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| Discipline | Fitness Training (B.A.) (German: Fitnesstraining) |
| Institution | Deutsche Hochschule für Prävention und Gesundheitsmanagement (DHfPG) University of Applied Sciences Saarbrücken Germany |
| Study form | Vocational training with distance learning and phases of attendance |
| Length of study | 7 semesters (42 months) |
| Accredited by | Accreditation Agency for Study Programmes in Health and Social Sciences (AHPGS) |
| Date of accreditation | 16 th December 2010 |
| Programme profile | The graduate programme Fitness Training (German: Fitnesstraining) is a University of Applied Sciences 3.5 year study combining vocational training with distance learning and phases of attendance finishing the programme with a Bachelor of Arts (B.A.) degree. The students hold an adequate job as trainees requiring a work schedule of at least 20 hours per week. |
| Study centers and class sizes | Study centers are located in Germany (nationwide), Austria and Switzerland. With matriculation the students opt for one study center out of all locations. Usually one class per location of study is set up and the phases of attendance are held in these cities. However if necessary there is also the possibility to set up several classes per study center. Class sizes are kept small to guarantee the personal tuition between lecturer and student. As alternative to the on-site classes at one of the study centers students can opt for location-independent digital lectures. |
| Phases of attendance | The phases of attendance equal 64 days and are offered in compact units. They last from two to four successive days during the week (lessons held from 9 a.m. till 6 p.m.). |
| Mandatory subjects | The graduate school programme is composed of five mandatory subject areas: <ul style="list-style-type: none"> - Fitness Training - Scientific Skills & Writing - Health Care & Prevention - Management & Economics - Interdisciplinary Subjects |
| Preparatory essays | The University's preparatory essays play a central role in its distance learning programmes. These papers include special elements of distance learning, such as tests, exemplified contents, recaps and questions for recapitulation. |
| Credits | The programme consists of 210 credits each according to ECTS (European Credit Transfer System) and can be studied in 7 semesters (42 months). The workload is 30 hours per credit. |
| Degree | The programme consists of 21 individual modules and the writing of a Bachelor thesis. A Bachelor of Arts (B.A.) degree is awarded once all modules and the Bachelor thesis have all been successfully completed. |
| Semester start | The summer semester starts on 1 st January, the winter semester on 1 st July. Students may begin the programme at any time, though they must |

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| | matriculate by 30 th June to attend the summer semester, or by 31 st December to attend the winter semester. |
| Requirements | Students applying for the programme must fulfill formal requirements and show proof of a signed agreement for a vocational training position. They also have to submit a written declaration describing their personal reasons and intentions for the commencement of the programme. |
| Tuition fees | The tuition fees are currently 360 Euro per month. These fees include delivery of teaching material, performance appraisal, guidance and tutoring by tutors and issuing the certificates of achievement. |
| Work place | Graduates of the Fitness Training (German: Fitnesstraining) graduate school programme work as fitness specialists in health and fitness clubs, in the second tier management or-in most cases- as chief executive of a health and fitness club. |
| Accreditation Commission | According to the Accreditation Commission, the study programme Fitness Training (German: Fitnesstraining) provides the students with the required practical skills by hands-on teaching and learning. |
| The Ministry of Education, Culture and Economics | The Ministry of Education, Culture and Science sees the University of Applied Sciences (DHfPG) is a fast expanding educational institution with innovative ideas and concepts. |
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| Further information | Additional information regarding this degree graduate school programme may be found in the Higher Education Compass of HRK. |