

7. Further admission requirements

Article 7.1 Intake date(s)

The Master's programme starts on 1 September.

Article 7.2 Admission requirements

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| 1 |
| <ul style="list-style-type: none"> a) Admission to the master's programme is possible for an applicant who has obtained a bachelor's degree at an institution of academic higher education, and who can demonstrate to possess the following knowledge, understanding and skills:
<u>Knowledge and knowledge-related skills</u> b) knowledge of the anatomical nomenclature, knowledge and understanding of the conceptual aspects of the structure and function of muscles, knowledge and understanding of form and function of joints; c) knowledge and understanding of the cardiovascular and respiratory system and the human energy systems and basic knowledge of and skills in the measurement of energy expenditure; d) knowledge and understanding of muscle physiology e) basic knowledge and understanding of human psychology (principles of learning, perception, memory and emotion); f) basic knowledge and understanding of biomechanics (translation, rotation, free body diagrams, kinetic energy, work done by forces and moments, power). g) knowledge and understanding of mathematics (differential, integral and vector calculus, matrix calculations); h) basic understanding of and skills in statistics (correlation, regression analysis, Student's t-tests, ANOVA); i) understanding of, and skills in, processing digital signals in MATLAB or comparable tool/programming language;
knowledge and understanding of and skills in common measurement and data processing techniques related to human movement sciences. |

General academic competencies (refer to <https://www.aacu.org/value/rubrics>)

- a) critical thinking (Issue/problem to be considered critically) is stated but description leaves some terms undefined, ambiguities unexplored, boundaries undetermined, and/or backgrounds unknown;
- b) quantitative literacy (Provides somewhat accurate explanations of information presented in mathematical forms, but occasionally makes minor errors related to computations or units);
- c) written communication (Demonstrates adequate consideration of context, audience, and purpose and a clear focus on the assigned task(s) (e.g., the task aligns with audience, purpose, and context)).

Personal competencies (refer to <https://www.aacu.org/value/rubrics>)

a) oral communication (Central message is basically understandable).
2. Applicants with a Bachelor's degree obtained at an institution outside the Netherlands may be asked for additional methods to prove that they meet the admission requirements.
3. Applicants should demonstrate that they have a sufficient level of proficiency in English by meeting at least one of the following standards: - IELTS Academic: an overall score of at least 6.5; At the start of the program, the test must not have been taken more than two years ago. - TOEFL iBT: an overall score of at least 92; At the start of the program, the test must not have been taken more than two years ago. - Cambridge C2 Proficiency/Certificate of Proficiency in English (CPE): an overall score of at least 180. - Cambridge C1 Advanced/Certificate Advanced English (CAE) an overall score of at least 180 - LanguageCert Academic SELT: an overall score of at least 70. At the start of the program, the test must not have been taken more than two years ago. - Pearson PTE Academic: an overall score of at least 65. At the start of the program, the test must not have been taken more than two years ago.
4. Applicants who have completed one of the following meet the English language requirement and therefore are exempted from taking an English language test (as mentioned in the section 4): - a secondary education or higher education degree fully taught in English has been completed in Australia, Canada, Ireland, New Zealand, the United Kingdom or the United States of America; - a fully English-language, accredited bachelor's or master's degree in the Netherlands, EU/EFTA countries, Singapore or South Africa, or - a vwo diploma or equivalent diploma in which the course on English of a comparable level is required has been earned.

Article 7.3 Entry requirements for MA Human Movement Sciences students who want to move to the Research Master HMS programme per February

1. applications should have been received by the Admission board by January 15 latest.
2. the standard admission requirements as stated in article 7.2 of the TER Research Master HMS apply
3. all courses taken in period 1 and 2 should be completed with a grade 6 or higher

Article 7.4 Pre-Master's programme

1. Applicants with a bachelor's degree from a university of applied sciences (HBO) or a bachelor's degree from a research university (WO) who wish to enter the programme but do not fulfil the admission requirements as stipulated in Article 7.2 can request admission to the pre-master's programme. Applicants need to demonstrate that they have a relevant bachelor's or master's degree and sufficient knowledge of anatomy, physiology and psychology, which is obtained during their prior education. The Admission Board will assess whether the applicant meets the admission requirements. To be admitted to the pre-master's programme, applicants with an HBO Bachelor's degree also need to pass the pre-Master's assessment
2. A candidate must demonstrate that they meet the language requirements, as specified in Article 7.2.
3. The pre-master's programme has max. 30 credits and consists of the following units: a. Wiskunde b. Verwerken van Digitale Signalen c. Biomechanica d. Statistiek e. Meten van Fysische Grootheden For the domain Psychology in Sports, Performance and Health the premaster consists of the following units a) Sportpsychologie

