



# Module Catalogue

for the Subject

## Sport Science (Focus on health and Pedagogics in Movement)

as a degree subject in a Bachelor's degree programme with 2  
majors  
(85 ECTS credits)

Examination regulations version: 2010  
Responsible: Faculty of Human Sciences  
Responsible: Institute of Sport Science

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## The subject is divided into

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## Content and Objectives of the Programme

The degree programme imparts fundamental knowledge in the field of sports science, its methodology and its reference sciences. In particular: pedagogics and didactics in physical education, sports medicine, kinesiology, sociology and psychology in sports.

The graduates are able to design implement and evaluate pedagogical and health oriented movement programs.

In courses with "Service-Learning" job-related aspects have been connected on a theoretical and practical level.

By completing the thesis, the student has demonstrated that he or she is capable, within a limited time-frame, of conducting a supervised but substantially independent analysis of a thematically focussed problem or group of problems within the field of sport sciences, using the intellectual and scholarly methods learned during the course of study.

## Abbreviations used

Course types: **E** = field trip, **K** = colloquium, **O** = conversatorium, **P** = placement/lab course, **R** = project, **S** = seminar, **T** = tutorial, **Ü** = exercise, **V** = lecture

Term: **SS** = summer semester, **WS** = winter semester

Methods of grading: **NUM** = numerical grade, **B/NB** = (not) successfully completed

Regulations: **(L)ASPO** = general academic and examination regulations (for teaching-degree programmes), **FSB** = subject-specific provisions, **SFB** = list of modules

Other: **A** = thesis, **LV** = course(s), **PL** = assessment(s), **TN** = participants, **VL** = prerequisite(s)

## Conventions

Unless otherwise stated, courses and assessments will be held in German, assessments will be offered every semester and modules are not creditable for bonus.

## Notes

Should there be the option to choose between several methods of assessment, the lecturer will agree with the module coordinator on the method of assessment to be used in the current semester by two weeks after the start of the course at the latest and will communicate this in the customary manner.

Should the module comprise more than one graded assessment, all assessments will be equally weighted, unless otherwise stated below.

Should the assessment comprise several individual assessments, successful completion of the module will require successful completion of all individual assessments.

## In accordance with

the general regulations governing the degree subject described in this module catalogue:

**ASPO2009**

associated official publications (FSB (subject-specific provisions)/SFB (list of modules)):

**16-Jan-2013 (2013-8)**

This module handbook seeks to render, as accurately as possible, the data that is of statutory relevance according to the examination regulations of the degree subject. However, only the FSB (subject-specific provisions) and SFB (list of modules) in their officially published versions shall be legally binding. In the case of doubt, the provisions on, in particular, module assessments specified in the FSB/SFB shall prevail.

## Compulsory Courses

(75 ECTS credits)

<b>Module title</b>		<b>Abbreviation</b>
Understanding biological and scientific principles of sport training		o6-SP-BTGSB-102-mo1
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Professorship of Training and Biology		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>
2 semester	undergraduate	By way of exception, additional prerequisites are listed in the section on assessments.
<b>Contents</b>		
<p>In this module, central sport biological and training scientific basics will be discussed and linked with sport practice. Students will learn to look at movements, exercise and sport from a scientific point of view. For this purpose, there will be two courses in lecture format. The lecture on "Sportbiologie" ("Sport Biology") during the first semester will discuss important anatomical-physiological basics of the human organism in the context of exercise and will provide students with an opportunity to acquire a basic knowledge of the morphological and functional adaptation of exercise. The lecture on "Trainingswissenschaft" ("Training Science") during the second semester will discuss central training scientific models, methods and concepts and will identify the consequences and possibilities of practical implementation. In the accompanying course "Experimente und Praxiskonsequenz" ("Experiments and Practical Consequences"), training scientific experiments on the basic topics covered in the lecture on "Trainingswissenschaft" ("Training Science") (endurance, strength, agility etc.) will be performed, documented and evaluated.</p>		
<b>Intended learning outcomes</b>		
<p>Students will acquire basic expertise in sport biology and training science. They will become familiar with sport biological basics of the human organism and its adaptability and will learn how to put these in the context of sports practice. Furthermore, students will acquire differentiated training scientific technical and methodological skills via a comparative analysis of central terms, classifications, models, concepts and methods as well as their classification with respect to different training goals and target groups. Independent planning of the project that is part of the course "Experimente und Praxiskonsequenz" ("Experiments and Practical Consequences") will both require and foster the development of personal skills in students. Therefore, they will learn to transfer the theoretical knowledge gained during the lecture to scientifically relevant application contexts. 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-BTGSB-2-102: S (no information on SWS (weekly contact hours) and course language available)</li> <li>• o6-SP-BTGSB-1-102: V + V (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-BTGSB-2-102:</b> Understanding biological and scientific principles of sport training: Experiments and practical consequence</p> <ul style="list-style-type: none"> <li>• 4 ECTS, Method of grading: (not) successfully completed</li> <li>• term paper (approx. 20 pages)</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-BTGSB-1-102:</b> Understanding biological and scientific principles of sport training</p> <ul style="list-style-type: none"> <li>• 6 ECTS, Method of grading: numerical grade</li> </ul>		
Bachelor's degree programme with 2 majors Sport Science (Focus on health and Pedagogics in Movement) (2010)	JMU Würzburg • generated 26-Aug-2024 • exam. reg. data record Bachelor (85 ECTS) Sportwissenschaft mit dem Schwerpunkt Gesundheit und Bewegungspädagogik - 2010	page 7 / 27

