Module title	Abbreviation
Advanced Training Methods	06-EST-ATM-232-m01

Module coordinator	Module offered by
holder of the Chair of Integrative and Experimental Exercise Science and Training	Institute of Sport Science

ECTS	Method of grading	Only after succ. compl. of module(s)
5	numerical grade	--

Duration	Module level	Other prerequisites
1 semester	graduate	--

Contents

Special training tools and training methods as well as specific concepts of action in relation to the motor abilities (e.g., blood flow restriction, vibration training, hypoxia training, velocity-based strength training, exercise snacks, unstructured training) to develop and maintain different (physiological, biomechanical, psycho-social) functional systems in the fields of health-related sports, recreational sports, fitness sports and/or competitive sports.

Intended learning outcomes

Students know and understand various special training tools, training methods and concepts of action for developing and maintaining different functional systems in the fields of health sports, recreational sports, fitness sports and/or competitive sports. With the acquired professional competencies and methodological competencies they illustrate, categorize, and compare the various advantages and disadvantages of specific training tools, training methods and concepts of actions, and can provide a targeted implementation in the fields of health-related sports, recreational sports, fitness sports and/or competitive sports.

Courses (type, number of weekly contact hours, language — if other than German)

V (2)
Module taught in: English

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)
Language of assessment: English

Allocation of places

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Additional information

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Workload

150 h

Teaching cycle

Teaching cycle: once a year

Referred to in LPO I (examination regulations for teaching-degree programmes)

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Module appears in

Master's degree (1 major) Exercise Science and Training (2023)