- b) Wiskunde
- c) Verwerken van Digitale signalen
- d) Biomechanica
- e) Statistiek

The following terms also apply:

- a. If the pre-Master's enrollee is completing an individualized pre-master's programme, this is to be communicated to the enrollee in writing.
- b. The Examination Board can, if the pre-Master's enrollee submits a written request, exempt the enrollee from one or more examinations.
- c. Article 3.5.4 does not apply for the pre-Master's enrollee.

4. Evidence that the pre-master's programme has been completed successfully will entitle the student to admission to the relevant master's programme in the following academic year. A pre-master's programme must be completed within one academic year.

5. Students who wish to specialize in Psychology in Sports, Performance and Health with a bachelor's degree in psychology do not have to follow a fixed pre-master's programme but any deficiency in physiology and/or anatomy should have been eliminated before the start of the programme. This can be achieved for example by following the educational component 'Inleiding Inspanningsfysiologie' (6 EC) and/or 'Functionele Anatomie' (6 EC) from the Ba Human Movement Sciences, or 'Human Anatomy and Physiology' (6 EC) at the Faculty of Earth and Life Sciences.

8. Examinations and results

Article 8.1 Sequence of examinations

Students may only start with the Master Research Project after having successfully completed at least 12 EC courses in this master's programme.

Article 8.2 Validity period for results

1. If a student's knowledge, understanding or skills as evaluated in the exam are demonstrably outdated, the Examination Board may impose a supplementary or replacement examination for a unit of education for which an examination was passed more than 6 years ago.
2. The validity period for partial results and exemptions for partial exams is limited. Partial results and the exemptions for partial exams are only valid in the academic year in which they were obtained, unless otherwise stated in the relevant course manual.

Article 8.3 Determining and announcing results

By way of deviation from article 3.4.1 the marking deadline for papers and interim examinations with at least 50% open questions is no longer than fifteen working days.

Article 8.4 Examination Opportunities

Notwithstanding paragraph 3.5.2, a sufficiently assessed paper cannot be retaken unless it is possible to generate a new work, independent of the previous work and which does not require to gather new course materials (such as dataset, project). The course manual will indicate whether this possibility is offered.

Article 8.5 Maximum Exemption

A maximum of 12 EC can be exempted from the programme.

Section B2: Programme-specific section – content of programme

9. Programme objectives, domains/specializations, intended learning outcomes and language

Article 9.1 Workload

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| 1. The programme has a workload of 60 EC. |
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Article 9.2 Scientific Domains

The programme has the following scientific domains, that each consists of 3 mandatory courses, each of 6 EC.
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| <ul style="list-style-type: none"> - Biomechanics in Sports, Exercise and Health - Movement Neuroscience for Health and Rehabilitation - Physiology of Human Performance and Health - Psychology in Sports, Performance and Health |
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Article 9.3 Programme objective

The programme aims to achieve the following:
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| <ul style="list-style-type: none"> a. to prepare the student to practice professionally in the field of Human Movement Sciences; b. to teach the student specialized knowledge, skills and understanding in the field of Human Movement Sciences; c. to teach the student communicating at an academic level in the English language; d. to prepare the student for academic work in the field of Human Movement; e. to promote the academic education of the student, in particular with reference to: <ul style="list-style-type: none"> (1) independent, academic thought processes and performance; (2) applying specialist academic knowledge in a wider and/or philosophical and societal context; |
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to stimulate the attention on the student's personal development, promote his or her awareness of social responsibility.
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Article 9.4 Intended learning outcomes

The intended learning outcomes for the programme are described in appendix I
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Article 9.5 Language of instruction

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| 1. The language of instruction is English. |
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| 2. The 'Gedragscode vreemde taal' (Code of conduct for foreign languages) applies. |
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10. Curriculum structure

Article 10.1 Composition of the programme

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| 1. The programme comprises at least a package of compulsory components and an individual Master's thesis or academic work placement. |
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| 2. Units of education are categorised as specialised (400), research-oriented (500) and highly specialised (600) level. |
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Article 10.2 Compulsory units of education

A detailed description per unit of education can be found in the study guide.

