Julius-Maximilians-
UNIVERSITÄT
WÜRZBURG

# Subdivided Module Catalogue

for the Subject

# Science of Sport

as Unterrichtsfach

with the degree "Erste Staatsprüfung für das Lehramt an Realschulen"

Examination regulations version: 2015
Responsible: Faculty of Human Sciences
Responsible: Institute of Sport Science
Responsible: Centre for Sports and Physical Education

# 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:

**LASPO2015**

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

**08-Sep-2015 (2015-115)**

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.

# The subject is divided into

| Abbreviation | Module title | ECTS credits | Method of grading | page |
|---|---|---|---|---|
| **Scientific Discipline (60 ECTS credits)** | | | | |
| **Compulsory Courses (60 ECTS credits)** | | | | |
| 06-SP-RS1-SPSG-152-m01 | Recognizing essential educational and social issues in sports science | 6 | NUM | 13 |
| 06-SP-RS2-BKSH1-152-m01 | Developing basic competencies in movement, play and sports 1 | 6 | B/NB | 14 |
| 06-SP-RS3-BKSH2-152-m01 | Developing basic competencies in movement, play and sports 2 | 5 | B/NB | 15 |
| 06-SP-RS4-BKSH3-152-m01 | Developing basic competencies in movement, play and sports 3 | 5 | B/NB | 16 |
| 06-SP-RS5-EKSH1-152-m01 | Developing advanced teaching competencies in movement, play and sports 1 | 5 | B/NB | 17 |
| 06-SP-RS6-EKSH2-152-m01 | Developing advanced teaching competencies in movement, play and sports 2 | 8 | B/NB | 18 |
| 06-SP-RS7-BTGV-152-m01 | Recognizing essentials of sports biology and training science | 6 | NUM | 19 |
| 06-SP-RS8-ABGV-152-m01 | Recognizing and applying fundamentals of sports anatomy and human movement science | 5 | NUM | 20 |
| 06-SP-RS9-EKSH3-152-m01 | Developing advanced teaching competencies in movement, play and sports 3 | 5 | NUM | 21 |
| 06-SP-RS10-LLTF-152-m01 | Developing and applying teaching-learning competencies in trend and leisure time sports | 4 | NUM | 5 |
| 06-SP-RS11-SWFV-152-m01 | Enhancing expertise in sports science | 5 | NUM | 6 |
| **Teaching (12 ECTS credits)**<br>Please note: In accordance with the provisions of Section 57 Subsection 1 No. 5 f), students must, in the area of subject didactics, achieve two credits in practical teaching exercises in an individual sport and in a team sport. | | | | |
| **Compulsory Courses (12 ECTS credits)** | | | | |
| 06-SP-RS12-FLL-152-m01 | Analyzing teaching-learning competencies in physical education | 5 | NUM | 7 |
| 06-SP-RS13-FLLB-152-m01 | Applying and evaluating teaching-learning competencies in physical education and compensatory activities | 7 | NUM | 8 |
| **Paper (4 ECTS credits)**<br>Students studying for a teaching degree Realschule must complete a practical training in didactics and teaching methodology (studienbegleitendes fachdidaktisches Praktikum) which refers to one of the subjects they selected as vertieft studiertes Fach (subject studied with a focus on the scientific discipline) pursuant to Section 34 Subsection 1 No. 4 LPO I (examination regulations for teaching-degree programmes). The obligatory accompanying tutorial is offered by the respective subject. The ECTS credits obtained are counted in the subject Erziehungswissenschaften pursuant to Section 10 Subsection 3 LASPO (general academic and examination regulations for teaching-degree programms). | | | | |
| 06-SP-RS14-SFPB-152-m01 | Co-op program P.E. at secondary schools (Realschule) | 4 | B/NB | 9 |
| **Freier Bereich (general as well as subject-specific electives)**<br>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.<br>Freier Bereich (general as well as subject-specific electives) -- open for all teaching degree students irrespective of their subject combinations: For additional courses that are open to all teaching degree students irrespective of their subject combinations (fächerübergreifendes Zusatzangebot), please refer to the respective Annex of the "Ergänzende Bestimmungen für den "Freien Bereich" im Rahmen des Studiums für ein Lehramt" (Supplementary Provisions on the Area "Freier Bereich" in Teaching-Degree Programmes). | | | | |

Freier Bereich (general as well as subject-specific electives) -- Faculty of Human Sciences: For additional courses offered by the Faculty of Human Sciences for teaching degree students (fakultätsweites Zusatzangebot), please refer to the Annex of the "Ergänzende Bestimmungen der Fakultät für Humanwissenschaften für den "Freien Bereich" im Rahmen des Studiums für ein Lehramt" (Supplementary Provisions by the Faculty of Human Sciences on the Area "Freier Bereich" in Teaching-Degree Programmes).

