

Shanghai University of Sport
Enrollment Guide
2026 English-Taught Master's Program in
OLYMPIC SPORTS AND HEALTH COMMUNICATION

Program Introduction

With the growing popularity of the One Health concept, the Olympic Sports, with its unparalleled influence, has taken on more social responsibility for health communication and made a great contribution to the development of human health. The "Olympic Sports and Health Communication" program will enable students to better master the theoretical and practical knowledge of Olympic sports development and health communication, to understand the in-depth interaction between health communication and Olympic development, and to cultivate new sports and cultural talents with a global perspective and awareness of comprehensive health, who are capable of cross-cultural comparison and academic research, and who can work in international sports organizations and sports and health communication agencies. The program provides a standard schooling period of 2 years. Students must obtain 22 credits for their graduation. The maximum number of students enrolled under the program is 5.

Deadline for Application

Chinese Government Scholarship: February 28, 2026

University President's Scholarship: April 30, 2026

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

Applicants for this program may be awarded either the Chinese Government Scholarship or the President's Scholarship for International Students of Shanghai University of Sport. The funding criteria are as follows:

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.

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

Room 115, Building No. 4, Lane 531, Qingyuan Huan Road, Yangpu District, Shanghai, the People's Republic of China

Tel: 0086-21-65507715

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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 Olympic Sports and Health Communication

I. Introduction of the Program and Research Interest

Health issues are becoming more prominent in various countries and fields due to international economic development and the impact of the COVID-19. With the growing popularity of the One Health concept, the Olympic sports, with its unparalleled influence, has taken on more social responsibility for health communication and made a great contribution to the development of human health. The "Olympic Sports and Health Communication" program will enable students to better master the theoretical and practical knowledge of Olympic sports development and health communication, to understand the in-depth interaction between health communication and Olympic development, and to cultivate new sports and cultural talents with a global perspective and awareness of comprehensive health, who are capable of cross-cultural comparison and academic research, and who can work in international sports organizations and sports and health communication agencies.

II. Training 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 15.

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. Theories and Methods of Traditional Chinese Health Preserving (Zhang Yunya, Wang Zhen)

This course starts from the emergence and development of traditional Chinese health preserving ideas and selects the Eight Brocade and Five-Animal Exercises, which are representative of traditional sports health preserving methods, to introduce traditional Chinese health preserving theories and methods to students in a systematic and comprehensive way. On this basis, the course will also demonstrate and teach students Fitness Qigong - The Eight Brocade and Fitness Qigong - Five-Animal Exercises, which will allow students to improve their own exercise status, enhance their physical fitness and stimulate their potential for life while mastering the basics related to exercise.

2. The Olympic Sports and Sports Development in Asia (Fan Hong, Wu Wen)

Through the appreciation of Olympic culture and athletics, this course guides students to appreciate the unique aesthetic value of athletics and the Olympic spirit of "faster, higher, stronger"; through the study of the historical development of Asian sports, students will learn about the development of Asian sports and its impact on social progress, recognize Asian national sports and culture, and consider the development model and bottlenecks of the Asian Games in depth. In addition, through this course, students will learn about the organization and management of sports competitions, understand the rules of competition in different sports, and gain an understanding of the cultural origins of traditional Chinese sports.

3. Exercise and Health Promotion (Liu Yang, Zheng Jiakun)

With the vision of humanities and social sciences, this course organically combines sports humanities and social sciences, sports human science and medicine and other related disciplines to systematically and comprehensively explain why modern life needs sports, the relationship between sports and health, how to seek health from

sports, health mechanisms of different sports, prevention and treatment of sports injuries, analysis of sports misconceptions and other basic contents. To enable students to master scientific exercise methods, develop the habit of conscious exercise and form a healthy lifestyle for lifelong health through the study of this course.

4. Qualitative Research Methods in Sports (Xiong Huan, Wu Jian)

This course combines typical cases of qualitative research in sports research at home and abroad to sort out, summarize and conclude the theoretical tendencies, disciplinary paths, implementation principles and normative issues in the application of the qualitative research paradigm in sports research in terms of epistemology, methodology, research procedures, and operation of specific research methods. You can find the answers to the following questions in the course study: How to go into the field to collect information? What information is appropriate to collect? How to code field notes or pictures into usable materials? How to distill the core questions when analyzing qualitative interview data step by step? How to make conclusions and even construct a theory?

5. Health Communication (Li Youqiang, Cai Yan)

This course is based on communication science and health behavior, with persuasion theory as the core, outlining the knowledge map of health communication research and practice from basic concepts, cultural connotations, psychological behavior, media coverage, risk communication, information search, doctor-patient communication, public health, social marketing and health campaigns in multiple dimensions, and fully integrating the increasingly important front-end role of sport in health promotion, and providing insight into future development thinking and multiple potential possibilities of sport health communication. The course will be taught through a combination of instructor lectures, student investigations and field

trips, allowing you to fully appreciate the development of health communication in China.

(III) Non-degree elective courses (2 credits/course. Select any 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.