Name of unit of education	course code	nr of EC	level	Advice OLC; (7.13 a)
Data Science in Sport and Health	B_DATSCH	6	400	
Human Movement Sciences in Society	B_HMSSOC	6	500	
Research in Societal Context	B_RESSC	6	500	
Master Research Project	B_MARESPRJS	24	600	

Article 10.3 Elective domains and courses

The student chooses one of the following domains, and follows the three courses belonging to that domain				Advice OLC; (7.13 a)
Name of domain, and courses	course code	nr of EC	level	
<i>Biomechanics in Sports, Exercise and Health</i>				
- Biomechanical Principles and Methods	B_BIOPM	6	400	
- Applied Biomechanics	B_APPBIOM	6	500	
- Design and Interpretation of Biomechanical Studies	B_DIBIOMS	6	500	
<i>Movement Neuroscience for Health and Rehabilitation</i>				
- Fundamentals of Movement Neuroscience	B_FUNDMNS	6	400	
- Neuroscience Methods	B_NSCMETH	6	500	
- Clinical Movement Neuroscience	B_CLMOVNS	6	500	
<i>Physiology of Human Performance and Health</i>				
- Integrative Neuromuscular Performance	B_INTNP	6	400	
- Adaptations in Training, Ageing and Disuse	B_ADTRAD	6	500	
- Translational Exercise Physiology	B_TRLEXP	6	500	
<i>Psychology in Sports, Performance and Health</i>				
- Sports, Performance and Exercise Psychology	B_SPPEXPS	6	400	
- Skills acquisition and talent development	B_SKTALD	6	500	
- Behavioural Research in Societal Context	B_BHRSC	6	500	

Article 10.5 Participation in practical training and tutorials

Not applicable

11. Evaluation and transitional provisions

Article 11.1 Evaluation of the programme

1. The education provided in this programme is evaluated in accordance with the (attached) evaluation plan. The faculty evaluation plan offers the framework.

Article 11.2 Transitional Provisions

By way of departure from the Teaching and Examination Regulations currently in force, the following transitional provisions apply for students who started the programme under a previous set of Teaching and Examination Regulations:

- In case a student still has to successfully complete a mandatory course from the previous programme, the transition table below will indicate which course to follow in 2026-2027.

- In case a student still has to successfully complete an elective course from the previous programme, the transition table below will indicate which course to follow in 2026-2027.
- In case a student wants to deviate from the table, the alternative course needs to be approved by the Examination board.
- _In case a student still has to successfully complete the Master Research Project and started the Master Research Project in the 2025–2026 academic year or earlier (i.e. submitted and obtained approval for the project contract before 1 September 2026), the course requirements and assessment regulations applicable in the 2025–2026 academic year shall apply. This transitional provision applies until the end of the 2026–2027 academic year at the latest.

Transition table

Course	Substitute Course
Concepts in human movement science	Human Movement Sciences in Society
Current issues in sport and exercise psychology	Psychology Domain course 1
Topics in rehabilitation	Movement Neuroscience Domain course 3
Maximal Neuromuscular Performance	Physiology Domain course 1
Physiology of performance in extreme environments	Physiology Domain course 1
Sportpsychology from evidence to impact	Psych. Domain course 3
Applied biomechanics	Biomech Domain course 1, 2, or 3 (in this order)
Perceptual-motor learning	Psychology Domain course 2, or 3 (in this order)
Training, aging, and disuse	Physiology Domain course 2
Energy flow models	Biomech Domain course 1, 2, or 3 (in this order)
Clinical exercise physiology	Musculoskeletal Imaging and Exercise Physiology
Exercise and health	Physiology Domain course 3
Talent identification and development	Psychology Domain course 2, or 3 (in this order)
Data in sport and health	Data Science 1
Entrepreneurship in HMS	replacement assignment and part of masterclasses

Advice and/or approval by the Programme Committee HMS, on 26 March 2026

Approved by the Faculty Joint Assembly, on 12 May 2026

Adopted by the board of the Faculty of Behavioural and Movement Sciences on 26 May 2026

Appendix I Intended Learning Outcomes MSc. Programme:

