

Shanghai University of Sport
Enrollment Guide
2025 English-Taught Master's Program in
ELITE SPORTS SCIENCE

Program Introduction

The English-Taught Master's Program in Elite Sports Science aims to train professionals with in-depth theoretical knowledge of sports science and solid practical skills in sports, who can apply such knowledge and skills to athletic performance at different levels through the cross-fertilization of different disciplines and specialties. The program provides a standard schooling period of 2 years. Students must obtain 22 credits for their graduation. The number of students enrolled under the program is 5.

Deadline for Application

Chinese Government Scholarship: February 28, 2025

University President's Scholarship: April 30, 2025

Eligibility

- Applicants shall be non-Chinese citizens with regular foreign passports, who shall be physically and mentally healthy and aged under 35.
- Applicants shall have the disciplinary background and research capabilities required for their preferred program.
- Applicants applying for the program shall have obtained the bachelor's degree.
- Applicants shall at least satisfy one of the following requirements for language proficiency:

1) Applicants' native language is English;

2) Applicants can provide valid IELTS or TOEFL scores (IELTS scores not lower than overall band 6.5 or TOEFL scores not lower than 80);

3) Applicants shall have obtained a bachelor's degree or above in another country, and such program is taught in English.

- The GPA of the previous period of study shall not be lower than 3.0, or the average score of all subjects shall not be lower than 75 points.
- Applicants shall have no criminal records.

Application Documents

- One copy of the valid passport
- One copy of your graduation or degree certificate (If the original is issued in languages other than Chinese or English, please provide a notarized translated copy in Chinese or English.); if the applicant is a new graduate, please submit one pre-graduate certificate presented by one's school.
- One copy of the academic transcript for the undergraduate period (If the original is issued in languages other than Chinese or English, please provide a notarized translated copy in Chinese or English.)
- One copy of the valid IELTS or TOEFL certificate or originals of any other certificate proving equal language proficiency for students not native speakers of English
- One learning plan or research proposal written in English
- One resume written in English, including educational and working experience, research results, and learning plans
- Recommendation letters in English from two professors or associate professors
- Tutor's Pre-acceptance Letter (if any)
- Previous research results/academic papers (if any)
- One copy of the Foreigner Physical Examination Form
- One video (MP4) with a length of less than 3 minutes to introduce yourself in English

- Certificate of No Criminal Records or Commitment on No Criminal Records
- Statement of Financial Support (Can sign the Statement of Financial Support provided by the university, see the attachment).
- Payment certificate for the registration fee (CNY 500 or USD 80)

Application Process

Step 1: Online application

Log in to "Shanghai University of Sport - International Student Service System" (<http://admission.sus.edu.cn>) to register, fill in the registration form, upload the required documents (in electronic version), and submit their applications.

Step 2: Pay the registration fee

The registration fee is USD 80 or CNY 500 (which will not be refunded once paid.), which shall be paid online or remitted to Shanghai University of Sport:

Account name: Shanghai University of Sport

Account number: 033267-00881002983

Bank of deposit: Xiangyin Sub-branch, Shanghai Branch, Agricultural Bank of China

Address: No. 650, Qingyuan Ring Road, Yangpu District

- *Please state the passport name of the applicant and "registration fee" when making a remittance.*

Scholarship

Once admitted, applicants of the program will receive the Chinese Government Scholarship or President's Scholarship for International Students of Shanghai University of Sport subject to the following funding criteria:

1. Students granted with the scholarship are exempted from the tuition, on-campus accommodation expenses, and comprehensive medical insurance expenses.
2. Students granted with the scholarship will receive living expenses in an amount of CNY 3,000/month.

3. The Excellent Student Scholarship is established to provide one-time reward to students achieving high-level research results during their academic year.

4. Students will receive financial support for round-trip airfare (economy class) incurred for one oral presentation at an international conference.

Note: Chinese Government Scholarship applicants who have been successfully admitted can receive a maximum of three years of full scholarship, while the University President's Scholarship only covers maximum two years.

Review and Acceptance Process

1. Students file applications online.
2. Personnel of the Office of International Students Services preliminarily review application documents for integrity and validity.
3. Colleges organize academic reviews and interviews for applications who have provided complete application documents.
4. The International Student Enrollment Leading Group finalize the list of acceptance
5. Personnel of the Office of International Students Services announce the pre-admission results.
6. Personnel of the Office of International Students Services send pre-acceptance notices to accepted applicants and prepare formal acceptance documents.

Contact Us

Office of International Students Services, Shanghai University of Sport

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To check more details of the program description, please refer to the annex below.

