

<b>Module title</b>		<b>Abbreviation</b>
Recognizing essentials of sports biology and training science		o6-SP-GY7-BTGV-152-mo1
<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>
5	numerical grade	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
2 semester	undergraduate	--
<b>Contents</b>		
<p>In this module we discuss central principles of sports biology and training sciences and establish connections to sports practice. In this way, the students acquire scientific knowledge about movement and sports. In the field of sports biology, the students learn about the basic principles of human physiology in the context of sports activities and acquire basic knowledge about the body's morphological and functional adaptation to physical stress. In the field of training and movement science, they become familiar with central models, methods and concepts as well as the consequences and possibilities of their practical implementation in schools, in clubs and during recreation.</p>		
<b>Intended learning outcomes</b>		
<p>The students have essential professional skills in sports biology and training science. They know the sport biological principles and the adaptivity of the human organism and are able to establish connections between these principles and sports practice. By examining and comparing central terms, systematics, models, concepts and methods as well as their classification in view of different training goals and target groups, the students have acquired differentiated professional and methodological competencies in the area of training and movement science. They are able to estimate the importance of these competencies for a wholesome promotion of performance and health.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
V (2) + V (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)		
written examination (approx. 60 minutes) on contents covered in V(1) Trainingswissenschaft (Exercise Physiology) and V(2) Sportbiologie (Sports Biology)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
150 h		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
§ 83 I Nr. 5d) (2 ECTS credits) § 83 I Nr. 5c) (3 ECTS credits)		
<b>Module appears in</b>		
First state examination for the teaching degree Gymnasium Science of Sport (2015)		
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