

Academic Guide Exchange 2026-2027

Faculty of Health, Nutrition and Sport

The Hague University of Applied Sciences



let's change
YOU. US. THE WORLD.

THE HAGUE
UNIVERSITY OF
APPLIED SCIENCES

Academic Guide Exchange 2026-2027

Faculty of Health, Nutrition and Sport

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Foreword

An exchange at The Hague University of Applied Sciences (THUAS) is a truly international experience. THUAS welcomes more than 500 exchange students from around 50 nationalities every academic year. Our academic year is divided into two semesters, which start in September and end of January. Mobilities may last a semester or a full academic year, depending on the Programme.

Our exchange students gain a rich cultural experience by studying alongside our large number of Dutch and international full-time students of English-language bachelor degree programmes. Our high-quality programmes encourage students to explore each other's cultures to become open-minded and independent thinkers – qualities which are essential in the present-day market. Working in a multicultural and cosmopolitan environment becomes second nature to our students.

Exchange students come to The Hague University of Applied Sciences as part of a reciprocal exchange programme with a partner university and must first be nominated by their home institution. Students nominated under our bilateral agreements are not charged tuition fees at THUAS but remain registered with and pay tuition to their home university. Free movers, by contrast, are responsible for paying tuition fees and arranging their admission independently.

The Hague University of Applied Sciences also participates in the Erasmus+ Programme, which enables the mobility of students and staff, the organisation of Blended Intensive Programmes (BIPs), as well as participation in BIPs hosted abroad. In addition to BIPs, blended short-term and long-term mobility is available for studies and traineeships, as well as for staff mobility for teaching and training purposes.

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The Hague University of Applied Sciences

Welcome to The Hague University of Applied Sciences (THUAS)!

At THUAS, we encourage our students, lecturers and partners to develop into open-minded global citizens – to stand firm in their own convictions and face the world. We realise that our own professional commitment makes a difference, and we must work together to develop and apply creative solutions.

The Hague is the perfect location to become a global citizen. It is the capital city of the South Holland province and the International City of Peace and Justice – the political heart of the Netherlands. It is home to the Peace Palace, International Court of Justice, Binnenhof (parliament), 115 embassies, multinationals like Shell, Siemens, and ING, and many international NGOs.

These are the values that drive us at THUAS:

- **Curious:** We are curious, ambitious, and enterprising. We are keen to contribute to critical thinking.
- **Caring:** We are dedicated, and we care about your personal growth.
- **Connecting:** We invest significantly in our network in order to develop new insights together.
- **Committed:** Together, we keep moving forward, no matter the challenge.

At THUAS, we constantly need to apply new perspectives and solutions to resolve present and future challenges. We want to empower our students to change and improve the world they live in, but this can only happen if we work together – if we evolve and change.

So, let's change. You. Us. The world.

For the coming Academic Year, The Hague University of Applied Sciences (THUAS) once again opens its doors to you, exchange students, from our hundreds of partners around the world. We are looking forward to welcoming you all.

In this academic guide, you will find general information on everything you need to start your exchange at THUAS, like the ECTS and period of offering of each course, more information on that course, such as assessment type, criteria, learning outcomes, a social guide, contact information, etc.

We here at THUAS hope that you will find the best-suited combination of classes in order to not only complete your studies but also grow as an individual and as part of a group. Furthermore, we hope that after sharing a semester or a year with us, you will return to your home institution as a 'Global Citizen'.

General information

THUAS is a vibrant and international community, home to **24,948 students of 123 nationalities**. Our university spans four campuses across three cities: two in The Hague, one in Zoetermeer, and one in Delft, each offering modern facilities and inspiring learning environments.

1. **Location Main Campus:** Johanna Westerdijkplein 75, 2521 EN The Hague
2. **Location Sportcampus Zuiderpark:** Mr. P. Droogleever Fortuynweg 22, 2533 SR Den Haag
3. **Location Zoetermeer:** Bleiswijkseweg 37, 2712 PB, Zoetermeer
4. **Location Delft:** Rotterdamseweg 137, 2628 AL, Delft

The university has 2,521 employees representing 88 nationalities, all contributing to high-quality education and support for students. With over 100 Bachelor's and Associate Degree programs across seven Faculties, THUAS equips students with the skills, knowledge, and global perspective needed to succeed in today's world.

Faculty of Health, Nutrition and Sport

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Diversity and inclusion are at the heart of who we are. With such multinationalism among our students and staff, we are committed to building an inclusive and supportive learning and working environment where everyone feels welcome, valued, and supported. Read more about what we mean by diversity and inclusion [here](#).

The Dutch Educational System

THUAS is a vibrant and international community, home to **24,948 students of 123 nationalities**. Our university spans four campuses across three cities: two in The Hague, one in Zoetermeer, and one in Delft, each offering modern facilities and inspiring learning environments.

Join us and experience a university where diversity, global perspectives, practical experience, and academic excellence come together!

Higher Education in the Netherlands

The vast majority of higher education institutions in the Netherlands are state-funded. There are around 13 traditional 'research' universities, 1 Open University, and 36 Universities of Applied Sciences.

The higher education system in the Netherlands is based on a three-cycle degree system, consisting of a Bachelor's, Master's, and PhD degree. The Netherlands has a binary higher education system. Binary in this context means there are two types of higher education:

- Research-oriented education, typically provided by research universities
- Higher professional education is offered by the Universities of Applied Sciences

Programmes at research universities focus on theoretical aspects of the field of study and prepare students for undertaking independent research. These also lead to a bachelor's or master's degree. At research universities, you can also pursue a PhD degree.

Programmes at universities of applied sciences prepare students for particular professions and tend to be more practically oriented. They lead to either a bachelor's or a master's degree. There are currently 36 Universities of Applied Sciences in the Netherlands, offering a wide variety of high-quality degree programmes in English. Thematic fields include economics, engineering, agro and food, healthcare, art, social studies, and teacher training (for primary education).

Credit and Grading System

Degree programmes and periods of study are quantified in terms of the European Credit Transfer and Accumulation System (ECTS). In this system, 60 credits represent one year of study, and one credit represents 28 hours of study. The focus of the programmes determines both the number of credits required to complete the programme and the type of degree that is awarded.

In the Netherlands, a ten-point system is used in higher education. A grade of 10 is the highest, and 6 is the minimum pass grade.