<ul style="list-style-type: none"> <li>written examination (approx. 90 minutes)</li> </ul>
<b>Allocation of places</b>
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<b>Additional information</b>
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<b>Workload</b>
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<b>Teaching cycle</b>
--
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)
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<b>Module appears in</b>
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)



<b>Module title</b>		<b>Abbreviation</b>			
Understanding the sociological foundations of sports		o6-SP-SWG-102-m01			
<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>			
5	numerical grade	--			
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>			
2 semester	undergraduate	--			
<b>Contents</b>					
<p>In this module, students will acquire deeper theoretical insights into central sociological basics, and these will be linked to topics from movement, game and sports cultures. In connection with the lectures of Module 1 (Sportwissenschaftliche Frage- und Problemstellungen sowie Sportpädagogik (Sport Scientific Questions and Problems and Physical Education)), students will learn to look at underlying concepts and topics in the area of sport from an interdisciplinary oriented sports science point of view. This will allow them to analytically grasp and assess exercising and/or activity in a movement culture context. The latter will take place from the point of view of social sciences and the humanities and during two different courses in lecture format. The lecture on social sciences and social psychological basics will acquaint students with central sociological, psychological and cultural theories, models, methods and concepts and will provide them with an opportunity to gain deeper insights into these with regard to their contribution to the understanding of our movement, game and sports culture. In the seminar "Portfolio: Planungsgrundlagen und Studierperspektiven" ("Portfolio: Planning Basics and Study Perspectives"), students will be informed about the different options they have in the Bachelor's degree programme. Students will develop the basic structure of a portfolio documenting progress in the learning progress which they will continue working on over the entire course of their university education.</p>					
<b>Intended learning outcomes</b>					
<p>Students will acquire basic expertise in the areas of sport sociology / sport social psychology. They will become familiar with sport sociological basics of activity in a movement culture context and will learn how to put these in relation to practical sport and movement. In addition, students will acquire differentiated sport sociological technical and methodological skills via a comparative analysis of central terms, classifications, models, concepts and methods of social science disciplines in sport science. They will learn how to reflectedly deal with the course content and options offered. This will foster the development of personal skills and will help students adopt a target-oriented approach to work over the entire duration of their university education.</p>					
<b>Courses</b> (type, number of weekly contact hours, language — if other than German)					
V + S (no information on SWS (weekly contact hours) and course language available)					
<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. 30 minutes)					
<b>Allocation of places</b>					
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<b>Additional information</b>					
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<b>Workload</b>					
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<b>Teaching cycle</b>					
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)					
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<b>Module appears in</b>					
<table border="1"> <tr> <td>Bachelor's degree programme with 2 majors Sport Science (Focus on health and Pedagogics in Movement) (2010)</td> <td>JMU Würzburg • generated 26-Aug-2024 • exam. reg. data record Bachelor (85 ECTS) Sportwissenschaft mit dem Schwerpunkt Gesundheit und Bewegungspädagogik - 2010</td> <td>page 9 / 27</td> </tr> </table>			Bachelor's degree programme with 2 majors Sport Science (Focus on health and Pedagogics in Movement) (2010)	JMU Würzburg • generated 26-Aug-2024 • exam. reg. data record Bachelor (85 ECTS) Sportwissenschaft mit dem Schwerpunkt Gesundheit und Bewegungspädagogik - 2010	page 9 / 27
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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)