**Physical Education**

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

| | | | | |
|---|---|---|---|---|
| 06-SP-RS15-IISV-152-m01 | Evaluating inclusion in and through sports | 3 | B/NB | 10 |
| 06-SP-RS16-FTKE-152-m01 | Evaluating trends in leisure and health-oriented sports activities | 3 | B/NB | 11 |

**Paper (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 Realschule may write this thesis in one of the subjects 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.

| | | | | |
|---|---|---|---|---|
| 06-SP-RS17-SHRS-152-m01 | Thesis in sports science | 10 | NUM | 12 |

| Module title | | | Abbreviation |
|---|---|---|---|
| **Developing and applying teaching-learning competencies in trend and leisure time sports** | | | 06-SP-RS10-LLTF-152-m01 |
| **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)** | |
| 4 | numerical grade | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

In this module we use examples from various optional types of sports from the field of trend and recreational sports to discuss, evaluate and apply selected movement forms from current movement culture, game culture and sports culture. In doing so, the students examine teaching and learning in the area of trend and recreational sports (education to and through sports) from different points of view. We discuss specific movement and perception competencies, aspects of selected seasonal movement, game and sports offers (winter vs. summer) in view of safety and environmental education as well as special method and teaching competencies of the current movement culture. The students test and evaluate their knowledge about sport didactics in practice in accordance with differentiated guidelines regarding performance and teaching.

**Intended learning outcomes**

The students have advanced knowledge about current trends of movement culture and corresponding teaching/learning concepts. They have advanced subject-didactic, pedagogical, motor and ecological competencies in seasonal trend and recreational sports. They know the basic connections between trend and recreational sports and super-ordinated education goals (esp. safety and environmental education). Furthermore, they are able to appropriately apply exemplary teaching/learning competencies to variable exercise settings for trend and recreational sports whilst taking into account different learning levels and goals (education to and through sports).

**Courses** (type, number of weekly contact hours, language — if other than German)

S (2) + S (1)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination (approx. 10 minutes)
Assessment offered: Depending on offer/season

**Allocation of places**

Number of places depending of type of sport. 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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**Workload**

120 h

**Teaching cycle**

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

§ 57 I Nr. 5e) hh) (4 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Enhancing expertise in sports science** | | | 06-SP-RS11-SWFV-152-m01 |
| **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** | |
| 1 semester | undergraduate | -- | |

**Contents**

In this module we discuss and examine central topics of sports psychology and either disciplines of sports education/subject didactics or training and movement science. We compare our results to the current state of research of the respective discipline and determine their effects on movement, game and sport practice at and outside of school. We study and evaluate disciplinary and interdisciplinary theories, models, methods and concepts of psychology, pedagogy, subject didactics, training science or movement science and discuss their contribution to and significance for a deeper understanding of movement, game and sport practice. We use examples from central and current selected topics of the respective disciplines to achieve a deeper understanding of the backgrounds and topics of sports from the perspective of sports science.

**Intended learning outcomes**

The students have essential professional knowledge and competencies in sports psychology and advanced professional knowledge and competencies in the central topics of subject-didactic sports education or training and movement science and are able to evaluate these topics in view of current research results. They know the crucial discipline-specific topic areas and corresponding terms, systematics, models and methods and are able to estimate their importance for well-founded scientific teaching/learning situations for various target groups. Furthermore, they have technical presentation and communication skills.

