

<b>Module title</b>		<b>Abbreviation</b>
Understanding and teaching compensatory movement patterns and groupfitness offers for bachelors		o6-SP-KBFB-102-mo1
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Chair of Science of Sports		Institute of Sport Science
<b>ECTS</b>	<b>Method of grading</b>	<b>Only after succ. compl. of module(s)</b>
10	numerical grade	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	By way of exception, additional prerequisites are listed in the section on assessments.
<b>Contents</b>		
<p>This module will address the motion scientific basics of sport with regard to its capacity to compensate for overstress and unilateral stress in psychological as well as physiological terms. The conditions and consequences of cultural transformation processes will be discussed in the context of sports and movement culture and reflected in terms of their consequences for movement theory. In addition, the related didactic consequences will be deduced and tested. This will be done in an application-oriented manner; specific concepts for teaching fitness programmes as well as alternative forms of movement in water will be developed. In the project, students will use the knowledge they acquired to design a health-promoting exercise programme; they will carry out, document and evaluate this programme.</p>		
<b>Intended learning outcomes</b>		
<p>Students will acquire basic skills regarding the conceptual design of sports and exercises programmes with a compensatory effect. They will be able to transfer these basics to different contexts in the area of fitness sports and the didactic concretion of fitness sports for health-oriented sports and physical education classes. In addition, students will be able to critically reflect current developments in this area. As far as didactics is concerned, students will be able to apply, in an appropriate way, the central concepts of movement theory of compensatory movement patterns. 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.</p>		
<b>Courses</b> (type, number of weekly contact hours, language — if other than German)		
<p>This module comprises 2 module components. Information on courses will be listed separately for each module component.</p> <ul style="list-style-type: none"> <li>o6-SP-KBFB-1-102: S + S + S (no information on SWS (weekly contact hours) and course language available)</li> <li>o6-SP-KBFB-2-102: S (no information on SWS (weekly contact hours) and course language available)</li> </ul>		
<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)		
<p>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.</p> <p><b>Assessment in module component o6-SP-KBFB-1-102:</b> Understanding and teaching compensatory movement pattern and groupfitness offers for bachelors Understanding and teaching compensatory movement pattern and groupfitness offers for bachelors Understanding and teaching compensatory movement pattern and groupfitness offers for bachelors</p> <ul style="list-style-type: none"> <li>5 ECTS, Method of grading: (not) successfully completed</li> <li>a) term paper (approx. 15 pages) or b) presentation (approx. 30 minutes)</li> <li>Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).</li> </ul> <p><b>Assessment in module component o6-SP-KBFB-2-102:</b> Seminar with project "Service Learning"</p> <ul style="list-style-type: none"> <li>5 ECTS, Method of grading: numerical grade</li> <li>term paper (approx. 20 pages)</li> </ul>		

- Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).

**Allocation of places**

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**Additional information**

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**Workload**

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**Teaching cycle**

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

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**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)