

Module title		Abbreviation
Comprehension of fundamentals in sports medicine and exercise physiology		05-SP-BTGS-092-m01
Module coordinator		Module offered by
head of Centre for Sports and Physical Education		Centre for Sports and Physical Education
ECTS	Method of grading	Only after succ. compl. of module(s)
6	numerical grade	--
Duration	Module level	Other prerequisites
2 semester	undergraduate	--
Contents		
<p>In this module we discuss central principles of sports biology and training sciences and establish connections to sports practice. The students acquire scientific knowledge about movement and sports by attending two different lecture courses. In the lecture on sports biology during the first semester, the students learn about the basic principles of human anatomy and physiology in the context of sports activities and acquire basic knowledge about the body's morphological and functional adaptation to physical stress. In the lecture on training science during the second semester, we discuss central theories, models, methods and concepts of training science and determine the consequences and possibilities of their practical implementation in schools, clubs and during recreation.</p>		
Intended learning outcomes		
<p>The students acquire essential professional skills in sports biology and training sciences. They become acquainted with the sport biological principles and the adaptivity of the human organism and learn how to establish connections between these principles and sports practice. Furthermore, they acquire differentiated professional and methodological competencies in training sciences by comparing central terms, systematics, models, concepts and methods as well as their effects on different training goals and target groups.</p>		
Courses (type, number of weekly contact hours, language — if other than German)		
V + V (no information on SWS (weekly contact hours) and course language available)		
Method of assessment (type, scope, language — if other than German, examination offered — if not every semester, information on whether module is creditable for bonus)		
written examination (approx. 90 minutes)		
Allocation of places		
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Additional information		
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Workload		
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Referred to in LPO I (examination regulations for teaching-degree programmes)		
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Module appears in		
First state examination for the teaching degree Gymnasium Science of Sport (2009)		