

<b>Module title</b>		<b>Abbreviation</b>
Developing fitness and fitness sports		o6-SP-FGF2B1-102-m01
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Professorship of Training and Biology		Institute of Sport Science
<b>ECTS</b>	<b>Method of grading</b>	<b>Only after succ. compl. of module(s)</b>
5	(not) successfully completed	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).
<b>Contents</b>		
<p>This module addresses current concepts for fitness development and health promotion and provides students with an opportunity to gain an in-depth insight into a fitness sport discipline and another sport of their choice. During a seminar, initial concepts will be developed in theory. Using the examples of a fitness sport discipline and another sport, these concepts will be concretised and discussed in more detail during another seminar. In the following semester, the concepts will be put into practice in a project.</p>		
<b>Intended learning outcomes</b>		
<p>Students will gain essential expertise in the training-scientific promotion of fitness and health and will be able to concretise this knowledge in a fitness sport and another sport of their choice.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
S + S + S (no information on SWS (weekly contact hours) and course language available)		
<b>Method of assessment</b> (type, scope, language – if other than German, examination offered – if not every semester, information on whether module is creditable for bonus)		
a) term paper (approx. 15 pages) or b) presentation (approx. 30 minutes)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
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<b>Teaching cycle</b>		
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
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)		