

<b>Module title</b>		<b>Abbreviation</b>
<b>Creating and developing occupational fields in the science of sport - fitness &amp; health</b>		05-SP-BFFG-092-m01
<b>Module coordinator</b>		<b>Module offered by</b>
head of Centre for Sports and Physical Education		Centre for Sports and Physical Education
<b>ECTS</b>	<b>Method of grading</b>	<b>Only after succ. compl. of module(s)</b>
9	numerical grade	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance of seminars (minimum 80% of sessions offered).
<b>Contents</b>		
<p>This module demonstrates the scientific work methods of quantitative sports research with a focus on natural sciences and introduces quantitative and statistical evaluation research. The students examine central diagnosis and evaluation topics of fitness- and health-oriented activities in a manner that enables them to independently conduct a study project in the field of fitness, movement and health evaluation during the semester. In doing so, the students acquire theoretical and practical knowledge that enables them to independently determine and evaluate psychophysical fitness, movement quality and health condition of various age and target groups in various contexts. The module is divided into three sections: In two seminars, we determine and discuss the principles of quantitative and statistical sports research as well as special approaches and measuring methods of diagnosis and evaluation in the field of fitness and health sports. In a parallel third seminar, we plan, conduct and evaluate independent fitness- and health-oriented projects.</p>		
<b>Intended learning outcomes</b>		
<p>The students acquire basic competencies in conducting methodological research in the application fields of fitness and health sports that focus on sports biology and training sciences. They are able to systematically examine pre-existing theories and knowledge and can therefore generate new knowledge. They are also able to initiate and evaluate research projects in the area of fitness and health sports that focus on sports biology and movement science. They can deploy quantitative and statistical work techniques in the field of sports science as well as specific measuring methods of diagnosing performance, movement and health. Furthermore, they are able to critically evaluate the goals and tasks of these techniques and methods as well as their meaning for individual target groups and professional fields.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
S + S + R (no information on SWS (weekly contact hours) and course language available)		
<b>Method of assessment</b> (type, scope, language – if other than German, examination offered – if not every semester, information on whether module is creditable for bonus)		
presentation (approx. 30 minutes) and project report (approx. 15 pages)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
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<b>Teaching cycle</b>		
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
First state examination for the teaching degree Gymnasium Science of Sport (2009)		

