

<b>Module title</b>		<b>Abbreviation</b>
Enhancing medical expertise in health and fitness related issues		06-SP-GY14-GSFV-152-m01
<b>Module coordinator</b>		<b>Module offered by</b>
head of Centre for Sports and Physical Education		Centre for Sports and Physical Education
<b>ECTS</b>	<b>Method of grading</b>	<b>Only after succ. compl. of module(s)</b>
6	numerical grade	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
2 semester	undergraduate	Regular attendance of S1 seminar (minimum 80% of sessions offered).
<b>Contents</b>		
<p>In this module we talk about central topics of the discipline sports biology/medicine and compare them to the current state of research of the respective discipline and determine their consequences for health sports at and outside of school. We develop, test and evaluate disciplinary and interdisciplinary theories, models, methods and concepts of sports science and sports medicine and discuss their contribution to and significance for the understanding of sporting activities in view of health promotion. By extending their knowledge about sports biology and health science, the students acquire a scientific understanding of the backgrounds and topics of sporting activities that promote health.</p>		
<b>Intended learning outcomes</b>		
<p>The students have advanced professional skills and knowledge about the central topics of sports biology/sports medicine and are able to evaluate these topics in view of current research results and health-promoting activities. They have especially extensive competencies in sports biology and are therefore able to evaluate the structures and ways of functioning of the major organ systems in view of acute and chronic physical stress and the resulting individual strain, adjustment and overload. They are able to apply these competencies to compensatory and health-promoting measures for different target groups. Furthermore, they have subject-specific competencies in presenting and communicating.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
S (1) + S (2)		
<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)		
presentation (30 minutes) with written elaboration in S2		
<b>Allocation of places</b>		
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.		
<b>Additional information</b>		
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<b>Workload</b>		
180 h		
<b>Teaching cycle</b>		
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
§ 83 I Nr. 5e) dd) (2 ECTS credits)		
§ 83 I Nr. 5c) (4 ECTS credits)		
<b>Module appears in</b>		
First state examination for the teaching degree Gymnasium Science of Sport (2015)		