Annex:

Introduction of the English-Taught Master's Program in Elite Sports Science

I. Introduction of the Program and Research Interest

The breakthrough in competitive sports is inseparable from science, and scientific research related to competitive sports has transitioned from sports training science, which summarized and condensed athletes' training and competition experience in the early days, to competitive sports science, which focuses on sports training science and aims to understand and improve athletes' competitive sports performance by cross-fertilization of multiple disciplines. Through the teaching of sports training theory, testing and evaluation techniques, physical training methods, and data analysis and presentation, this program aims to cultivate professionals with profound sports science theoretical knowledge and solid sports practice skills who are good at cross-fertilization through different disciplines and apply them to athletic performance of athletes at different levels.

II. Cultivation Requirements and Enrollment Quota

The standard schooling period is 2 years, and the maximum study period (including suspension of study) is 5 years. Students shall obtain 22 credits for their graduation, including 6 credits for compulsory degree courses, 10 credits for compulsory liberal courses, 4 credits for non-degree elective courses, and 2 credits for compulsory practice. The number of students enrolled under the program is 10.

III. Curriculum & Introduction

(I) Compulsory courses (2 credits/course, 6 credits in total)

1. China Overview (Jia Ting)

This course provides students with a systematic understanding of Chinese culture and society from different perspectives, including geography, population, ethnicity, politics, economy, philosophy, history, art, and international relations, through four different thematic units, including basic Chinese conditions, traditional Chinese culture, contemporary development of China, and international relations of China, helps students obtain the insight into China's history and culture, view China's social development, feel the core values in the Chinese culture, and understand the characteristics of China's social and cultural development at the same time of improving their Chinese proficiency. In addition, this course also guides students to correctly understand the values of the Chinese culture and in time, recognize and evaluate China's national situation in an objective and friendly manner. The course aims to enhance students' identification with the Chinese culture by providing varied cultural experiences and practices to present a true and vivid image of China from multiple perspectives and in multiple dimensions.

2. Chinese I (Zhu Ming)

"Chinese I " is a beginner-level comprehensive Chinese course designed for learners with no prior knowledge of the language. The course uses the textbooks "HSK Standard Course 1" and "HSK Standard Course 2." The course content is based on HSK (Chinese Proficiency Test) levels 1 and 2 and includes instruction and practice in phonetics, vocabulary, grammar, and Chinese characters. The first two lessons focus on phonetics, providing a systematic introduction to Chinese phonetic knowledge, including consonants, vowels, tones, and syllable structures. Starting from the third lesson, each lesson centers around a specific theme and various scenarios for dialogues. Each lesson covers approximately 10 to 20 new words and 3 to 4 grammar points. The topics include personal information, daily life, shopping, dining, hobbies,

and more. The course structure includes warm-up activities, lesson texts, explanations of language points, exercises, pronunciation practice, character recognition, and practical applications. Through this course, learners will gain a preliminary understanding of Chinese phonetics and grammar characteristics, develop basic listening, speaking, reading, and writing skills, and be able to engage in short conversations on familiar topics and carry out simple social interactions.

3. Chinese II (Zhu Ming)

"Chinese II " is an introductory Chinese language course. The course uses the textbook "HSK Standard Course 3." "Chinese II " is suitable for learners who have completed 64 credit hours and have a grasp of approximately 450 Chinese vocabulary words. The course consists of 20 lessons, with each lesson divided into four segments. Each lesson includes 12-25 new words and 2-3 language points. Each lesson is structured with warm-up, text, exercises, characters, application, and idiomatic expressions, with a cultural section introduced every 5 lessons. Topics cover experiences in travel, course situations, cultural activities, holiday customs, professions, and more. Through this course, learners will acquire general listening, speaking, reading, and writing abilities, enabling them to engage in brief communication on basic daily life, study, and work topics and complete routine social interactions. The course also includes simulated exercises in preparation for the HSK Level 3 exam to help learners become familiar with HSK question types and simultaneously enhance their Chinese language skills and exam performance.

(II) Compulsory liberal courses (2 credits/course, 10 credits in total)

1. Frontiers of Theory on and Practice in Competitive Sports Science (Wang Ran)

This course aims to help students understand the development trend in the field of competitive sports science and deepen their understanding of the interdisciplinary nature of competitive sports science by inviting front-line researchers and coaches

from domestic and international competitive sports to share the hot spots of research and practice related to competitive sports science.

2. Sports Biomechanical Analysis (Zhang Qingshan)

The main objective of this course is to develop the student's ability to understand and process as well as analyze sports biomechanical data. It aims to enable students to study, solve, and answer questions related to the practice of competitive sports with sports biomechanics approaches.

3. Athletic Ability Testing and Assessment (Wang Dan)

This course is designed to teach the methods for testing and assessment of different athletic abilities, which involves anthropometric tests such as body composition, physical fitness tests such as speed, strength, agility and endurance. This course helps students master the principles of specific tests and choose the appropriate test protocols according to the needs of athletes in specific sports.

