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| Module title | | Abbreviation |
| Recognizing and applying fundamentals of sports anatomy and human movement science | | o6-SP-RS8-ABGV-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) |
| 5 | numerical grade | -- |
| Duration | Module level | Other prerequisites |
| 2 semester | undergraduate | Regular attendance of seminar (minimum 80% of sessions offered). |
| Contents | | |
| <p>In this course we discuss the basics of functional anatomy as well as the musculoskeletal system and its overload and injury mechanisms. Furthermore, we survey possibilities and measures for individuals and groups to promote fitness and health. We study central terms, theories, concepts, methods and models of movement science in the context of sporting activities. We especially focus on various scientific perspectives on movement learning and changes in coordination as well as resulting consequences for teaching and learning movement at and out of school whilst taking into account the target group.</p> | | |
| Intended learning outcomes | | |
| <p>The students have key professional skills in functional anatomy and sports traumatology. They are able to utilise these skills in a manner that is appropriate to the situation and audience in order to plan and conduct measures of health and fitness promotion for individuals and groups. Furthermore, the students have essential professional skills in the fields of movement science and movement learning. They can apply their knowledge about movement science as well as the methods of analysing movement and teaching physical education to various movement fields and types of sports and are able to estimate their importance for a holistic development promotion.</p> | | |
| Courses (type, number of weekly contact hours, language — if other than German) | | |
| V (1) + 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 | | |
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| Referred to in LPO I (examination regulations for teaching-degree programmes) | | |
| § 57 I Nr. 5c) (1 ECTS credits) § 57 I Nr. 5d) (2 ECTS credits) § 57 I Nr. 5e) dd) (2 ECTS credits) | | |
| Module appears in | | |
| First state examination for the teaching degree Realschule Science of Sport (2015) | | |