Module title	Abbreviation
Current Trends	06-EST-COT-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

Current topics and trends on physiological, biomechanical, psycho-social aspects (e.g. analysis and control of micro- and macronutrient intake, nutritional supplements, sleep hygiene, new training methods, recovery strategies, training aids, technologies, current discussions on sports ethics [e.g., doping practices]) on processes for building and maintaining different (physiological, biomechanical, psycho-social) functional systems through exercise and/or training in the fields of health-related sports, recreational sports, fitness sports, and/or competitive sports.

Intended learning outcomes

The students know and understand current topics and trends about processes for developing and maintaining different (physiological, biomechanical, psycho-social) functional systems through physical activity and/or training in the fields of health-related sports, recreational sports, fitness sports, and/or competitive sports. They can analyze, classify, discuss and reflect on various and current topics and trends related to processes for developing and maintaining functional systems through physical activity and/or training.

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

S (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)

Assessment group Seminar:
a) oral examination of one candidate each (approx. 30 minutes) or
b) presentation (15 to 30 minutes) with written elaboration (10 to 15 pages) or
c) portfolio (15 to 20 pages)
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)