<b>Module title</b>		<b>Abbreviation</b>
Recognizing problems in the Sport Science area and understanding the educational foundations of Sports		o6-SP-SPPG-102-m01
<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>In this module, sports scientific questions and problems will be looked into and discussed in the light of interdisciplinary approaches (natural sciences, humanities and social sciences). The module will focus on providing students with an opportunity to acquire deeper theoretical insights into central sociological basics, and these will be linked to topics from movement, game and sports cultures. Students will learn to look at underlying concepts and topics in the area of sport from an interdisciplinary oriented sports science point of view. This will allow them to analytically grasp and assess exercising and/or activity in a movement culture context. The lecture on "Sportpädagogik" ("Physical Education") will discuss the fundamentals of educational physical education and will acquaint students with educational theoretical basic knowledge as well as historical basics. In the seminar "Freizeitsportart mit einem Anteil Service Learning" ("Recreational Sport with Service Learning"), basic topics of leisure sports will be discussed. In this context, students will be made aware of the relationship between the diverse possibilities of exercising during leisure time and an open understanding of health. The associated health concept will be discussed both in the light of a salutogenic approach and with inclusion and exclusion of different understandings of health (risk factor model etc.).</p>		
<b>Intended learning outcomes</b>		
<p>Students will acquire basic expertise in sport scientific work and research methods as well as in sport pedagogy and recreational sports. They will become familiar with the theoretical basics of education and learning in the area of activity in a movement culture context and will learn to correlate these with sports practice as well as an open understanding of health. In addition, students will acquire differentiated sport educational theoretical and methodological expertise via a comparative analysis of central terms, classifications, models, concepts and methods of the humanities and social science disciplines of sport science. Independent planning of a project in the area of recreational sports 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-SPPG-1-102: V + V (no information on SWS (weekly contact hours) and course language available)</li> <li>o6-SP-SPPG-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-SPPG-1-102:</b> Recognizing problems in the Sports Science area and understanding the educational foundations of Sports: Understanding the theory Recognizing problems in the Sports Science area and understanding the educational foundations of Sports: Understanding the theory</p> <ul style="list-style-type: none"> <li>5 ECTS, Method of grading: numerical grade</li> <li>written examination (approx. 60 minutes)</li> <li>Language of assessment: German, English</li> </ul> <p><b>Assessment in module component o6-SP-SPPG-2-102:</b> Recognizing problems in the Sports Science area and understanding the educational foundations of Sports: Understanding the experience</p>		
Bachelor's degree programme with 2 majors Sport Science (Focus on health and Pedagogics in Movement) (2010)	JMU Würzburg • generated 26-Aug-2024 • exam. reg. data record Bachelor (85 ECTS) Sportwissenschaft mit dem Schwerpunkt Gesundheit und Bewegungspädagogik - 2010	page 11 / 27

<ul style="list-style-type: none"> <li>• 5 ECTS, Method of grading: (not) successfully completed</li> <li>• term paper (approx. 20 pages)</li> <li>• Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).</li> </ul>
<b>Allocation of places</b>
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<b>Additional information</b>
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<b>Workload</b>
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<b>Teaching cycle</b>
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)
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<b>Module appears in</b>
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)

<b>Module title</b>		<b>Abbreviation</b>
Developing and evaluating sports performance		06-SP-LEE1B-102-m01
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Professorship of Training and Biology		Institute of Sport Science
<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	Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).
<b>Contents</b>		
<p>In this module, theoretical basics for the analysis and evaluation of sport and exercise performance will be developed and, as an example, discussed in connection with health-oriented endurance sport. The module is divided into two sections: First, the theoretical basics and associated measurement methods of performance, exercise and health diagnostics will be elaborated in a lecture during the winter semester. In the following summer semester, the basic elements of possible working fields in health-oriented endurance sports will be developed and linked to the theoretical aspects of performance and movement analysis.</p>		
<b>Intended learning outcomes</b>		
<p>Students possess basic expertise in the diagnosis and evaluation of movement performances as well as sport discipline specific expertise in health-oriented endurance sport which allows them to teach theoretically based, purposeful exercising in this field.</p>		
<b>Courses</b> (type, number of weekly contact hours, language — if other than German)		
V + S (no information on SWS (weekly contact hours) and course language available)		
<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)		
a) term paper (approx. 10 pages) or b) presentation (approx. 30 minutes)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
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<b>Teaching cycle</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
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)		

