In this module, motion and exercise scientific questions and problems will be looked into and challenged using the example of proprioception and kinesiology. Central movement and exercise scientific theories, concepts and models will be discussed and analysed with regard to the phenomenological analysis of central motion learning problems. These will be tested under differentiated movement didactic requirements both with regard to self-realisation and with regard to the task of teaching. Students will learn to look at underlying concepts and topics in the area of human movement and human "self-moving" from a pedagogy-oriented movement and exercise science point of view. This will allow them to analytically grasp and assess human movement action. The latter will primarily take place from the point of view of anthropology. In the project "Lehren und Lernen" ("Teaching and Learning" ("Service Learning")), the topics covered in the seminars on movement and exercise science will be transferred to the planning of various teaching learning projects in health sport.

**Intended learning outcomes**

Students possess basic expertise in the analysis of human movement actions as well as in the educational-methodological basics of proprioceptive training and kinesiology. They are familiar with didactic practical applications of different movement and exercise scientific perspectives and with the resulting methods of motion diagnosis. The latter can be mirrored and reflected on by students in an exemplary manner in selected fields of movement with respect to the topic taught. This approach, which connects theory and practice, will help students learn how to analyse human "self-moving" in an appropriate and differentiated way and use the results of these analyses for the planning of teaching and learning processes. Independent planning of a project will both require and foster the development of personal skills in students. They will learn to evaluate the learning progress at every stage of the project; this will also support conscious learning.

**Courses**

This module comprises 2 module components. Information on courses will be listed separately for each module component.

- 06-SP-BLL2B-2-102: S (no information on SWS (weekly contact hours) and course language available)
- 06-SP-BLL2B-1-102: S + S (no information on SWS (weekly contact hours) and course language available)

**Method of assessment**

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.

**Assessment in module component 06-SP-BLL2B-2-102:** Teaching and learning exercises 2

- 5 ECTS, Method of grading: numerical grade
- term paper (approx. 20 pages)
- Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).

**Assessment in module component 06-SP-BLL2B-1-102:** Teaching and learning: understanding the theory and the experience

- 5 ECTS, Method of grading: (not) successfully completed
- a) term paper (approx. 10 pages) or b) presentation (approx. 30 minutes)
- Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).

### Allocation of places

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### Additional information

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

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### Module appears in

Bachelor's degree (2 majors) Sport Science (Focus on health and Pedagogics in Movement) (2010)

Bachelor's degree (2 majors) Sport Science (Focus on health and Pedagogics in Movement) (2013)