

Module title		Abbreviation
Recognizing and enhancing expertise in training and movement related aspects of trend and leisure time sports		o6-SP-GY13-BTFV-152-m01
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)
6	numerical grade	--
Duration	Module level	Other prerequisites
2 semester	undergraduate	--
Contents		
<p>In this module we discuss basic characteristics and systematics of trend, recreational and health sports as well as corresponding topics from ecology, culture, training science and movement science. We thoroughly examine current literature topics about training science and movement science and establish exemplary connections to trend, recreational and health sports at and out of school. We develop and evaluate disciplinary and interdisciplinary theories, models, methods and concepts of training and movement science and discuss their contribution to and significance for the understanding of trend, recreational and health sports. The students acquire a scientific understanding of the backgrounds and topics of sports and of the current practice of movement culture.</p>		
Intended learning outcomes		
<p>The students have advanced skills and knowledge about the central topics of training and movement science and know the ecological and movement-cultural backgrounds of trend, recreational and health sports. They are able to evaluate current research results of training and movement science in view of trend, recreational and health sports. The students are especially familiar with the current scientific discourse about central topics, systematics, models and methods of performance/performance diagnostics, training and competition in the application fields of sports. Furthermore, they know the current discourse about the central topics of movement science, motor control, performance and development. They have a profound understanding of varied training and movement actions and know the effects of these actions on health, fitness, recreation and the environment. Furthermore, they have subject-specific competencies in presenting and communicating.</p>		
Courses (type, number of weekly contact hours, language – if other than German)		
V (1) + 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)		
presentation (30 minutes) with written elaboration in S creditable for bonus		
Allocation of places		
S approx. 25 places. Should the number of applications exceed the number of available places, places will be allocated according to the number of subject semesters.		
Additional information		
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Workload		
180 h		
Referred to in LPO I (examination regulations for teaching-degree programmes)		
§ 83 I Nr. 5e) hh) (2 ECTS credits) § 83 I Nr. 5d) (4 ECTS credits)		
Module appears in		
First state examination for the teaching degree Gymnasium Science of Sport (2015)		