<b>Module title</b>		<b>Abbreviation</b>
Teaching and learning exercises 1		o6-SP-BLL1B-102-m01
<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>In this module, motion scientific questions and problems will be looked into and discussed from the point of view of natural sciences, humanities and cultural studies with regard to movement and human self-moving. The main focus will be on developing central movement and exercise scientific theories, concepts and models and discussing them, as an example, in connection with topics in the area of movement practice. Students will learn to look at underlying concepts and topics in the area of human movement and human "self-moving" from an interdisciplinary oriented movement and exercise science point of view. This will allow them to analytically grasp and assess human movement action. The latter will primarily take place from the point of view of anthropology and during a lecture. In the seminar on "Psychomotorik" ("Psychomotor") as well as in the lecture "Experimente und Bewegungskonsequenz" ("Experiments and Exercise Consequences"), the theoretical basics will be mirrored and reflected on in an exemplary manner and students will be provided with an opportunity to gain deeper insights into these theoretical basics. In the course "Experimente und Bewegungskonsequenz" ("Experiments and Exercise Consequences"), this will be done by performing, documenting and analysing experiments in the area of movement and exercise science related to the respective basic topics covered in the lecture (learning, movement coordination, motor control etc.). The seminar on "Psychomotorik" ("Psychomotor") will focus on the task of teaching as well as the observation of relevant topics.</p>		
<b>Intended learning outcomes</b>		
<p>Students will acquire basic expertise in exercise and movement science and in the didactic basics of psychomotor functioning. They will become familiar with the basics of various exercise and movement science approaches. The latter will also be mirrored and reflected on in an exemplary manner with regard to the psychomotor work with a view to the topic taught. This approach, which connects theory and practice, will help students abandon everyday theoretical and pre-scientific knowledge about movement learning and start reflecting on movement phenomena and topics taught in the context of theoretical knowledge in exercise and movement science. Independent planning of the project that is part of the course "Experimente und Praxiskonsequenz" ("Experiments and Practical Consequences") will both require and foster the development of personal skills in students. Therefore, they will learn to transfer the theoretical knowledge gained during the lecture to scientifically relevant application contexts.</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-BLL1B-1-102: S + V (no information on SWS (weekly contact hours) and course language available)</li> <li>• o6-SP-BLL1B-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-BLL1B-1-102:</b> Movement and psychomotor performance Movement and psychomotor performance</p> <ul style="list-style-type: none"> <li>• 5 ECTS, Method of grading: numerical grade</li> <li>• written examination (approx. 90 minutes)</li> </ul>		
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<ul style="list-style-type: none"> <li>• Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).</li> </ul> <p><b>Assessment in module component 06-SP-BLL1B-2-102:</b> Experiments and motion consequence</p> <ul style="list-style-type: none"> <li>• 5 ECTS, Method of grading: (not) successfully completed</li> <li>• term paper (approx. 20 pages)</li> <li>• Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).</li> </ul>
<b>Allocation of places</b>
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<b>Additional information</b>
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<b>Workload</b>
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<b>Teaching cycle</b>
--
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)
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<b>Module appears in</b>
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)

<b>Module title</b>		<b>Abbreviation</b>
The art of teaching sports health		06-SP-DG-102-m01
<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>
5	numerical grade	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).
<b>Contents</b>		
<p>This module will investigate the implicated connection between objectives, contents and methods with regard to the didactic problem of subject matter constitution in health sport. Using the example of various fields of movement and sports disciplines, the lecture will discuss the underlying didactic principles. Sitting in on classes, students will analyse these principles; during teaching practice, students will transfer these principles, in a differentiated way, to the planning and design of teaching concepts. On this basis, students will plan, deliver and evaluate sports and physical education classes.</p>		
<b>Intended learning outcomes</b>		
<p>Students will acquire basic skills in dealing with the didactic problem of subject matter constitution. They will be able to apply norms from areas including education theory and sport sociology as well as training, movement and exercise science to the design of sports and physical education classes. Including or excluding additional knowledge backgrounds in the area of planning and evaluating didactic activities, students will be able to concretise the model of subject matter constitution in sports and physical education didactics for actual classroom practice.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
V + S + S (no information on SWS (weekly contact hours) and course language available)		
<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. 45 minutes)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
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<b>Teaching cycle</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
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)		



