

Module title		Abbreviation
Comprehension of fundamentals in sports medicine and exercise physiology		05-SP-GHR-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)
5	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. In this way, the students acquire scientific knowledge about movement and sports. The module is divided into two lecture courses: In the lecture on training science during the first 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. In the lecture on sports biology during the second 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.</p>		
Intended learning outcomes		
<p>The students acquire essential professional skills in sports biology and training sciences. 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. Furthermore, they know the sport biological principles and the adaptivity of the human organism and learn how to establish connections between these principles and sports practice.</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. 60 minutes)		
Allocation of places		
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Additional information		
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Workload		
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Teaching cycle		
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Referred to in LPO I (examination regulations for teaching-degree programmes)		
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Module appears in		
<p>First state examination for the teaching degree Grundschule Science of Sport (2009) First state examination for the teaching degree Hauptschule Science of Sport (2009) First state examination for the teaching degree Realschule Science of Sport (2009) First state examination for the teaching degree Mittelschule Science of Sport (2013)</p>		