Dublin descriptor	Intended learning outcome(s)
Knowledge and understanding: Provides a basis or opportunity for originality in developing or applying ideas often in a research context	1. The student has advanced knowledge of concepts and methods for conducting (applied) scientific research in the fields of sport, exercise and health, as well as the characteristics of those fields.
Applying knowledge and understanding: through problem solving abilities [applied] in new or unfamiliar environments within broader (or multidisciplinary) contexts	2. The student conducts research involving all steps of the empirical cycle and translates scientific insights into practical applications in the fields of sport, exercise and health, while abiding by the principles of scientific integrity.
Making Judgments: demonstrates the ability to integrate knowledge and handle complexity, formulate judgements with incomplete data	3. The student critically evaluates the concepts, methods, results and scientific, societal and ethical impact of multidisciplinary research in the fields of sport, exercise and health.
Communication: [of] their conclusions and the underpinning knowledge and rationale (restricted scope) to specialist and non-specialist audiences (monologue)	4. The student orally presents and discusses a scientific study to and with professionals in the fields of sport, exercise and health with different levels of expertise (scientists, peers and laymen) in an appropriate and appealing manner. 5. The student writes scientifically sound research reports meeting the criteria of a scientific or professional paper 6. The student communicates and collaborates effectively and professionally with peers, as well as with professionals from other disciplines, domains or cultures
Learning skills: study in a manner that may be largely self-directed or autonomous	7. The student critically reflects on the scientific, societal, and ethical relevance of one's own work in the fields of sport, exercise and health and acts as a responsible academic in society. 8. The student reflects on one's interests, qualities and learning trajectories, to profile oneself as an academically schooled professional in the fields of sport, exercise and health and develops a perspective towards lifelong learning.

Appendix II Admission Requirements MA HMS 2027-2028

General requirements

- A bachelor's degree from a relevant field of study.
- General academic competencies, such as critical thinking, critically evaluate scientific literature, quantitative literacy, written and oral communication.
- Proficiency in English (see language requirements below).

Requirements - Research Skills:

This category encompasses the necessary analytical and practical skills that are essential for both research and practical applications in the field of Human Movement Sciences. The following knowledge, comprehension, and skills at the bachelor's degree level, acquired from an institution of higher academic education, are required:

1. Knowledge and understanding of mathematics (differential, integral and vector calculus, matrix calculations); *Example of textbook: Maths in Motion, T. de Haan*
2. Basic understanding of, and skills in, statistics (correlation, regression analysis, Student's t-tests, ANOVA) in R or comparable tool/programming language; *Example of textbook: Discovering Statistics using R and RStudio, A. Field*
3. Understanding of, and skills in, processing digital signals in Python or comparable tool/programming language; *Example course: MIT edx course on introduction to programming using python*
<https://www.edx.org/learn/computer-science/massachusetts-institute-of-technology-introduction-to-computer-science-and-programming-using-python>
4. Knowledge and understanding of, and skills in, common measurement and data processing techniques in human movement sciences.

Requirements Knowledge:

This category comprises the fundamental theoretical knowledge pertaining to anatomy, physiology, biomechanics, psychology, and neuroscience, which form the foundational elements of human movement sciences. The entry requirements differ per domain. For each domain, the following knowledge requirements apply:

1. Biomechanics

- 1.1. Knowledge and understanding of biomechanical concepts. Kinematics, kinetics, laws of motion and mechanical energy and power. *Example of textbook: Biomechanics and Motor Control of Human Movement, D.A. Winter.*
- 1.2. Knowledge and understanding of mathematics (differential, integral and vector calculus, matrix calculations). *Example of textbook: Maths in Motion, T. de Haan*
- 1.3. Knowledge of the anatomical nomenclature, knowledge and understanding of the conceptual aspects of the structure and function of muscles, knowledge and understanding of form and function of joints.
Example of textbook: Human Anatomy and Physiology, E.N. Marieb.

In addition, 3.1 and 3.2.

