

Module title		Abbreviation
Comprehension of fundamentals in sports medicine and exercise physiology		05-SP-FGF1-092-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)
8	(not) successfully completed	--
Duration	Module level	Other prerequisites
1 semester	undergraduate	--
Contents		
<p>In this module we discuss the interactions between posture, exercise and strain in the context of fitness and health promotion on the basis of an extensive examination of the individual sports athletics, swimming and gymnastics. We determine the connections between posture, exercise and strain in view of sports biology and functional anatomy in one seminar and specify these connections on the basis of the individual sports athletics, swimming and gymnastics in three other seminars .</p>		
Intended learning outcomes		
<p>The students have central professional skills in evaluating posture, exercise and strain in view of functional anatomy and are able to apply these skills to the individual sports athletics, swimming and gymnastics.</p>		
Courses (type, number of weekly contact hours, language – if other than German)		
S + S + S + S (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)		
term paper (10 pages) or presentation (30 minutes) as well as regular attendance (minimum 80% of seminars offered)		
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		
keinem Studiengang zugeordnet		