Grade meaning

10	Outstanding *	5	Almost satisfactory
9	Very good *	4	Unsatisfactory
8	Good	3	Very unsatisfactory *
7	More than satisfactory	2	Poor *
6	Satisfactory	1	Very Poor *

National Qualification Framework and European Qualifications Framework

The Dutch Higher Education Qualifications Framework is based on the [Overarching Frameworks for Qualifications of the European Higher Education Area \(QF-EHEA\)](#), developed as a part of the Bologna process. The overarching EQF specifies the specific knowledge, skills, degree of independence and responsibility associated with each of the 8 levels, rather than individual qualifications.

The Dutch Higher Education Qualifications Framework consists of 3 stages:

- bachelor's
- master's
- PhD

These 3 stages correspond with EQF levels 6, 7 and 8. The associate degree corresponds to EQF level 5. More information on the level of Dutch Diplomas to be found on [Nuffic's](#) webpage.

Academic Calendar

The first semester runs from late August until late January/early February. The second semester runs from early February until July.

Check our [website](#) for the THUAS academic calendar and holiday schedule.

International Office

The International Office can assist you with practical, non-academic related matters. For example, we can help you look into arranging accommodation, registration at the municipality, collecting your residence permit, your health insurance, and answering any questions about working while studying.

Need help?

Our staff are here to help you with any questions about our services.

Location: OV1.10, main campus.

Opening hours: Monday to Friday, 9:00 AM – 4:30 PM

Telephone: +31 (0)70 445 85 85

If you are unable to visit us in person, you can also contact us by [e-mail](#).

Visit our [website](#) to get informed about all the topics above

Accommodation (accommodation@hhs.nl)

THUAS offers a housing service for first-year international degree students and exchange students. Most exchange students are accommodated through our trusted partner DUWO University Housing, a specialist in student accommodation in the Netherlands.

DUWO offers rooms located close to the THUAS campus, giving students the choice between shared accommodation with fellow THUAS students or a self-contained room. Rental contracts are offered in line with the student's exchange period, either one semester or a full academic year.

Because availability is limited, we recommend submitting your housing application as soon as possible; don't wait until you receive your admission offer to start looking. More detailed information about our housing service, accommodation types, and conditions can be found on our [housing page](#).

Exchange (exchange@hhs.nl)

The exchange department handles all administrative matters for incoming exchange students who come to HHS for an exchange (for one semester or an entire academic year). The exchange department liaises with

partner universities, overseeing nominations and the application process. This department also ensures that exchange students have sufficient health insurance and ensures visa applications for incoming exchange students are processed. The Exchange department also liaises with the Immigration and Naturalization Service (IND) for this latter purpose. It ensures that those who need to be reported to the Immigration and Naturalization Service (IND) (these are often international students who are already studying here and have a Dutch residence permit, but are going abroad) are also properly registered.

Resources and Services

Whether you are studying in Delft, Zoetermeer, or at one of our campuses in The Hague, there are always lecture rooms, classrooms, workspaces, restaurants, libraries, and sports facilities available to you.

Library

The library has a diverse collection of books, nearly 900 magazines, Dutch and foreign newspapers, and a large collection of graduation essays. There is a digital library which includes (international) databases, e-journals, standards database, E-books, THUAS theses and publications in digital form etc.

The library provides excellent electronic sources of information to students and staff. It is open to students registered at THUAS and to members of staff. It's located on the first floor (entrance/exit, self-service unit for borrowing and returning items, Study Plaza) and ground floor (books, periodicals). Most library services are free of charge.

Study areas

When working on an assignment, preparing for an exam or meeting with other students, you can use a variety of specially designed work and study areas on all of our campuses. You can also log into 'our' wireless network with your laptop, tablet or smartphone. Of course, we also have 'fixed' computer workstations.

Campus Card

THUAS makes use of an electronic purse system for printing, accessing lockers (during exams), and buying food and drinks. You can pick up your Campus Card by presenting valid ID at the IT Front Office of your THUAS campus. Alternatively, during the Introduction Day, we will assist you with its procurement.

To load money onto the card, you need to have a PayPal account or a Dutch bank account. It is not possible to charge it with foreign bank cards unfortunately. Alternatively, you can also pay by European debit cards on university grounds.

IT Front Office

The FZ & IT Front Office provides integrated accommodation, facilities, and IT support across THUAS, striving to deliver the highest service standards. Its mission is to leverage the latest technologies, offer differentiated services and structures, and maintain an international perspective. The team focuses on relieving users of logistical concerns and ensuring a secure physical and digital environment.

The Front Office is happy to assist you with all IT-related questions. You can also borrow audiovisual equipment, for example, if you need to record a video for a class. Through the iFrontOffice self-service portal, you can find manuals and submit service requests. The Front Office can also assist you with any questions regarding your Campus Card.

Language support

For students who want to develop their Dutch language skills, the [Taalpunt](#) is available, while the [Language Point](#) offers support in English. To access these resources, you must first be registered at THUAS (via Osiris) to gain access to the Student portal (Studentennet in Dutch).

Social Guide

This guide is designed to help you navigate the social landscape of The Netherlands seamlessly. From language essentials to cultural insights, social outings and important information on laws and healthcare, we've got you covered. Embrace diversity, explore the city's, and make connections that will last a lifetime. It will give some practical and hopefully useful information to survive your time at THUAS. Find it [here](#).

Canteen

Forgot your lunch box? No problem! There are various food providers and vending machines at THUAS. All of our campuses have one or more restaurants where you can buy hot and cold food and drinks. The main campus also has the West 75 café, a coffee corner and a cafeteria with a wide selection of fruit, dairy products, meals, halal dishes and more.

Please note that the university does not accept cash or credit cards. Payments can be made only via the Campus Card or a Dutch (European) Maestro bank card.

There is also a small grocery store outside the main building called "Albert Heijn To Go", which sells a selection of meals and snacks and drinks. There are also various vending machines with drinks and snacks on multiple floors of the university.

Studying with a disability or special circumstances

THUAS offers customized facilities that can help make studying easier for you. At our four locations we take your (im)possibilities into account as much as possible. We can help you as much as possible right from the start of your studies if you let us know. Read more [here](#).

Sports Centre, Gym & Student life

The main campus of THUAS has a Fitness Centre where you can work out and a gym for group classes (yoga, boxing, Zumba, bodypump). In the sportshalls at Zuiderpark campus, you can play various indoor sports (basketball, football, volleyball, badminton). A sports & fitness pass gives you unlimited access to all these studentsports activities. More information [here](#).