4. Special Environment and Sports Performance (Cao Yinhang)

This course aims to introduce the way to protect and improve the athletic ability of athletes in special environments. This course mainly includes the international cutting-edge theoretical knowledge and training methods of plateau training; measures to protect and develop athletic ability of athletes in high temperature and high humidity environments, and the way for athletes can maintain their competitive level in cold environments.

5. Sports Performance Analysis (Zhou Changjing)

This course is designed to teach how to analyze the athletic performance of athletes or sports teams in actual games or training and give objective feedback to coaches. The course mainly includes an overview of sports performance analysis, athletes' technical and tactical analysis, physical performance analysis, movement technique analysis

based on sports biomechanics, practical application of wearable devices, practical use of marker software, data analysis and visualization.

(III) Non-degree elective courses (2 credits/course, 2 courses, 4 credits in total)

1. Tai Chi (Zhu Dong)

Tai Chi is a traditional Chinese exercise for both body and mind health. This course combines the traditional eastern wisdom of health care and teaches easy-to-learn Tai Chi routines and traditional Chinese fitness methods to allow students to master the characteristics of Tai Chi movements and basic movement laws and achieve the ability to perform Tai Chi routines and fitness methods independently and skillfully.

2. Basic Skills of Table Tennis (Feng Zhe)

Table tennis is not only the "national sport" of China, but also a popular sport across the world. Playing table tennis can improve body agility and coordination, enhance cardiovascular function, achieve physical fitness and brain health, which is suitable for both young and old. This course is an elective course provided to international students which consists of 32 credit hours. The aim is to allow students to master the basic theory on table tennis, the basic skills, and the rules of table tennis competitions. The course is based on practical exercises and is taught in English.

3. Fitness Qigong – The Eight Brocade (Zhang Yunya)

By combining theory and practice, help students master the technical movements, characteristics, and practice essentials of Fitness Qigong – The Eight Brocade; understand the historical origin of Fitness Qigong – The Eight Brocade and its cultural connotation and health value, develop students' ability of self-practice and self-care, and improve students' knowledge and understanding of traditional Chinese exercises for health care.

4. Traditional Chinese Cultural Practices (Jia Ting)

Based on a brief introduction to traditional Chinese thoughts, languages, and writings, the course will guide students to discover the characteristics of calligraphy, paper cutting, Kunqu (Chinese theater and opera, and tea ceremony in different types of cultural practice classes. The aim is for students to appreciate the unique aesthetics of folk paper-cutting, the rich cultural connotation and elegant artistic taste of Kunqu, and to experience the subtleties of tea ceremony techniques. Innovating the traditional one-dimensional class mode, this course allows students to experience the charm of traditional Chinese culture "in zero distance" in forms of experience, production, and communication.

(IV) Compulsory practice (2 credits)

Academic exchange: Students shall make an oral report on an international academic conference.

IV. Tutor Team

Wang Ran (program leader), doctor of Exercise Physiology, University of Central Florida, professor of the School of Elite Sport, Shanghai University of Sport, with the research interests in physical training stress and adaptation, and sports performance testing and assessment

Li Yongming, doctor of Athletic Training, University of Leipzig, professor of the School of Elite Sport, Shanghai University of Sport, with the research interests in energy metabolism in the field of exercise and training science

Wang Dan, doctor of Sports Medicine, University College Dublin, professor of the School of Elite Sport, Shanghai University of Sport, with the research interests in sports biomechanics and physical rehabilitation training

Zhang Qingshan, doctor of Sports Human Sciences, Université Claude Bernard Lyon 1, associate professor of Elite Sport, Shanghai University of Sport, and external researcher of Laboratory of Biomechanics of Sports, with the research interests in the influence of lower extremity musculo-neural capacity on sports performance and

lower extremity non-contact injury mechanisms in high-level soccer players

Zhou Changjing, doctor of Sport Performance Analysis, Universidad Politécnica de Madrid, associate professor of School of Elite Sport, Shanghai University of Sport, with the research interests in physical training and sports performance analysis

Cao Yinhang, doctor of Exercise Physiology, University of Tsukuba, associate professor of Elite Sport, Shanghai University of Sport, with the research interests in the theory and practice of plateau training, optimization strategies of sports performance in plateau environment and energy metabolism in plateau environment

V. Graduation and Degree Awarding

- 1、 Obtain the HSK3 certificate of the Chinese Proficiency Test.
- 2、 Obtain the Certified Performance and Sport Scientist (CPSS) credential of the National Strength & Conditioning Association.
- 3、 Obtain all required credits.
- 4、 Pass the dissertation defense.