Module title			Abbreviation
Promoting fitness and health 1			06-SP-FGF1B-102-m01
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**	
1 semester	undergraduate	By way of exception, additional prerequisites are listed in the section on assessments.	

Contents

This module focuses on the interaction of posture, movement and stress in the context of fitness and health promotion and links them to a closer examination of functional movement training. In one seminar, the sport biological and functional anatomical correlations of posture, movement and stress will be discussed. In the second seminar, these will be concretised and discussed in more detail on the basis of functional movement training as well as in a training project.

Intended learning outcomes

Students have acquired essential expertise in the sport biological as well as functional anatomical assessment of posture, movement and stress and are able to apply this knowledge to a functional movement training. 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 (type, number of weekly contact hours, language — if other than German)

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

- 06-SP-FGF1B-1-102: S + S (no information on SWS (weekly contact hours) and course language available)
- 06-SP-FGF1B-2-102: S (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)

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-FGF1B-1-102: Exercise und exercise training Exercise und exercise training

- 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).

Assessment in module component 06-SP-FGF1B-2-102: Seminar with project training "Service Learning"

- 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).

Allocation of places

--

Additional information

--

Workload

--

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