The main campus is also home to various sports clubs (rowing, korfbal, lacrosse, rugby, tennis, football, volleyball, hockey, basketball, athletics etc.) and organises events, activities, and parties for international students from time to time. The Hague, Delft and Zoetermeer offer lots of different opportunities to make your student days as epic as you want!

Campus Student Life and Sports is located across from the main entrance of THUAS at Johanna Westerdijkplein 66. You can also reach out via email at campus@hhs.nl or follow them on [Instagram](#) and to stay up to date with the latest news on [communities and associations](#), events and student sports.

Student counselling and supervision

We have a counselling system in place to help students facing problems that may affect their study results. The student counsellor advises students on all kinds of matters ranging from study grants and housing to other study programmes inside and outside THUAS. They can also help students with any appeals against decisions judged to be unfair or incorrect. The central student counsellor may also be approached when students have more personal problems affecting their studies and to apply for exam facilities in case students need extra exam time, etc.

THUAS also has a student psychologist. Students are confronted with a diverse range of problems: from losing the motivation to continue their studies or suffering from fear of failure to very serious situations such as psychiatric disorders. The psychologist can then provide short term care. The student counsellor will refer you to the student psychologist if deemed necessary.

Any conversations with the faculty staff, counsellors and/or psychologists are strictly confidential. Want to know more? Visit our [page](#) for details.

Medical care

Physician / General Practitioner (GP)

In case of illness, you should contact a general practitioner (in Dutch: 'huisarts') first. They are your main link to any specialist or hospital. Most GP's speak English, but it is important to check if they participate in your health care system. The Hague International Centre can assist you in finding a general practitioner in The Hague. The website contains a wealth of useful information on health, and their staff speak various foreign languages. We recommend you find a GP as soon as you have arrived.

Medical emergencies

- For life threatening situations call: 112 (ambulance, fire department or police department) or visit the emergency room at the nearest hospital.
- If you are not feeling well and your symptoms are not life threatening, you can contact your general practitioner and make an appointment.
- For emergencies after 17.00 hrs and during weekends, you can contact the hadoks (in Dutch: 'huisartsenpost' via telephone number +31 (0) 70 34 69 669.

Payment

Make sure to bring proof of your health insurance to the appointment, otherwise you'll have to pay for the consult directly after you've visited the doctor. A regular consult costs around € 30 - € 50. Blood tests, psychological support e.g. cost a lot more. Do not forget to ask for a receipt, as after your visit you can declare these costs at your insurance company.

Pharmacies

In the Netherlands, you will need a prescription for most medication. With a prescription you can go to a pharmacy (apotheek) to collect your medication. You pay for it when it's ready, and if you have medical insurance, you can usually claim the expenses from the insurer. Certain medicines are available over the counter, either in a pharmacy or at a chemist (drogist). Pharmacies and chemists usually have the same opening hours as shops. There is always a pharmacy open, even on weekends.

Dentists

Dental treatment is not included in a standard medical insurance. If you need a dentist you should make an appointment first. After treatment the bill is usually sent to your address in the Netherlands. The cost of the consultation varies by type. Once again be sure to ask for a receipt in order to receive compensation from your insurance.

Bring along your passport or identity card, insurance papers and your address in The Hague.

Contact information

THUAS International Office, OV1.10, exchange@hhs.nl

For any questions on your general application at THUAS, housing service through THUAS, residence permits and visas, health insurance, registration at the municipality, etc.

Faculty Health Nutrition and Sport Global Office, HNS-GlobalOffice@hhs.nl

For any questions on your academic exchange at our faculty.

THUAS Front Office FZ IT, OV1.69 frontoffice@hhs.nl

For IT related questions and issues (such as your Campus card or Wi-Fi login details), borrowing audio/visual equipment

Faculty of Health, Nutrition and Sport

About the Faculty

Within the Faculty of Health, Nutrition & Sport, we aim to connect education, research and society on a local, national and international level, offering our students a dynamic and meaningful learning environment, contributing to the development and innovation of health, nutrition and sports. Our faculty combines seven programmes, i.e., six Dutch-taught programme and one international programme. In addition to this we offer various English-taught minor programmes and international internships. All our programmes focus on educating a new generation of health, nutrition and sport professionals, approaching health from different angles and cooperating to work towards the health (related) solutions of the future.

Currently, we are redeveloping the six Dutch-taught degree bachelor programmes we offer, by adding more internationally orientated courses to each programme. We are integrating Virtual Exchange - Collaborative Online International Learning (COIL) assignments into each programme and investing in international students and staff. In doing so, we aim to ensure all our students receive an international experience and obtain the required international competences to become global citizens. In addition, we understand health and sports is multifaceted issue. Hence, our faculty is the place to be for any student who would like to contribute to the all-round quality of life of their future patients, students and/or clients.



Two Campuses

The Faculty of Health, Nutrition and Sport is one of the largest faculties within The Hague University of Applied Sciences and is spread across two campuses.



Both the International and the Dutch Sport Management departments and the Teacher Education in Physical Education department are located at the brand-new Sport Campus Zuiderpark which was opened in the summer of 2017. The Sport Campus offers top-class facilities for sports, education and movement.

The other four departments, Nutrition and Dietetics, Nursing, Skin Therapy and Kinetic Technology, are part of the buzz of the Main Campus in the middle of The Hague's city centre.



Locations

Main Campus

Johanna van Westerdijkplein 75
2501 EH The Hague
The Netherlands

Sport Campus Zuiderpark

Mr. P. Droogleever Fortuijnweg 22
2533 SR The Hague
The Netherlands

Faculty of Health, Nutrition and Sport

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Year calendar

The first semester runs from late August until late January/early February. The second semester runs from early February until July. Lessons start in the first week and will take place from Monday to Friday, from 8.30hrs until 17.00hrs. Depending on the subject choices, exchange students will receive a personal timetable.

Semester 1

Term 1: Monday 31 August 2026 – Friday 13 November 2026

Term 2: Monday 16 November 2026 – Friday 5 February 2027

Semester 2

Term 3: Monday 8 February 2027 – Friday 23 April 2027

Term 4: Monday 3 May 2027 – Friday 9 July 2027

Practical Information and how to Apply

For practical information on how to apply and also on accommodation please see THUAS' website:

[Exchange programmes | The Hague University of Applied Sciences \(thuas.com\)](#)

Contact information

If you would like more information on registration for our Exchange programme, please contact: exchange@hhs.nl or for academic information please contact one of the International Programme Coordinators, which you can find on the following pages.

