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| Module title | | Abbreviation |
| Sports medicine | | 05-SP-SMED-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 |
| 1 semester | undergraduate | By way of exception, additional prerequisites are listed in the section on assessments. |
| Contents | | |
| <p>In this course we discuss the basics of functional anatomy as well as the musculoskeletal system and its overload and injury mechanisms. Furthermore, we survey possibilities and measures for individuals and groups to promote fitness and health. One lecture focuses on the principles of functional anatomy and sports traumatology and two other seminars teach the students to apply these principles to concepts and methods of individual fitness and health promotion for individuals and groups.</p> | | |
| Intended learning outcomes | | |
| <p>The students have key professional skills in functional anatomy and sports traumatology. They are able to utilise these skills in a manner that is appropriate to the situation and audience in order to plan and conduct health-oriented measures for promoting fitness in individuals and groups.</p> | | |
| Courses (type, number of weekly contact hours, language – if other than German) | | |
| <p>This module comprises 2 module components. Information on courses will be listed separately for each module component.</p> <ul style="list-style-type: none"> • 05-SP-SMED-1-092: V (no information on SWS (weekly contact hours) and course language available) • 05-SP-SMED-2-092: 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) | | |
| <p>Assessment in this module comprises the assessments in the individual module components as specified below. Unless stated otherwise, successful completion of the module will require successful completion of all individual assessments.</p> <p>Assessment in module component 05-SP-SMED-1-092: Sports anatomy</p> <ul style="list-style-type: none"> • 2 ECTS, Method of grading: numerical grade • written examination (approx. 45 minutes) <p>Assessment in module component 05-SP-SMED-2-092: Health oriented fitness Health oriented fitness</p> <ul style="list-style-type: none"> • 4 ECTS, Method of grading: (not) successfully completed • presentation (approx. 15 minutes) • Other prerequisites: Admission prerequisite to assessment: regular attendance of seminars (minimum 80% of sessions offered). | | |
| Allocation of places | | |
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| Additional information | | |
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| Referred to in LPO I (examination regulations for teaching-degree programmes) | | |
| § 83 (1) 5. c) Sport Sportbiologie/Sportmedizin | | |
| § 83 (1) 5. e) dd) Sport Gesundheitsorientierte Fitness | | |
| Module appears in | | |
| First state examination for the teaching degree Gymnasium Science of Sport (2009) | | |

