



# Module Catalogue

for the Subject

## Didactics in Science of Sport (Middle School)

as Didaktikfach

with the degree "Erste Staatsprüfung für das Lehramt für  
Sonderpädagogik"

Examination regulations version: 2013  
Responsible: Faculty of Human Sciences  
Responsible: Institute of Sport Science

## Contents

The subject is divided into	3
Abbreviations used, Conventions, Notes, In accordance with	4
Compulsory Courses	5
Competence in the principles of teaching sports: foundations of sports-pedagogical and sportsdidactical activities	6
Basic competence in exercise physiology and movement	7
Competence in the principles of teaching sports: advanced knowledge in sport didactics (selected topics)	8
Competence in the principles of teaching sports: Human movement and sports at schools	9
Freier Bereich (general as well as subject-specific electives)	10
Theoretical Aspects of Winter Sports	11
Relaxation and Wellness	12
Methods in Natural Medicine	13
Thesis	14

## The subject is divided into

section / sub-section	ECTS credits	starting page
Compulsory Courses	20	5
Freier Bereich (general as well as subject-specific electives)	0-15	10
Thesis	10	14

## 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:

**LASPO2009**

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

**28-Sep-2015 (2015-170)**

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

(20 ECTS credits)

Successful completion of modules worth 20 ECTS credits in each subject selected as Didaktikfach (subject studied with a focus on teaching methodology) is a prerequisite for admission to the Erste Staatsprüfung (First State Examination) in the subject Didaktiken einer Fächergruppe der Mittelschule (Didactics of a Group of Subjects of Mittelschule).

<b>Module title</b>		<b>Abbreviation</b>
Competence in the principles of teaching sports: foundations of sports-pedagogical and sportsdidactical activities		05-SP-SPSD-092-m01
<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>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance of seminars (minimum 80% of sessions offered).
<b>Contents</b>		
In this module we study central basics of physical education, sports education and sport didactics. We discuss and evaluate basic movement and game forms in the context of education processes. We reflect the basic topics of various movement fields in view of movement theories of subject didactics.		
<b>Intended learning outcomes</b>		
The students acquire essential professional skills in identifying, classifying, understanding and evaluating human movement, movement education and movement learning. They are able to demonstrate basic topics of various movement fields in practice and to evaluate these essential movement forms in view of relevant theories of subject didactics and movement education.		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
V + 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)		
written examination (approx. 60 minutes)		
<b>Allocation of places</b>		
--		
<b>Additional information</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
§ 38 (1) 1. Didaktik der Hauptschule Sport § 38 (1) 1. Didaktik der Mittelschule Sport		

<b>Module title</b>		<b>Abbreviation</b>
Basic competence in exercise physiology and movement		05-SP-D-TBW-092-m01
<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>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance of seminars (minimum 80% of sessions offered).
<b>Contents</b>		
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. The seminars elaborate on the topics from the lecture and discuss consequences and implementation possibilities whilst taking into account aspects of movement science.		
<b>Intended learning outcomes</b>		
The students acquire essential professional skills in sports biology and training sciences and are able to establish connections to sports practice. They acquire differentiated methodological competencies by examining and comparing central terms, concepts and methods in view of various movement fields, training goals and target groups.		
<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. 60 minutes)		
<b>Allocation of places</b>		
--		
<b>Additional information</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
§ 38 (1) 1. Didaktik der Hauptschule Sport § 38 (1) 1. Didaktik der Mittelschule Sport		

<b>Module title</b>		<b>Abbreviation</b>
<b>Competence in the principles of teaching sports: advanced knowledge in sport didactics (selected topics)</b>		05-SP-D-SDV-092-m01
<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>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance of seminars (minimum 80% of sessions offered).
<b>Contents</b>		
In this module we discuss selected aspects of planning classes and of the development of school sports and establish connections to the basic topics of subject didactics. We use examples from various movement fields to transfer this knowledge to specific exemplary classes. We plan, conduct and evaluate physical education classes in view of the didactic problem of choosing subjects for physical education.		
<b>Intended learning outcomes</b>		
The students acquire professional skills in reviewing, classifying and evaluating the methodical principles of physical education in a conceptual manner. They know the effects of subject-didactic concepts on teaching practice and are able to use these concepts in practice to plan physical education classes and conceptualise school sports programmes. At the same time, they are able to be critical of such planning and evaluating guidelines.		
<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)		
term paper (approx. 10 pages) or presentation (approx. 30 minutes)		
<b>Allocation of places</b>		
--		
<b>Additional information</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
§ 38 (1) 1. Didaktik der Hauptschule Sport § 38 (1) 1. Didaktik der Mittelschule Sport		