5. Chinese Sports Culture (Li Youqiang)

This course will focus on an in-depth introduction of Chinese sports culture from different perspectives such as history, culture, society, body and gender. Through this course, students will be able to: have a more comprehensive and objective understanding of Chinese sports culture; be able to analyze the differences between ancient and contemporary Chinese sports culture and the physical and sociological reasons behind them; be able to conduct cross-cultural comparative understanding and research on sports culture; and be able to have the professional knowledge basis for interdisciplinary entry into sports humanities and sociology and other related humanities disciplines in further study.

6. Ancient Olympic Games (Lu Aihua)

This course will provide a systematic and comprehensive introduction to topics such as the origin, rise and fall of the ancient Olympic Games, the competition events, and the relationship between the ancient Olympic Games and warfare. Through this

course, students can understand the profound background and development of the ancient Olympic Games, master the connotation of the Olympic spirit, and realize the role of sports competition to human civilization.

7. The History of China's Participation in the Olympic Sports (Shi Youjin)

This course starts with the questions "In which year did China first participate in the Olympic Games?" and "Who won the first gold medal in the history of the Olympic Games in China?" and so on, systematically composes the history of China's participation in the Olympic Games, and analyzes in detail the relationship between China and the Olympic Movement at each stage. The course also provides an in-depth consideration of the Olympic Movement and the construction of China's national image, China's contribution to the Olympic Movement, the historical significance of the "Dual Olympic City", the mission of the times and the vision for the future.

8. Diffusion of Innovations Theory of Rogers (Zhang Fan)

Based on the Diffusion of Innovations Theory proposed by American communication scientist Everett M. Rogers, this course combines knowledge from other interdisciplinary disciplines to build a bridge between communication and social theory, allowing students to understand the developmental threads and core issues of contemporary media, form a better theoretical foundation, problem awareness and social science mindset, and be able to think and form judgments on issues related to media or communication research on this basis.

(IV) Compulsory practice (2 credits)

Academic exchange: Students shall make an oral report or a poster presentation at an international academic conference in or outside China.

IV. Tutor Team

Fan Hong (Team Leader), doctor of University of Strathclyde, UK, distinguished professor and doctoral tutor of Shanghai University of Sport. She is a leading overseas talent in Shanghai, a Fellow of the Royal Historical Society, a Fellow of the European Academy of Sciences and Arts, and President of the Asia-Pacific Sports Institute. Her main research areas are Olympic studies, women and sports, comparative sports, and Asian sports history and culture. She has published more than 70 papers (international SSCI) and more than 30 monographs.

Zhang Yunya, doctor of Education, Shanghai University of Sport, professor and master's tutor of Shanghai University of Sport. She has obtained Grade 7 in Martial Art and is a national level referee. She has been engaged in martial arts teaching and management for a long time. Her main research interests are martial arts education, traditional sports for health preserving and health promotion. She has presided over more than 10 research projects of various levels and types, published more than 30 academic papers, and participated in publishing 9 textbooks and books.

Zheng Jiakun, doctor of Education, Shanghai University of Sport, professor and doctoral tutor of Shanghai University of Sport. His main research interests are national fitness and social development. He has presided over 2 national social science funds, published 3 monographs and textbooks, and published more than 20 papers in core journals.

Wu Jian, master of Humanities and Sociology of Sports, Shanghai University of Sport, professor and doctoral tutor of Shanghai University of Sport. Her main research interests are sports communication, sports humanities sociology, and journal management. She has presided over 10 projects of various kinds and published more than 20 papers.

Li Youqiang, doctor of Literature from East China Normal University, visiting scholar at University of British Columbia, Canada and Queensland University of Technology, Australia, professor and doctoral tutor of Shanghai University of Sport. His main research interests are history and culture of sports, youth health promotion, and school sports. He has presided over two national social science general projects and three provincial and ministerial projects, published more than 30 papers in core journals and one monograph.

Xiong Huan, doctor of Sociology of De Montfort University, UK, professor and doctoral tutor of Shanghai University of Sport. She has published more than 60 papers. Her main research interests are sociology of sport, women's sport, and gender studies.

Liu Yang, doctor of Health Sciences of University of Jyväskylä, Finland, professor and doctoral tutor of Shanghai University of Sport. His main research interests are physical education and health education, exercise and health promotion, and physical health of children and adolescents. He has presided over and participated in many national and provincial level projects, published more than 70 papers in Chinese and English journals, and authored three monographs.

Wu Wen, doctor of Hong Kong Baptist University, visiting scholar of Loughborough University, Lecturer and master's tutor of Journalism and Communication, Shanghai University of Sport. Her main research interests are sports culture communication and sports sociology, etc.

Cai Yan, doctor of Macau University of Science and Technology, associate professor and master's tutor of Shanghai University of Sport.

V. Graduation and degree awarding requirements

1. Obtain the HSK3 certificate of the Chinese Proficiency Test;
2. Publish one paper in an international journal;

3. Obtain all required credits;
4. Pass the dissertation defense.