**Courses** (type, number of weekly contact hours, language — if other than German)

V (1) + S (2)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

presentation (30 minutes) with written elaboration in S
creditable for bonus

**Allocation of places**

S approx. 25 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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**Workload**

150 h

**Teaching cycle**

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

§ 57 I Nr. 5b) (2 ECTS credits) and 5b) (3 ECTS credits) or 5d) (3 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Analyzing teaching-learning competencies in physical education** | | | 06-SP-RS12-FLL-152-m01 |
| **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 | -- | |

**Contents**

In this module we elaborate on the conceptual basics of sport didactics and choosing topics for physical education on the basis of the connection between goals, contents and methods. We discuss various concepts of sports and didactic approaches to teaching sports as well as their epistemological position whilst taking into account learning and education theories. Further, we discuss the implementation of these concepts into class in various exemplary movement fields and types of sports and evaluate selected central topics of the development of sports and school sports (e.g. gender in sports, integration and inclusion in and through sports etc.) in view of the current discourse on subject didactics.

**Intended learning outcomes**

The students have essential professional skills in teaching physical education and physical education games and are able to apply these skills to various movement fields and types of sports. They know the basics and epistemological backgrounds of various didactic approaches to sports and physical education games and are able to evaluate their phenomena and structures as well as corresponding teaching topics in view of theoretical knowledge about subject didactics. They can apply their knowledge to teaching/learning situations in sports and physical education classes.

**Courses** (type, number of weekly contact hours, language — if other than German)

V (1) + V (1) + S (2)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

presentation (30 minutes) with written elaboration in S
creditable for bonus

**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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**Workload**

150 h

**Teaching cycle**

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

§ 57 I Nr. 5f) (5 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Applying and evaluating teaching-learning competencies in physical education and compensatory activities** | | | 06-SP-RS13-FLLB-152-m01 |
| **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)** | |
| 7 | numerical grade | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

In this module we discuss, evaluate and transfer basic connections between goals, contents and methods of physical education to specific teaching concepts for various movement fields and types of sports. For this purpose, we examine planning, conception and evaluation processes in the context of subject didactics. Furthermore, we test and evaluate differentiated teaching scenarios for various movement settings and target groups whilst taking into account the possibilities to promote basic infantile development through movement, game and sports offers. We especially focus on movement, game and sports offers in view of their possibilities to compensate for psychophysical overload and one-sided stress. In this context we also study the requirements and consequences of cultural change processes in the context of sports and movement culture.

**Intended learning outcomes**

The students have essential professional skills in reviewing, classifying and evaluating the methodical principles of physical education and school sports in a conceptual manner. They know the effects of sport concepts and subject-didactic concepts on teaching practice and can use these concepts in practice to plan physical education classes and conceptualise school sports programmes. At the same time, they have basic evaluation competencies which enable them to be critical of such planning and evaluating guidelines. The students have professional skills in conceptually reviewing sports and exercise offers that have a compensatory effect as well as their subject-didactic implementation.

**Courses** (type, number of weekly contact hours, language — if other than German)

S (1) + S (1) + S (2)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination: teaching exercise (approx. 30 minutes) with written elaboration in S1 or S2

**Allocation of places**

S(1) approx. 25 places, S(2) approx. 25 places, S(3) approx. 25 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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**Workload**

210 h

**Teaching cycle**

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

§ 57 I Nr. 5f) (5 ECTS credits)
§ 57 I Nr. 5f bb) (2 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Co-op program P.E. at secondary schools (Realschule)** | | | 06-SP-RS14-SFPB-152-m01 |
| **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)** | |
| 4 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 1 semester | undergraduate | -- | |

**Contents**

This module provides an introduction to physical education as a teaching subject. The students acquire knowledge about the specific work techniques of this subject on the basis of individual education models, teaching examples and class projects in different grades. The students broaden, systematize and complement their practical experiences by learning about technical and didactic aspects in the courses that accompany the teaching placements. For this purpose, they study selected areas of physical education classes which confirm to the guidelines of legal directives and the curriculum. They will focus on different topics, including the current development of teaching practice. In this context they also find connections to sports education and movement science which support the successful introduction of didactic concepts into class.

**Intended learning outcomes**

The students are able to prepare, conduct and evaluate physical education classes on the basis of predetermined criteria. They know how the didactic problem of choosing topics impacts the reality of classes and how to find solutions. They know how to implement the Bavarian curriculum in classes of different grades while keeping a critical eye on the current knowledge and debate about sport didactics. Furthermore, they are able to critically evaluate the latest developments of the educational system.