<b>Module title</b>		<b>Abbreviation</b>
Promoting fitness and health 1		o6-SP-FGF1B-102-m01
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Professorship of Training and Biology		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 focuses on the interaction of posture, movement and stress in the context of fitness and health promotion and links them to a closer examination of functional movement training. In one seminar, the sport biological and functional anatomical correlations of posture, movement and stress will be discussed. In the second seminar, these will be concretised and discussed in more detail on the basis of functional movement training as well as in a training project.</p>		
<b>Intended learning outcomes</b>		
<p>Students have acquired essential expertise in the sport biological as well as functional anatomical assessment of posture, movement and stress and are able to apply this knowledge to a functional movement training. 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-FGF1B-1-102: S + S (no information on SWS (weekly contact hours) and course language available)</li> <li>o6-SP-FGF1B-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-FGF1B-1-102:</b> Exercise und exercise training Exercise und exercise training</p> <ul style="list-style-type: none"> <li>5 ECTS, Method of grading: (not) successfully completed</li> <li>a) term paper (approx. 10 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-FGF1B-2-102:</b> Seminar with project training "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> <li>Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).</li> </ul>		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
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<b>Teaching cycle</b>
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)
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<b>Module appears in</b>
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)

<b>Module title</b>		<b>Abbreviation</b>
Teaching and learning exercises 2		o6-SP-BLL2B-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>
2 semester	undergraduate	By way of exception, additional prerequisites are listed in the section on assessments.
<b>Contents</b>		
<p>In this module, motion and exercise scientific questions and problems will be looked into and challenged using the example of proprioception and kinesiology. Central movement and exercise scientific theories, concepts and models will be discussed and analysed with regard to the phenomenological analysis of central motion learning problems. These will be tested under differentiated movement didactic requirements both with regard to self-realisation and with regard to the task of teaching. Students will learn to look at underlying concepts and topics in the area of human movement and human "self-moving" from a pedagogy-oriented movement and exercise science point of view. This will allow them to analytically grasp and assess human movement action. The latter will primarily take place from the point of view of anthropology. In the project "Lehren und Lernen" ("Teaching and Learning" ("Service Learning")), the topics covered in the seminars on movement and exercise science will be transferred to the planning of various teaching learning projects in health sport.</p>		
<b>Intended learning outcomes</b>		
<p>Students possess basic expertise in the analysis of human movement actions as well as in the educational-methodological basics of proprioceptive training and kinesiology. They are familiar with didactic practical applications of different movement and exercise scientific perspectives and with the resulting methods of motion diagnosis. The latter can be mirrored and reflected on by students in an exemplary manner in selected fields of movement with respect to the topic taught. This approach, which connects theory and practice, will help students learn how to analyse human "self-moving" in an appropriate and differentiated way and use the results of these analyses for the planning of teaching and learning processes. 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-BLL2B-2-102: S (no information on SWS (weekly contact hours) and course language available)</li> <li>• o6-SP-BLL2B-1-102: S + 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-BLL2B-2-102: Teaching and learning exercises 2</b></p> <ul style="list-style-type: none"> <li>• 5 ECTS, Method of grading: numerical grade</li> <li>• term paper (approx. 20 pages)</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-BLL2B-1-102: Teaching and learning: understanding the theory and the experience Teaching and learning: understanding the theory and the experience</b></p> <ul style="list-style-type: none"> <li>• 5 ECTS, Method of grading: (not) successfully completed</li> <li>• a) term paper (approx. 10 pages) or b) presentation (approx. 30 minutes)</li> </ul>		

<ul style="list-style-type: none"> <li>• Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).</li> </ul>
<b>Allocation of places</b>
--
<b>Additional information</b>
--
<b>Workload</b>
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<b>Teaching cycle</b>
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)
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<b>Module appears in</b>
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)

