

Module title		Abbreviation
Recognizing essentials of exercise physiology and training and movement science for fitness and health		o6-SP-MS7-NGFG-152-mo1
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)
8	numerical grade	--
Duration	Module level	Other prerequisites
2 semester	undergraduate	--
Contents		
<p>In this module we discuss central principles of sports biology and training sciences and establish connections to the implementation of health-oriented fitness offers. The students acquire a scientific understanding of movement and sports and learn about specific possibilities to promote fitness and health. 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. They mainly focus on movement learning and on the technical principles and backgrounds of changes in performance regarding stamina and coordination. They exemplary transfer and apply this knowledge to health-oriented fitness offers.</p>		
Intended learning outcomes		
<p>The students have essential professional skills in sports biology, movement science 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. The students have acquired differentiated professional and methodological competencies in the area of training and movement science by examining and comparing central terms, systematics, models, concepts and methods as well as their classification in view of different training and movement learning goals and target groups. They are able to estimate the importance of these competencies for a wholesome performance, health and development promotion. They can apply their knowledge to exemplary health-oriented fitness offers.</p>		
Courses (type, number of weekly contact hours, language – if other than German)		
V (2) + V (2) + V (2) + S (1)		
Method of assessment (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)		
Allocation of places		
S approx. 20 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		
--		
Workload		
240 h		
Teaching cycle		
--		
Referred to in LPO I (examination regulations for teaching-degree programmes)		
§ 57 I Nr. 5d) (4 ECTS credits) § 57 I Nr. 5c) (3 ECTS credits) § 57 I Nr. 5e) dd) (1 ECTS credits)		
Module appears in		



First state examination for the teaching degree Mittelschule Science of Sport (2015)
First state examination for the teaching degree Mittelschule Science of Sport (2020 (Prüfungsordnungsversion 2015))