**Courses** (type, number of weekly contact hours, language — if other than German)

P (0) + S (2)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

a) participation in mandatory teaching practice, completion of all set tasks as specified by placement school and b) seminar paper (5 to 10 pages)
Contents and duration of placement as specified in Section 34 Subsection 1 Sentence 1 No. 4 LPO I (examination regulations for teaching-degree programmes); registration for placement via placement office.

**Allocation of places**

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**Additional information**

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**Workload**

120 h

**Teaching cycle**

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

§ 34 I 1 Nr. 4

**Module appears in**

First state examination for the teaching degree Realschule Educational Science (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Evaluating inclusion in and through sports** | | | 06-SP-RS15-IISV-152-m01 |
| **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)** | |
| 3 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 1 semester | undergraduate | -- | |

**Contents**

This module provides a theoretical and/or practical insight into current central questions and backgrounds of inclusion and integration in and through sports. It addresses and evaluates the possibilities of "special" target groups (e.g. disabled people or people with a migrant background) to participate in movement, games and sports and establishes various connections to sports science and subject didactics. It shows the basic possibilities and opportunities of integration and inclusion in and through sports in a theoretical and practical manner.

**Intended learning outcomes**

The students have selected professional skills and specific background knowledge about integration and inclusion in and through sports and/or about corresponding subject-didactic implementation possibilities in settings at and out of school. They know the corresponding current discourse about the topic and/or possibilities to modify teaching situations as well as implementation possibilities in settings at and out of school. The understand the possible contributions of movement, games and sports to super-ordinated education goals (e.g. intercultural education, tolerance and respect).

**Courses** (type, number of weekly contact hours, language — if other than German)

S (2)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

presentation (approx. 30 minutes) or term paper (approx. 10 pages) or practical examination (approx. 5 minutes) or practical examination taking the form of a teaching exercise (approx. 10 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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**Workload**

90 h

**Teaching cycle**

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

§ 22 II Nr. 3 f)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Evaluating trends in leisure and health-oriented sports activities** | | | 06-SP-RS16-FTKE-152-m01 |
| **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)** | |
| 3 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 1 semester | undergraduate | -- | |

**Contents**

In this module we use examples from special topics as well as sports and movement offers of trend and health sports to study, evaluate and test current trends and topics of movement-, game- and sport-cultural practice and health sports. The students acquire exemplary insights into selected scientific and/or didactic principles of special sports, game and movement offers or topics of health sports and understand their scientific backgrounds as well as their didactic implementation possibilities.

**Intended learning outcomes**

The students have basic professional knowledge about current trends of movement culture and/or current topics of health sports. They know corresponding teaching/learning concepts and/or have basic subject-didactic, pedagogical and motor competencies and are able to use them for other teaching/learning situations and various target groups of trend and health sports. The understand the possible contributions of movement, games and sports to super-ordinated education goals (e.g. cultural education, environmental education, health promotion).

**Courses** (type, number of weekly contact hours, language — if other than German)

S (2)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

presentation (approx. 30 minutes) or term paper (approx. 10 pages) or written examination (30 minutes) or practical examination (approx. 5 minutes) or practical examination taking the form of a teaching exercise (approx. 10 minutes)

**Allocation of places**

S approx. 12 to 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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**Workload**

90 h

**Teaching cycle**

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

§ 22 II Nr. 3 f)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Thesis in sports science** | | | 06-SP-RS17-SHRS-152-m01 |
| **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)** | |
| 10 | numerical grade | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| | undergraduate | -- | |

**Contents**

In this module the students independently work on a topic from the area of sports science and/or subject didactics of sports. The topic is selected in consultation with the thesis supervisor and the aim is to write a scientific thesis.

**Intended learning outcomes**

The students are able to independently examine a topic relevant to sports science and its corresponding literature. In doing so, they apply the knowledge and techniques that they acquired during the teaching degree programme. They are able to write down and present the results of their work in accordance with scientific norms whilst taking into account possible aspects of subject didactics.