<b>Module title</b>		<b>Abbreviation</b>
<b>Competence in the principles of teaching sports: Human movement and sports at schools</b>		05-SP-DH-BSS-092-m01
<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>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance of seminars (minimum 80% of sessions offered).
<b>Contents</b>		
This module includes ecological aspects and historico-cultural backgrounds of movement and sports. We use innovative movement fields and informal learning situations to test self-determined and experience-based learning. The students acquire a first-hand understanding of the backgrounds and topics of recreational sports and trend sports in view of movement science.		
<b>Intended learning outcomes</b>		
The students acquire essential professional skills in identifying, understanding, classifying and evaluating concepts of experience-based pedagogy. They study facets of (youth-)cultural movement practice and evaluate the importance of self-determined movement for their own movement career. Furthermore, the students acquire professional and methodological competencies in monitoring and supporting self-determined movement learning processes of children and juveniles.		
<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)		
term paper (approx. 20 pages)		
<b>Allocation of places</b>		
--		
<b>Additional information</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
§ 38 (1) 1. Didaktik der Hauptschule Sport § 38 (1) 1. Didaktik der Mittelschule Sport		

## **Freier Bereich (general as well as subject-specific electives)**

(0-15 ECTS credits)

Teaching degree students must take modules worth a total of 15 ECTS credits in the area Freier Bereich (general as well as subject-specific electives) (Section 9 LASPO (general academic and examination regulations for teaching-degree programmes)). To achieve the required number of ECTS credits, students may take any modules from the areas below.

Freier Bereich -- interdisciplinary: The interdisciplinary additional offer for a teaching degree can be found in the respective Annex "Ergänzende Bestimmungen für den "Freien Bereich" im Rahmen des Studiums für ein Lehramt".

<b>Module title</b>		<b>Abbreviation</b>
Theoretical Aspects of Winter Sports		05-SP-SKI-092-m01
<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>
1	(not) successfully completed	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	--
<b>Contents</b>		
<p>In this course we use the example of gliding on ice and snow to assess movement patterns in snow and winter sports from a pedagogical point of view. For this purpose, we study the principles of anthropology and movement science. We take into account central principles of movement science and evaluate them on the basis of ice and snow sports. Apart from the historical roots and epistemological principles of movement theory, we also discuss didactic perspectives of teaching and learning how to glide on ice and snow. We examine and debate the current scientific knowledge that enables the students to teach movement topics in the field of winter and snow sports in a differentiated and systematic manner.</p>		
<b>Intended learning outcomes</b>		
<p>The students acquire essential professional skills in reviewing movement pedagogy of ice and snow sports in a conceptual manner. They are able to specify them in view of sport didactics and to demonstrate them by conducting teaching/learning practice. Furthermore, they acquire key competencies in the field of safety education in winter sports.</p>		
<b>Courses</b> (type, number of weekly contact hours, language — if other than German)		
V (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>		
--		
<b>Additional information</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
--		

<b>Module title</b>		<b>Abbreviation</b>
Relaxation and Wellness		05-SP-EW-092-m01
<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>
2	(not) successfully completed	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance of seminar (minimum 80% of sessions offered).
<b>Contents</b>		
In this module we talk about current relaxation and wellness concepts in the context of psychophysical health promotion. We develop corresponding theoretical concepts in order to practically experience and critically evaluate them on the basis of relaxation techniques.		
<b>Intended learning outcomes</b>		
The students know central concepts of psychophysical health promotion in the context of relaxation and wellness measures. They are able to organise, create and design settings for relaxation and wellness.		
<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)		
presentation (approx. 20 minutes)		
<b>Allocation of places</b>		
--		
<b>Additional information</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
--		

<b>Module title</b>		<b>Abbreviation</b>
Methods in Natural Medicine		05-SP-NHM-092-m01
<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>
2	(not) successfully completed	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	Admission prerequisite to assessment: regular attendance of seminar (minimum 80% of sessions offered).
<b>Contents</b>		
In this module we discuss exemplary concepts and methods of physiotherapy. We develop corresponding exemplary concepts (e.g. massaging yourself and others, taping etc.) and experience their effects in practice.		
<b>Intended learning outcomes</b>		
The students know central techniques of physiotherapy and their importance for psychophysical health promotion. They are able to use these techniques on themselves and on others in a professional manner.		
<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)		
presentation (approx. 20 minutes)		
<b>Allocation of places</b>		
--		
<b>Additional information</b>		
--		
<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
--		

## Thesis

(10 ECTS credits)

Preparation of a written Hausarbeit (thesis) in accordance with the provisions of Section 29 LPO I (examination regulations for teaching-degree programmes) is a prerequisite for teaching degree students to be admitted to the Erste Staatsprüfung (First State Examination). In accordance with the provisions of Section 29 LPO I, students studying for a teaching degree Mittelschule may write this thesis in the subject Didaktik einer Fächergruppe der Mittelschule (Didactics of a Group of Subjects of Mittelschule), in the subject they selected as Unterrichtsfach (subject studied with a focus on the scientific discipline) or in the subject Erziehungswissenschaften (Educational Science). Pursuant to Section 29 Subsection 1 Sentence 2 LPO I, students may also choose to write an interdisciplinary thesis.