

Module title		Abbreviation
Basic competence in exercise physiology and movement		o6-SP-D-TBW-152-mo1
Module coordinator		Module offered by
head of Centre for Sports and Physical Education		Centre for Sports and Physical Education
ECTS	Method of grading	Only after succ. compl. of module(s)
5	numerical grade	--
Duration	Module level	Other prerequisites
1 semester	undergraduate	Regular attendance of the seminars (minimum 80% of sessions offered).
Contents		
<p>In this module we discuss central principles of movement science and training science and establish connections to sports practice. In this way, the students acquire scientific knowledge about movement and sports. The seminars elaborate on the topics from the lecture and discuss consequences and implementation possibilities whilst taking into account aspects of movement science. We focus on acquiring and extending movement and perception competencies in various settings (open-air areas, gyms) and on examining basic teaching/learning conceptions for movement fields for individuals (running-jumping-throwing) and movement fields for teams (target kicking/target throwing games).</p>		
Intended learning outcomes		
<p>The students have essential professional skills in sports biology and training sciences and are able to establish connections to sports practice. By examining and comparing central terms, concepts and methods of different movement fields, training goals and target groups, they have acquired differentiated methodological competencies. Furthermore, the students have basic pedagogical and motor competencies in the field of running-jumping-throwing (athletics) and in big physical education games (soccer and basketball).</p>		
Courses (type, number of weekly contact hours, language – if other than German)		
V (1) + S (2) + S (2)		
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 on contents of lecture (approx. 60 minutes)		
Allocation of places		
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Additional information		
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Workload		
150 h		
Teaching cycle		
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Referred to in LPO I (examination regulations for teaching-degree programmes)		
§ 38 (1) Nr. 1.c)		
Module appears in		
<p>First state examination for the teaching degree Sonderpädagogik Didactics in Science of Sport (Middle School) (2015) First state examination for the teaching degree Mittelschule Didactics in Science of Sport (Middle School) (2015) First state examination for the teaching degree Mittelschule Didactics in Science of Sport (Middle School) (2020 (Prüfungsordnungsversion 2015)) First state examination for the teaching degree Sonderpädagogik Didactics in Science of Sport (Middle School) (2020 (Prüfungsordnungsversion 2015))</p>		