<b>Module title</b>		<b>Abbreviation</b>
<b>Understanding and teaching compensatory movement patterns and groupfitness offers for bachelors</b>		o6-SP-KBFB-102-m01
<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>		
Bachelor's degree programme with 2 majors Sport Science (Focus on health and Pedagogics in Movement) (2010)	JMU Würzburg • generated 26-Aug-2024 • exam. reg. data record Bachelor (85 ECTS) Sportwissenschaft mit dem Schwerpunkt Gesundheit und Bewegungspädagogik - 2010	page 21 / 27

<ul style="list-style-type: none"> <li>• Other prerequisites: Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).</li> </ul>
<b>Allocation of places</b>
--
<b>Additional information</b>
--
<b>Workload</b>
--
<b>Teaching cycle</b>
--
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)
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<b>Module appears in</b>
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)

## Thesis

(10 ECTS credits)

<b>Module title</b>		<b>Abbreviation</b>
Bachelor thesis Sport Science with focus on health and pedagogy in movement		06-SP-TH-102-m01
<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	--
<b>Contents</b>		
Students will independently research and write a scientific thesis on a topic from the area of sport science and/or the didactics of health related sports that was selected in consultation with the thesis supervisor.		
<b>Intended learning outcomes</b>		
Students can independently familiarise themselves with a predefined topic in the area of sport science and can independently work with literature relevant for the respective topic, drawing on the knowledge and methodological skills acquired in the Bachelor's degree programme. They are able to prepare a written account of the results of their work in an appropriate scientific style and, where necessary, to consider didactic aspects.		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
no courses assigned		
<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 thesis (approx. 40 to 50 pages)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
Additional information on module duration: 8 weeks.		
<b>Workload</b>		
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<b>Teaching cycle</b>		
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
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)		



## Subject-specific Key Skills

( ECTS credits)

<b>Module title</b>		<b>Abbreviation</b>
Developing fitness and fitness sports		o6-SP-FGF2B1-102-m01
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Professorship of Training and Biology		Institute of Sport Science
<b>ECTS</b>	<b>Method of grading</b>	<b>Only after succ. compl. of module(s)</b>
5	(not) successfully completed	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).
<b>Contents</b>		
<p>This module addresses current concepts for fitness development and health promotion and provides students with an opportunity to gain an in-depth insight into a fitness sport discipline and another sport of their choice. During a seminar, initial concepts will be developed in theory. Using the examples of a fitness sport discipline and another sport, these concepts will be concretised and discussed in more detail during another seminar. In the following semester, the concepts will be put into practice in a project.</p>		
<b>Intended learning outcomes</b>		
<p>Students will gain essential expertise in the training-scientific promotion of fitness and health and will be able to concretise this knowledge in a fitness sport and another sport of their choice.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
S + S + S (no information on SWS (weekly contact hours) and course language available)		
<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)		
a) term paper (approx. 15 pages) or b) presentation (approx. 30 minutes)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
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<b>Teaching cycle</b>		
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
<p>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)</p>		

<b>Module title</b>		<b>Abbreviation</b>
Seminar with fitness project "Service learning"		o6-SP-FGF2B2-102-m01
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Professorship of Training and Biology		Institute of Sport Science
<b>ECTS</b>	<b>Method of grading</b>	<b>Only after succ. compl. of module(s)</b>
10	(not) successfully completed	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance (minimum 80%) of courses (lectures excluded).
<b>Contents</b>		
<p>This module addresses current concepts for fitness development and health promotion and provides students with an opportunity to gain an in-depth insight into a fitness sport discipline and another sport of their choice. During a seminar, initial concepts will be developed in theory. Using the examples of a fitness sport discipline and another sport, these concepts will be concretised and discussed in more detail during another seminar. In the following semester, the concepts will be put into practice in a project.</p>		
<b>Intended learning outcomes</b>		
<p>Students will gain essential expertise in the training-scientific promotion of fitness and health and will be able to concretise this knowledge in a fitness sport and another sport of their choice.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
S (no information on SWS (weekly contact hours) and course language available)		
<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)		
term paper (approx. 20 pages)		
<b>Allocation of places</b>		
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<b>Additional information</b>		
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<b>Workload</b>		
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<b>Teaching cycle</b>		
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
<p>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)</p>		