Information on the Academic Programme

The Faculty of Health, Nutrition and Sports offers six Dutch-taught bachelor programmes, one English-taught bachelor's degree in International Sport Management and various English-taught minors all educating a new generation of global health, nutrition and sports professionals.

Full Degree Programmes

Name of programme	Language	European Credits (ECTS)
<i>Bachelor of Arts (B.A.) in Sport Studies - International Sport Management 3-year International programme</i> Sport Management deals with the organisational side of sport. The ISPM (International Sport Management) programme is the first step on your way towards professional success in the global sport community. During your ISPM studies you will become an established leader, participate within international sport networks and actively engage in intercultural initiatives. International Coordinator: Andrea Emara & Tarek Raad Email: A.Emara@hhs.nl & T.I.Raad@hhs.nl	English	180
<i>Bachelor of Science (B.Sc.) in Nutrition and Dietetics 4-year programme</i> The department of Nutrition and Dietetics at The Hague University of Applied Sciences was established in 1943. It is the largest department of its kind in the Netherlands and currently enrolls 1200 undergraduate students. Students study a range of topics related to nutrition and dietetics, ranging from giving dietary advice in a hospital setting and designing interventions to prevent obesity for primary schools to developing new food products for the food industry. There is a clear focus on research, entrepreneurship and interdisciplinary cooperation	Dutch	240

<p>throughout the program. The third year of this programme is taught entirely in English. International Coordinator: Gwendell Foendoe Aubèl Email: g.a.j.foendoeaubel@hhs.nl</p>		
<p>Bachelor of Science (B.Sc.) in Human Kinetic Technology 4-year programme Students focus on health care and technology, innovation and research. Throughout the curriculum, students learn to develop technological solutions meant to improve the mobility and kinetics of both healthy and sick people. International Coordinator: Manon Kessels Email: M.L.C.Kessels@hhs.nl</p>	Dutch	240
<p>Bachelor of Science (B.Sc.) in Nursing (Registered Nurse) 4-year programme Students will be able to work as a general nurse in hospitals, psychiatric nurse, as a family- home nurse as well as a nurse at a nursing home and in the community. Besides extensive practical training in different settings, graduates focus on the research -, networking - and organizing skills that are essential for a flexible and proactive nurse in a changing, dynamic health system that places the patient and his or her network at its core International Coordinator: Martijn Sondorp Email: J.M.Sondorp@hhs.nl</p>	Dutch	240
<p>Bachelor of Arts (B.A.) in Sport Studies 4-year programme Students study a range of subjects related to Sport Management - the commercial sports sector; sports and movement environments at the local and municipal level; organised sports (at both the national and club level) – and will be equipped with necessary (event) management skills. Contact: Teatske-Anne Bergsma Email: T.A.Bergsma@hhs.nl</p>	Dutch	240
<p>Bachelor of Education (B.Ed.) in Physical Education (Teacher Training) 4-year programme Physical health is an integral component of an overall education. The Hague's Physical Education department offers a 4-year bachelor programme which trains future teachers to be able give physical Education lessons at all educational levels, from primary to higher education. Currently the department enrolls 1000 PE students all being trained to help the next generation of students improve their health and learning abilities through physical fitness. International Coordinator: Jonas Leenhouts Email: J.J.Leenhouts@hhs.nl</p>	Dutch	240
<p>Bachelor of Science (B.Sc.) in Skin Therapy 4-year programme Students study a range of topics related from skin care to dermatology. Besides training in skin therapeutic practice, students focus on applied research, prevention, education and interdisciplinary cooperation with other health professionals. International Coordinator: Daniella Gutierrez Martinez - van der Meer Email: D.E.GutierrezMartinez-vanderMeer@hhs.nl</p>	Dutch	240

Course offering Faculty of Health, Nutrition and Sport 2026-2027

Course code	Course name	Field	ECTS	Semester	Block/Term
GVS-HMVT23-FM	Global Issues in Football Management	International Sport Management	15	Autumn	I
GVS-HMVT26-ATS	Advanced Technology in Sports	Movement Sciences	15	Autumn	I
MT-H-STAGE15A-18	Internship in Movement Lab/Lectorate	Movement Sciences	15	Autumn	II
GVS-HMVT24-VSB	Voeding, Sport en Bewegen (dutch language)	Nutrition & Dietetics	30	Autumn	I & II
GVS-HMVT24-NSE	Nutrition, Sports and Exercise	Nutrition & Dietetics	30	Spring	III & IV
	ISPM Year 1 Term 1 Package	International Sport Management	15	Autumn	I
ISPM-SOC-25	Sport and society	International Sport Management	5	Autumn	I
ISPM-SMI-25	International sport management	International Sport Management	5	Autumn	I
ISPM-PER-25	Personal leadership	International Sport Management	5	Autumn	I
	ISPM Year 1 Term 2 Package	International Sport Management	15	Autumn	II
ISPM-ETH-25	Sport ethics	International Sport Management	5	Autumn	II
ISPM-RES-25	Research in sport	International Sport Management	5	Autumn	II
ISPM-TEA-25	Team leadership and dynamics	International Sport Management	5	Autumn	II
	ISPM Year 1 Term 3 Package	International Sport Management	15	Spring	III
ISPM-SUS-25	Sport and sustainability	International Sport Management	5	Spring	III
ISPM-EVE-25	Sport event management	International Sport Management	5	Spring	III
ISPM-TCO-25	Transformative communication	International Sport Management	5	Spring	III
	ISPM Year 1 Term 4 Package	International Sport Management	15	Spring	IV
ISPM-VEN-25	Sport facility management	International Sport Management	5	Spring	IV
ISPM-DEV-25	Sport development	International Sport Management	5	Spring	IV
ISPM-CHA-25	Leading change	International Sport Management	5	Spring	IV

Links to course descriptions

[Global Issues in Football Management](#)
[Advanced Technology in Sports](#)
[Internship in Movement Lab/Lectorate](#)
[Voeding, Sport en Bewegen \(dutch language\)](#)
[Nutrition, Sports and Exercise](#)
[Sport and society](#)

