

Module title		Abbreviation
Theories and Models		o6-EST-TAM-232-mo1
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		
Complex and interdisciplinary theories and models in and in connection with various sports science related disciplines (e.g., stimulus-reaction adaptation model, cybernetic model, 24-hour model, behavior change, system theory, socio-economic model) in the training process to develop and maintain different functional systems through physical activity and/or training in the fields of health-related sports, recreational sports, fitness sports and/or competitive sports.		
Intended learning outcomes		
The students acquire in-depth and broad professional skills and methodological competences about current theories and models of processes for developing and maintaining different functional systems through physical activity and/or training in the fields of health sports, recreational sports, fitness sports and/or competitive sports. Students acquire the main methods and can theoretically provide a targeted implementation of current theories and models in the practical fields of health-related sports, recreational sports, fitness sports and/or competitive sports and improve their social competencies.		
Courses (type, number of weekly contact hours, language – if other than German)		
VL (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)		