2. Movement Neuroscience for Health and Rehabilitation

- 2.1 Knowledge and understanding of neuroanatomy, function of different brain structures and the neurophysiology of brain processes.
- 2.2 Knowledge and understanding of neuromuscular control, spinal cord circuits and motor units,

movement control and sensory feedback; *Example of textbook: Neuroscience, Purves et al.*

3. Physiology of Human Performance and Health

3.1. Knowledge and understanding of the cardiovascular and respiratory system and the human energy systems; *Example of textbook: Essentials of Exercise Physiology, W.D. Mc Ardle et al.*

3.2. Knowledge and understanding of muscle physiology and mechanics; *Example of textbook: Skeletal Muscle from Molecules to Movement, D.A. Jones et al.*

In addition, 1.3.

4. Psychology in Sports, Performance, and Health

4.1. Knowledge and understanding of human psychology (principles on learning, perception, memory and emotion); *Example of textbook: Psychology, the Science of Mind and Behavior, M.W. Passer & R.E. Smith*

4.2 Knowledge and understanding of motor control and coordination (feedback and feedforward models, visual control and proprioceptive feedback, and motor learning and development); *Example of textbook: Motor Control and Learning, R.A. Schmidt et al.*

Appendix III Evaluation plan FGB

Aim

The evaluation of courses and/or groups of courses (minors, learning continuity pathway) is part of the PDCA cycle at the level of the course as formulated in the 'VU toetskader'. Curriculum evaluations are carried out at programme level.

The evaluation of education aims to gain insight into the quality of the education provided and/or the coherence between courses. This insight is used at various levels within FGB to maintain the quality of education and, where necessary, to improve it and to communicate about this to students.

Course evaluations

The courses of the FGB programmes are evaluated annually via the digital evaluation form in Evalytics.

Below is described which actors are involved in the evaluation of courses and which tasks these actors have in the process of evaluation.

Student

- Fills in the digital course evaluation form after the course has ended

Course coordinator

- Encourages students to complete the evaluation form
- Makes the evaluation form suitable for his/her course, and includes questions on the exam(s) used in the course
- Responds to students via VUweb on the results of the evaluation and indicates whether and, if so, which changes will be made to the course

Evaluation coordinator

- Monitors whether all courses appear in Evalytics
- Is available for questions of lecturers regarding the adjustment of evaluation forms
- Saves the evaluation reports
- Processes the evaluation results in an overview sheet
- After each teaching period, makes the overview sheets and the evaluation reports available for programme directors, programme committees and the examination committee

Programme directors

- Inspects the overview sheet and, where necessary, the evaluation reports
- Discusses, where necessary, the course evaluation with the course coordinator, the programme committee and/or examination committee and may take action based on these discussions
- Discusses the course evaluations in general and any taken actions during the annual interview with the portfolio holder for education and the director of education
- Inserts the results of the course evaluations in midterm reviews and critical self-reflections
- Provides, on request, supervisors with input on education for the annual interview with the lecturer

Programme committee

- Discusses the evaluation reports after each teaching period
- Invites, if desired, course coordinators to the meeting of the programme committee to discuss the results
- Provides the programme director with solicited and unsolicited advice on the quality of the

courses

- Discusses the course evaluations and any actions taken in the annual report
- Indicates in the annual plan whether there will be special attention for a course or group of courses

Examination committee

- Inspects the overview sheets and, if desired, the evaluation reports
- If necessary, takes action based upon the results of a course evaluation and discusses the action taken with the programme director and course coordinator
- Discusses the course evaluations and any actions taken in the annual report
- Indicates in the annual plan whether there will be special attention for a course or group of courses

Supervisors of lecturers

- Supervisors may ask the programme director of the programme in which the lecturer participates to provide input for the annual interview, in which the interpretation of the programme director forms an important part of the information the supervisor receives

Portfolio holder for education /Director of education

- Discusses course evaluations in a general sense with programme directors during the annual interview
- Discusses the quality of education in the annual education report

Evaluations of groups of courses

Evaluation of groups of courses like minors, learning continuity pathways or methodology pathways, are carried out at the initiative of the programme director, programme committee or examination committee. There are no formats for these kinds of evaluations; a questionnaire must be created by the parties involved and distributed among students. Results of the evaluations are discussed in consultation between the programme director and the programme committee and/or the examination committee and noted in annual reports. Where possible, planned evaluations of groups of courses are included in the annual plan of, for example, the programme committee or examination committee.

Evaluation of (parts of) the curriculum

The evaluation of (parts of) the curriculum takes place automatically via Evalytics. The results are sent by the evaluation coordinator to the programme directors and programme committees and are discussed in consultation between the programme committee and programme director.