[International sport management](#)
[Personal leadership](#)
[Sport ethics](#)
[Research in sport](#)
[Team leadership and dynamics](#)
[Sport and sustainability](#)

[Sport event management](#)
[Transformative communication](#)
[Sport facility management](#)
[Sport development](#)
[Leading change](#)

Global Issues in Football Management

ECTS credits	15
Code	GVS-HMVT23-FM
Year / Semester / Block / Term	Autumn, Block I
Duration	10 weeks
Mode of delivery	Interactive lectures, seminars, feedback sessions and guest lectures
Lecturer(s)	Rob de Leede
Language of instruction	English
Course content / outline	<p>The football industry landscape has changed significantly in recent decades and has progressed from being an amateur sport, to a professional sport and now increasingly a commercial sport. Globalization has impacted significantly on the reach of football with Deloitte (2022) suggesting that the 'big five' football leagues will generate a record level of € 18.6 billion aggregate revenue during the 2022/23 season – there is no doubt that football is big business. However, with significant global attraction comes responsibility and the recent FIFA Qatar World Cup 2022 has divided the opinion on whether football should be seen as simply a world sport or a political body (using its power to influence societal change).</p> <p>During the minor we will define, debate and analyse the internal and external environment of the football industry to broaden our understanding of the possible challenges and opportunities in the sector. The influence and power football has at a local, national and global level will be evaluated and we will discuss the history, present-day and future issues we are presented with through our research and reflective observations. We will also apply our knowledge and understanding of business functions (such as marketing, sponsorship activations, leadership, finances, etc.) to the football sector in order to suggest how football can influence positive change.</p> <p>The programme combines both theoretical and practical content and includes sessions with industry leaders, guest lecturers and study trips within The Netherlands. The topics covered during this course include: 1. Geo-politics 2. Globalisation 3. Equality 4. Governance 5. Finances and economics 6. Fan engagement 7. Data insights 8. Operations and administration</p>
Course material	Hamil, S. & Chadwick, S. (2010). <i>Managing Football – an International Perspective</i> . Oxford: Taylor & Francis Ltd Relevant academic articles and study workbooks to be provided on Brightspace
Assessment methods & criteria	<p>The minor will be graded on 2 assessments: a group presentation (press conference) and a portfolio. The minimum requirement for each assessment is a 5,5.</p> <p>1. <i>Group Presentation (Press Conference): 30% (4 ECTs)</i> 2. <i>Individual Portfolio: 70% (11 ECTs)</i> <i>Minimum pass rate minor: 5.5.</i></p> <p>Planning of the testing (per partial test when applicable): Regular test: 1. in week 1.5 2. in week 1.9 Resit: 1. & 2. in week 2.10</p>
Learning outcomes	<p>At the end of the course the student is able to:</p> <p>Demonstrate an understanding of the changing football industry landscape through debate, analysis and application of the following issues:</p> <ul style="list-style-type: none">• Geopolitical influences in tackling societal in-equalities

- The relationship between governance and corruption
- Internationalization of leagues and tournaments (compare and contrast national and international league & tournament formats)

Evaluate relevant developments in football

Discuss the revenues and costs of professional football teams so as to evaluate football clubs financial stability

Develop an understanding of the roles within an international football organization and how they relate to the operations and strategic direction, discussing issues related to:

- Leadership theory and managing organizational change
- Strategic operations and administration
- Marketing, communications, data insights and sponsorship activation
- Fan engagement/experience
- Stadium management

Evaluate appropriate sources to come to an evidence based conclusion

Effectively communicate evidence based content to a specific audience

Planned learning activities and teaching methods

Each topic is taught via interactive lectures, seminars, feedback sessions and guest lectures as follows:

The Changing Football Landscape – a situational analysis

Week 1 - 2: The Football Environment - Geo-Politics, Equality, Corruption & Human Rights Issues

Week 3: Internationalization of Football - Leagues and tournament structures

Week 4: Governance and Economics in Football

The Business of Football – introducing change (an applied approach)

Week 5: Football Finances

Week 6 - 7: Football Operations – Leadership, Administration and Stadium Management

Week 8: Fan Engagement and Experience

Week 9: Marketing & Sponsorship Activation – data insights and media / public relations

Week 10: Portfolio Workshop and feedback week – submission of final portfolio"

Study load: describe how the study load is divided among the various teaching methods, such as:

Interactive lectures, seminars, feedback-sessions, guest lectures: 160 hours

Self-study (i.e. preparing for lectures, working on assessments): 260 hours

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Advanced Technology in Sports

ECTS credits	15
Code	GVS-HMVT26-ATS
Year / Semester / Block / Term	Autumn, Block I
Duration	10 weeks
Mode of delivery	Lectures and guest lectures Tutorials and workshops Company visits Project group meetings (guided and unguided) Lab- practicals In the human movement lab (guided)
Lecturer(s)	Arno Pluk
Language of instruction	English
Course content / outline	<p>Elite sports, science and technology are closely linked nowadays. Developments follow each other in rapid succession, both in the field of optimizing the technical and tactical performance of the sport as in the field of injury prevention and sports rehabilitation. This program focuses on applied sports science, combined with technological developments in sports.</p> <p>The minor lasts 10 weeks. In the first 7 weeks you follow lectures, practical lessons and practical assignments. The last three weeks are dedicated to a full time group project.</p> <p>Week 1 to 7</p> <p>During these weeks, the program consists of three topics:</p> <p>Movement analysis, biomechanics optimization and measurement system design.</p> <p>Movement analysis</p> <p>In the first seven weeks, there are weekly lectures and practical lessons in the movement lab. The self-study consists of weekly individual assignments on data analysis in Python. Every week there is a lab practical where students will work with 3D motion analysis systems. (X-sens, Optitrack and Opencap)</p> <p>Optimization of Biomechanics</p> <p>The optimization of movements and forces is the main focus of these lessons. The lessons span four weeks of lectures. Here too, you will be making assignments.</p> <p>Measurement system design</p> <p>For this topic you have weekly meetings in which you will design and build a sports measurement system. You will get theoretical background information about different sports measurement systems and the technology behind them. You will use this background knowledge for the development of a break-beam system with an Arduino.</p> <p>Week 8 to 10</p>

In the last three weeks of the minor, you will test, optimize and validate the designed measuring system and use it to measure athletes. You will work with a group of students during this period. There are weekly supervision moments. The project is concluded with a report and a presentation.

