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| <b>Module title</b>  |                              | <b>Abbreviation</b>  |
| Relaxation and Wellness  |                              | 05-SP-EW-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>  |
| 2  | (not) successfully completed | --   |
| <b>Duration</b>  | <b>Module level</b>          | <b>Other prerequisites</b>   |
| 1 semester   | undergraduate                | Admission prerequisite to assessment: regular attendance of seminar (minimum 80% of sessions offered). |
| <b>Contents</b>  |                              |  |
| In this module we talk about current relaxation and wellness concepts in the context of psychophysical health promotion. We develop corresponding theoretical concepts in order to practically experience and critically evaluate them on the basis of relaxation techniques.  |                              |  |
| <b>Intended learning outcomes</b>  |                              |  |
| The students know central concepts of psychophysical health promotion in the context of relaxation and wellness measures. They are able to organise, create and design settings for relaxation and wellness.   |                              |  |
| <b>Courses</b> (type, number of weekly contact hours, language – if other than German)   |                              |  |
| S (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. 20 minutes)  |                              |  |
| <b>Allocation of places</b>  |                              |  |
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| <b>Additional information</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 Grundschule Didactics in Science of Sport (Primary School) (2009)<br>First state examination for the teaching degree Grundschule Science of Sport (2009)<br>First state examination for the teaching degree Hauptschule Didactics in Science of Sport (Secondary School) (2009)<br>First state examination for the teaching degree Hauptschule Science of Sport (2009)<br>First state examination for the teaching degree Realschule Science of Sport (2009)<br>First state examination for the teaching degree Gymnasium Science of Sport (2009)<br>First state examination for the teaching degree Sonderpädagogik Didactics in Science of Sport (Primary School) (2009)<br>First state examination for the teaching degree Sonderpädagogik Didactics in Science of Sport (Secondary School) (2009)<br>First state examination for the teaching degree Sonderpädagogik Didactics in Science of Sport (Middle School) (2013)<br>First state examination for the teaching degree Mittelschule Didactics in Science of Sport (Middle School) (2013)<br>First state examination for the teaching degree Mittelschule Science of Sport (2013) |                              |  |