

High Performance Sport

Ural Federal University named after the first President of Russia B.N. Yeltsin

Degree or qualification is awarded: **Master's Degree**

Language of study: **English**

Mode of study: **full-time**

Duration: **2 years**

Availability of free education: **yes**

Price: **311 100 RUB; 247 200 RUB as discounts apply.**

Programme webpage at the university website:

<http://urfu.ru/en/international/programs-and-courses/master-programs-in-english/high-performance-sport/>

Programme curator:

Tel.:

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High Performance Sport

The program is offered by UrFU Institute of Physical Education, Sport and Youth Policy

Duration of study: 2 years

Direction: Physical Culture and Sports

Subject: Sport

Code: 49.04.03

Credits: 120 ECTS

Language of instruction: English

Partner university: Universidad Popular Autónoma del Estado de Puebla(UPAEP)

Entry requirements: 4-year Bachelor's Degree (or equivalent).

Head of the program: Prof. Sergey Novakovsky, Doctor of Education, Meritorious Physical Culture Worker, Honored Trainer of Russia, Olympic referee

Program goal: The core of the program began to form in 2000, and starting from 2012 it has been implemented at Ural Federal University. Today the program boasts its worldwide known graduates such as Olympic medalists Ivan Alypov, Irina Khabarova, Ilya Markov and Valentina Ogienko.

The program was designed to train coaches highly skilled and experienced in athlete performance assessment and training programs development and management.

Curriculum:

Research Methodology:

- History And Methodology In Sports Research
- Current Problems In Sport Sciences
- Sports Information Technologies

Professional Communication:

- Foreign Language (Part 1)
- Business Correspondence

Introduction to High Performance Sport:

- Anatomy And Physiology In Sport
- Biomechanics And Movement Analysis In Sport
- Sports Training Technologies
- Strength And Conditioning (Part 1)

Co-Factors of High Performance Sport:

- Non-Training Factors In Sport
- Psychology Of Coaching
- Selection And Orientation In Sport

Research Activities

High Performance Sport Sciences:

- Sports Training Technologies
- Strength And Conditioning (Part 2)
- Medical Support In Training And Competitive Activities

Professional Culture:

- Foreign Language (Part 2)
- Olympic Sport Ethics And Culture

Practical work and Research

Master Thesis

Final examination: Oral examination and Master's thesis defense

Program highlights:

- Highly practical focus of the studies
- Teaching provided by the experts working in the fields of sport management
- Vast infrastructure for study, research and sport activities offered by the university

Career opportunities:

This program graduates will be qualified to coach top-level and elite athletes, as well as for careers in such areas as sport program coordination, coaching in elite sports, in clubs and universities, public and private sports organizations.

Specializations within this programme