Assessment
methods & criteria

The minor is completed with 3 test components, which can be found in the OLP and OSIRIS

- Test 01 Portfolio Assessment (weight 33%)
- Test 02 Project (weight 33%)
- Test 03 Theoretical Assessment (weight 33%)

All components should be higher than a 5.5

Learning outcomes

Motion analysis

- The student is able to record, quantify and analyse various parameters related to kinematics and kinetics using registration techniques.
- The student is able to analyse movement using theoretical, biomechanical models.

Tests and research

- The student is able to design a research setup in the field of kinetic technology, including both the use of a theoretical model (literature study and model creation) as well as applied research.
- The student is able to perform measurements and analyse results to answer a research question.

Consultancy and advice

- The student is capable of providing advice and information regarding activities related to kinetic technology, kinetic technology products and designs.

Coordination and assistance

- The student is capable of assisting and coordinating activities of multidisciplinary teams involved in issues related to human kinetics.

Communication

- The student is capable of performing a literature study on a subject related to the profession. Is also capable of summarizing the most important conclusions of this research in a readable and structured manner.
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Planned learning
activities and
teaching methods

The course lasts 10 weeks. In the first 7 weeks you follow lectures and practicals. The last three weeks are dedicated to a project assignment that you work on full time with your group.

Classes in the first seven weeks are:

Measurement system design (2.5 hours)

Biomechanics (1.5 hours)

Movement Analysis (1.5 hours)

Workshop in the movement lab (2.5 hours)

Workshops where you work on the week's assignments (2.5 hours)

In the last 3 weeks students are working (in a group) on the development of a sport-related measurement device. They test and validate the system and perform measurements on a sports facility with real athletes.

The project assignment is concluded with a presentation and a report containing the study results.

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Internship in Movement Lab/Lectorate

ECTS credits 15

Code MT-H-STAGE15A-18

Year / Semester /
Block / Term Autumn, Block II

Duration 10 weeks

Lecturer(s) Arno Pluk (A.H.M.Pluk@hhs.nl) – contact lecturer for further information

Language of
instruction English

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Voeding, Sport en Bewegen (Dutch language)

ECTS credits	30
Code	GVS-HMVT24-VSB
Year / Semester / Block / Term	Herfst, Blok I & II
Duration	20 weken
Mode of delivery	<ul style="list-style-type: none">- Werkgroepen- Werkcolleges- E-learning- Hoorcolleges- Gastcolleges- Practica- Intervisiebijeenkomsten- Werkzaamheden in de praktijk- Werkbezoeken in de wereld van de sport en industrie (nationaal dan wel internationaal)- Wisselende activiteiten zoals workshops over specifieke onderwerpen
Lecturer(s)	Gwendell Foendoe Aubèl
Language of instruction	Nederlands
Course content / outline	<ul style="list-style-type: none">- Voeding voor energiebalans, sport en prestatie- Voeding voor duursport en trainingsadaptatie- Voeding voor krachtsport en trainingsadaptatie- Voeding voor team en spelsport- Sport supplementen en ergogene middelen- Sport en voeding: theorie en praktijk- Ontwerpen en toepassen van evidence based interventies <p>Je leert eerst over voeding voor energiebalans, sport en prestatie en trainingsadaptatie. Daarnaast leer je over de fysiologische eisen van de sport en onderzoeken het huidige voedingsgedrag en de factoren die voedingsgedrag van de sportploeg/organisatie positief en negatief beïnvloeden. Vervolgens door middel van educatie, coaching, evalueren en aanpassen om een duurzame verandering in het voedingsgedrag, beweeggedrag en/of leefstijl te bereiken, om de sportprestaties te verbeteren.</p>
Course material	Boeken, publicaties/artikelen, e-leraning en andere hulpmiddelen die de student nodig heeft voor deze minor. Alle informatie is gebundeld op Brightspace.
Assessment methods & criteria	<p>Eindcijfer minor (100%), minimum cijfer voor elke opdracht: 5.5:</p> <p>Groepsopdracht 1: Presentatie van een Persona (30%).</p> <p>Groepsopdracht 2: Presentatie van de gemaakte keuzes in de definiërende- en ideate fase richting een interventie voor een sportteam (30%).</p> <p>Groepsopdracht 3: Minidocumentaire van het ontworpen prototype groepsinterventie, testen en evalueren, interventie implementeren voor een sportteam en een factsheet voor het sportteam maken (40%).</p> <p>Toets: Groepsopdracht 1 – week 7</p>

Groepsopdracht 2 – week 12
Groepsopdracht 3 – week 18

Hertoets:

Groepsopdracht 1 – week 10
Groepsopdracht 2 – week 15
Groepsopdracht 3 – week 20

Voorwaardelijke criteria:

Aantoonbare en voldoende actieve deelname (80%) aan de lessen en alle (tussentijdse) sprints, evenals het voltooien van de e-learningmodule, is een voorwaarde om een cijfer toe te kennen.

Learning outcomes	Duidelijkheid scheppen in de wetenschappelijke stand van zaken op het gebied van voeding, sport & bewegen. Studenten verkrijgen voldoende kennis en vaardigheden om de sporter een gedegen advies te kunnen geven. De kracht van deze minor is gelegen in de integrale samenwerking tussen en met professionals van verschillende disciplines en professies, met (de eigen regie van) de sporter als focuspunt.
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Nutrition, Sports and Exercise

ECTS credits	30
Code	GVS-HMVT24-NSE
Year / Semester / Block / Term	Spring III & IV
Duration	20 weeks
Mode of delivery	<ul style="list-style-type: none">- Task groups- Tutorials- Lectures- Guest lectures- Practicals- Intersession meetings- Work in practice- Working visits in the world of sport and industry- Changing activities such as workshops on specific topics
Lecturer(s)	Gwendell Foendoe Aubèl
Language of instruction	English
Course content / outline	<ul style="list-style-type: none">- Nutrition for energy balance, sport and performance- Nutrition for endurance sports and training adaptation- Nutrition for strength sports and training adaptation- Nutrition for team and game sports- Sports supplements and ergogenic agents- Sport and nutrition: theory and practice- Designing and implementing evidence based interventions <p>You will first learn about nutrition for energy balance, sports and performance and training adaptation. In addition, you will learn about the physiological demands of sport and investigate current nutritional behavior and the factors that positively and negatively influence nutritional behavior of the sports team/organization. Then through education, coaching, evaluation and adjustment to achieve a sustainable change in nutritional behavior, exercise behavior and/or lifestyle, to improve sports performance.</p>
Course material	Books, publications/articles, and other resources that the student needs for this minor. All the information is bundled on Bright Space.
Assessment methods & criteria	Delivered product (100%), minimum requirement for each assignment: 5.5. Group assignment 1: Presentation of a Persona (30%). Group assignment 2: Presentation of the choices made in the define and ideate phase towards an intervention for a sports team (30%). Group assignment 3: Mini documentary of the Designed prototype group intervention, testing and evaluation, implement intervention for a sports team and a factsheet for the sports team (40%).

