

Module title		Abbreviation
Understanding biological and scientific principles of sport training		o6-SP-BTGSB-102-mo1
Module coordinator		Module offered by
holder of the Professorship of Training and Biology		Institute of Sport Science
ECTS	Method of grading	Only after succ. compl. of module(s)
10	numerical grade	--
Duration	Module level	Other prerequisites
2 semester	undergraduate	By way of exception, additional prerequisites are listed in the section on assessments.
Contents		
<p>In this module, central sport biological and training scientific basics will be discussed and linked with sport practice. Students will learn to look at movements, exercise and sport from a scientific point of view. For this purpose, there will be two courses in lecture format. The lecture on "Sportbiologie" ("Sport Biology") during the first semester will discuss important anatomical-physiological basics of the human organism in the context of exercise and will provide students with an opportunity to acquire a basic knowledge of the morphological and functional adaptation of exercise. The lecture on "Trainingswissenschaft" ("Training Science") during the second semester will discuss central training scientific models, methods and concepts and will identify the consequences and possibilities of practical implementation. In the accompanying course "Experimente und Praxiskonsequenz" ("Experiments and Practical Consequences"), training scientific experiments on the basic topics covered in the lecture on "Trainingswissenschaft" ("Training Science") (endurance, strength, agility etc.) will be performed, documented and evaluated.</p>		
Intended learning outcomes		
<p>Students will acquire basic expertise in sport biology and training science. They will become familiar with sport biological basics of the human organism and its adaptability and will learn how to put these in the context of sports practice. Furthermore, students will acquire differentiated training scientific technical and methodological skills via a comparative analysis of central terms, classifications, models, concepts and methods as well as their classification with respect to different training goals and target groups. Independent planning of the project that is part of the course "Experimente und Praxiskonsequenz" ("Experiments and Practical Consequences") will both require and foster the development of personal skills in students. Therefore, they will learn to transfer the theoretical knowledge gained during the lecture to scientifically relevant application contexts. This will also support conscious learning.</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"> • o6-SP-BTGSB-2-102: S (no information on SWS (weekly contact hours) and course language available) • o6-SP-BTGSB-1-102: V + V (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 o6-SP-BTGSB-2-102: Understanding biological and scientific principles of sport training: Experiments and practical consequence</p> <ul style="list-style-type: none"> • 4 ECTS, Method of grading: (not) successfully completed • term paper (approx. 20 pages) • Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded). <p>Assessment in module component o6-SP-BTGSB-1-102: Understanding biological and scientific principles of sport training</p> <ul style="list-style-type: none"> • 6 ECTS, Method of grading: numerical grade 		

- written examination (approx. 90 minutes)

Allocation of places

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Additional information

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Workload

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Teaching cycle

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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)