Tests:

Group assignment 1 – week 7

Group assignment 2 - week 12

Group assignment 2 – week 18

Retest:

Group assignment 1 – week 10

Group assignment 2 – week 15

Group assignment 3 – week 19

Conditional criteria:

Demonstrable and sufficiently active participation (80%) in lessons and in all (intermediate) sprints and completion of the e-learning module is conditional to award a grade.

Learning outcomes	Creating clarity in the scientific state of affairs in the field of nutrition, sport & exercise. Students acquire sufficient knowledge and skills to be able to give the athlete sound advice. The strength of this minor lies in the integral collaboration between and with professionals from different disciplines and professions, with (the own direction and preference of) the athlete as the focal point.
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ISPM Year 1 Term 1 Package

Sport and society

ECTS credits	5
Code	ISPM-SOC-25
Year / Semester / Block / Term	Year 1 – Quarter 1
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Cem Tinaz
Language of instruction	English
Course content / outline	<ul style="list-style-type: none">• Sport as a social and cultural phenomenon• Social identity and the meaning of sport• Social aspect of sport as a global business• Sport and intersectionality• Deviance, youth sport and ethics• Sport as a tool for change
Course material	Readings, videos and other material
Assessment methods & criteria	Presentation – debate Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to analyse how key sociological theories, concepts, and ideologies shape sport as a social construct, and apply this understanding to identify ways to reduce the impact of these constructs within a specific sport context, drawing on relevant sources.

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International sport management

ECTS credits	5
Code	ISPM-SMI-25
Year / Semester / Block / Term	Year 1 – Quarter 1
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Raphael Prifti

Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Historical aspect of sports and the transformation to today's landscape • Defining sport and sport models • Key players and stakeholder theory • Organisations, foundations and governance • Politics of sport and the impact (geopolitical issues and economical issues) • Dark side of sport • Trends, technology and innovation • The future of sport management
Course material	Readings, videos and other material
Assessment methods & criteria	Written exam Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to recognize key stakeholders, structures, governance and the economic impact of the global sport industry based on industry insights and theoretical frameworks, and apply this understanding to explain how historical developments, geopolitics and contemporary challenges shape sport organisations and contribute to making the world better through sports.

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Personal leadership

ECTS credits	5
Code	ISPM-PER-25
Year / Semester / Block / Term	Year 1 – Quarter 1
Duration	10 weeks
Mode of delivery	Face-to-face – practical sport is part of this course
Lecturer(s)	John Agkopian
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Understanding personal leadership and behaviour • Understanding myself • Understanding cultural identity • Understanding myself under pressure • Understanding personal effectiveness • Towards the personal leader you want to be
Course material	Readings, videos and other material

Assessment methods & criteria	Portfolio Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to analyze their personal traits, cultural background and responses to different situations and apply personal leadership concepts to manage effectiveness within a new environment, systematically documenting their personal leadership development journey through self-reflection using various tools.

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ISPM Year 1 Term 2 Package

Sport ethics

ECTS credits	5
Code	ISPM-ETH-25
Year / Semester / Block / Term	Year 1 – Quarter 2
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Janne de Haan
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Introduction to ethics and law in sport • Sport and human rights • Doping, drugs and integrity in sport • Discrimination, equality and inclusion in sport • Violence, safety and risk in sport • Commercialisation and media in sport • Sport and dispute resolution • Contemporary issues and future challenges
Course material	Readings, videos and other material
Assessment methods & criteria	Portfolio Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to apply basic regulatory frameworks, stakeholder analysis, and ethical theories to analyse ethical and legal issues in the international sport industry using relevant case studies to identify and explain the implications of these issues.

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Research in sport

ECTS credits	5
Code	ISPM-RES-25
Year / Semester / Block / Term	Year 1 – Quarter 2
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Georgios Georgiadis
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • What is research and why is it important? • Different types of research • Primary research – quantitative data collection methods and analysis • Primary research – qualitative data collection methods and analysis • Secondary research • Literature review • Assessing quality • APA referencing • Communicating research results
Course material	Readings, videos and other material
Assessment methods & criteria	Written exam Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to contribute to improving a professional practice issue by formulating relevant questions and systematically seeking evidence-based answers. They explore the issue by analysing relevant (provided) information, such as literature, sources, and basic data. Based on this analysis, they draw well-founded conclusions and formulate recommendations that contribute to addressing the issue.

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Team leadership and dynamics	
ECTS credits	5
Code	ISPM-TEA-25
Year / Semester / Block / Term	Year 1 – Quarter 2
Duration	10 weeks
Mode of delivery	Face-to-face – practical sport is part of this course
Lecturer(s)	Joppe de Vries

Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • What is team leadership and dynamics? • Building team culture • Understanding communication in teams • Emotional intelligence in teams • Data to support decision making • Team performance management • Teams in change
Course material	Readings, videos and other material
Assessment methods & criteria	Portfolio Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to apply team leadership principles and frameworks to guide diverse teams and develop strategies to motivate team members across intercultural dynamics, using various analytical tools to design solutions for team related challenges with attention to team effectiveness.

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ISPM Year 1 Term 3 Package

Sport and sustainability

ECTS credits	5
Code	ISPM-SUS-25
Year / Semester / Block / Term	Year 1 – Quarter 3
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Jos Sienknecht
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Sustainable development and what future do we want • The SDGs and sport • Environmental sustainability and sport/negative impacts • The impact of the environment on sport and the athlete(s) • Sustainable business models • Social sustainability • Sport technology and sustainability

Course material	Readings, videos and other material
Assessment methods & criteria	Paper Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to analyse sustainability challenges and opportunities within sport organisations through applied research, and apply the resulting knowledge and insights to suggest how sport organisations could make the world better through sport.

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Sport event management

ECTS credits	5
Code	ISPM-EVE-25
Year / Semester / Block / Term	Year 1 – Quarter 3
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Tarek Raad
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Introduction to the sport event industry • Event impacts and legacies • Sport event planning process • Sport event implementation • Financial planning and risk analysis • Event consumer behavior • Marketing and sponsorships of sport events • Stakeholder communication • Sport event evaluation
Course material	Readings, videos and other material
Assessment methods & criteria	Project – own event Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to analyse the organisational structure, planning processes, and operational frameworks of international sport events, and apply this understanding to examine stakeholders roles, financial controls, marketing strategies, sponsorship implementation and consumer engagement using research-based approaches to assess event impact and legacies.

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Transformative communication

ECTS credits	5
Code	ISPM-TCO-25
Year / Semester / Block / Term	Year 1 – Quarter 3
Duration	10 weeks
Mode of delivery	Face-to-face – practical sport is part of this course
Lecturer(s)	Juraj Trouw
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • From self to communication: orientation and relativity • High and low context and communicative diversity • 360 degrees feedback and negative feedback • Persuasion, framing and presenting across cultures and disciplines • Power, hierarchy and negotiation • Conflict and emotions • Trust and networking across interdisciplinary boundaries • Using your transformative voice
Course material	Readings, videos and other material
Assessment methods & criteria	Portfolio Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to analyse communication across difference, tension and complexity by applying communication theory, relevant context lenses and practice frameworks and adapt their communication across diverse audiences by actively seeking and integrating feedback and design communication artefacts that demonstrate purposeful and theory informed choices.

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ISPM Year 1 Term 4 Package

Sport facility management

ECTS credits	5
Code	ISPM-VEN-25
Year / Semester / Block / Term	Year 1 – Quarter 4
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Jos Sienknecht

Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Introduction to venue and facility management • Sport facility planning and design • Venue operations and facility layout • Risk and crisis management in sport venues • Financial and legal management of sport venues • Fan experience, engagement and technology • Sustainability and the future of sport venues
Course material	Readings, videos and other material
Assessment methods & criteria	Portfolio Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to propose concrete management improvements for a sport venue by analysing its operational, financial, and stakeholder challenges, including risk, safety, and sustainability dimensions, drawing on relevant sport facility management frameworks and current sector trends.

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Sport development

ECTS credits	5
Code	ISPM-DEV-25
Year / Semester / Block / Term	Year 1 – Quarter 4
Duration	10 weeks
Mode of delivery	Face-to-face
Lecturer(s)	Andrea Emara
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Understanding the nexus of sport and development • Development in sport (innovations and changes in sport) • Development of sport (participation and pathways) • Development for sport (elite sport development) • Development through sport • Sport for development • Sport and peace
Course material	Readings, videos and other material

Assessment methods & criteria	Written exam Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to critically analyse different approaches to sport development across diverse contexts and, informed by relevant theoretical frameworks, governance structures, and ethical considerations, formulate recommendations for stakeholders.

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Leading change

ECTS credits	5
Code	ISPM-CHA-25
Year / Semester / Block / Term	Year 1 – Quarter 4
Duration	10 weeks
Mode of delivery	Face-to-face – practical sport is part of this course
Lecturer(s)	Helmien Rambaldo
Language of instruction	English
Course content / outline	<ul style="list-style-type: none"> • Theory of change and the foundations of change • Own vision on making the world better through sport and change initiative • Design thinking • Empathy and understanding • Discovery – going out into the field • Defining problems and prototyping solutions • Communication with stakeholders • Monitoring and evaluating
Course material	Readings, videos and other material
Assessment methods & criteria	Portfolio Students need to obtain a grade higher than 5.5 to pass the assessment
Learning outcomes	At the end of the course, the student is able to design and start implementing phases of a change initiative that creates measurable social impact, apply leadership and communication skills to engage stakeholders and design the evaluation of its effectiveness using appropriate data collection methods.

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Research opportunities in Department of Nutrition and Dietetics – 15 ECTS

Research within the Innovation Community Sustainability

In the Innovation Community Sustainability, we focus specifically on the protein transition — both from a nutritional and a behavioral (psychological) perspective. This research explores what constitutes a nutritionally complete diet, what people perceive as barriers to changing their eating habits, and how we can effectively support them in making more sustainable food choices. Key themes include food behavior, motivation, and the psychology behind long-term dietary change, always with the broader goal of contributing to a healthier and more sustainable food system. Led by Patricia Bulsing (P.J.Bulsing@hhs.nl)

Research at the Healthpoint

Technology is evolving rapidly and transforming our health care and dietetic practise. Industry is focussing on how technology can be used to keep people healthy and therefore an increasing number of monitoring apps and devices are entering the market. We are still in the early stages and for many of the apps and devices currently developed it is not clear how they will impact someone's behaviour, who will benefit from them and if they are useful tools in dietary practice. These are some of the questions we want to answer with our research. Within "Health/Nutritional assessment technology", a research line led by Machteld van Lieshout (M.vanLieshout@hhs.nl), we focus on - acceptance and application - of technology for assessing nutritional intake, status and needs – both by consumers and healthcare professionals.

Digital tools in behaviour change

People often have the best intentions to eat (or drink) healthily. Unfortunately, what people intend is often not in line with how they act. People may aim to lose weight but fall for tempting high calorie snack foods at the canteen. Or, people may want to drink more water, but somehow forget to do so in their busy lives. In instances like these, digital tools may help in reminding people about healthy eating goals, in planning and monitoring their eating behaviour, or in making healthy food choices at point-of-purchase settings. Within digital tools in behaviour change, a research line led by Sofie van Rongen (S.vanRongen@hhs.nl), we aim to investigate how digital tools, such as applications on mobile phones or other devices, may be of use in maintaining a healthy diet, aiming to close the gap between healthy eating intentions and actual eating behaviour. We focus on - acceptance and application - of technology in lifestyle behaviour change.

Exchange students have the possibility to do research internships at these research labs.

Students, lecturers, health organizations and businesses work together at these labs in a practical environment to carry out research and assessments on issues related to the nutritional status of people. In doing so, the Senselab, Healthlab, Healthpoint contribute to the education of our students, by giving them the opportunity to develop their skills in the field through evidence-based practice and research. Places are limited within the research labs to 8 students per semester (4 per block; max 2 per research line). If you would like more information on placements or internships, please contact the programme coordinator for Nutrition and Dietetics (email listed in above section).

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