**Courses** (type, number of weekly contact hours, language — if other than German)

No courses assigned to module

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

written thesis (30 to 50 pages)
Language of assessment: German; exceptions pursuant to Section 29 Subsection 4 LPO I (examination regulations for teaching-degree programmes)

**Allocation of places**

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**Additional information**

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**Workload**

300 h

**Teaching cycle**

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

§ 29

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Recognizing essential educational and social issues in sports science** | | | 06-SP-RS1-SPSG-152-m01 |
| **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)** | |
| 6 | numerical grade | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | -- | |

**Contents**

In this course we talk about questions and issues of sports science and evaluate them from an interdisciplinary point of view (natural, human and social sciences). We focus on the theoretical examination of central principles of sports education and social sciences and establish connections to topics from movement, game and sports culture. The students acquire interdisciplinary scientific knowledge about the backgrounds and topics of sports. Therefore, they develop the ability to understand and analyse actions of sports and movement culture in view of social and human sciences. In the area of sports education the students learn about the basic principles of physical education in the context of sports activities and acquire basic knowledge about education theory and its historical principles. In the area of the principles of social science and social psychology we discuss central theories, models, methods and concepts of sociology, psychology, and cultural theory and elaborate on their contributions to the understanding of our movement, game and sports culture.

**Intended learning outcomes**

The students have essential professional skills in carrying out research and working in the field of sports science, sports education and sociology/social psychology of sports. They know the principles of movement culture in view of education theory and sport sociology and are able to put these principles into practice. They have acquired differentiated professional and methodological competencies in the area of sports education and sports sociology by examining and comparing central terms, systematics, models, concepts and methods of the disciplines of sports science that are relevant to humanities and social sciences.

**Courses** (type, number of weekly contact hours, language — if other than German)

V (1) + V (1) + V (1) + V (1)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

written examination (approx. 60 minutes)

**Allocation of places**

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**Additional information**

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**Workload**

180 h

**Teaching cycle**

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

§ 57 I Nr. 5a) (2 ECTS credits)
§ 57 I Nr. 5b) (4 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Developing basic competencies in movement, play and sports 1** | | | 06-SP-RS2-BKSH1-152-m01 |
| **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)** | |
| 6 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 1 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

In this module we use examples from gliding on snow and ice, exercising with sports equipment and exercising in water to discuss, evaluate and apply basic competencies of sport didactics and basic teaching/learning conceptions of movement fields and sports for individuals. We focus on acquiring basic movement and perception competencies in various settings (different media (water, snow), with and without sports equipment) as well as corresponding didactic and pedagogical competencies in teaching and learning with heterogeneous groups (including age, gender, individual condition, inclusion). Furthermore, we discuss and evaluate trans-situational and situation-specific aspects of safety and environmental education. The students test and evaluate their knowledge about sport didactics in practice in accordance with differentiated guidelines regarding performance and teaching.

**Intended learning outcomes**

The students have basic movement and perception competencies and know various teaching/learning concepts from the area of exercise settings for individuals and individual sports. They have basic subject-didactic, pedagogical and motor competencies in the field of gliding on snow and ice/winter sports, exercising with sports equipment/gymnastics and exercising in water/swimming and are able to appropriately deal with different target groups in these settings. Furthermore, the students have basic competencies in the field of safety and environmental education.

**Courses** (type, number of weekly contact hours, language — if other than German)

S (2) + S (2) + S (1)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination (approx. 5 minutes)

**Allocation of places**

S(1) approx. 12 places, S(2) approx. 16 places, S(3) approx. 16 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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**Workload**

180 h

**Teaching cycle**

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

§ 57 I Nr. 5e) gg) (2 ECTS credits)
§ 57 I Nr. 5e) ee) (2 ECTS credits)
§ 57 I Nr. 5e) cc) (2 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Developing basic competencies in movement, play and sports 2** | | | 06-SP-RS3-BKSH2-152-m01 |
| **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 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

In this module we discuss, evaluate and apply basic competencies of sport didactics and basic teaching/learning conceptions of playing, physical education games and movement fields for teams. We study the basics of playing as well as concepts of integrative and special didactics of physical education games and apply them in basketball, volleyball and handball. We focus on acquiring basic movement and perception competencies in physical education games as well as basics of subject didactics in various settings for teams (with and without a ball, target throwing and net/wall games, size of the playing field and number of players) as well as for different groups (including age, gender, individual condition, inclusion). Furthermore, we discuss and evaluate trans-situational and situation-specific aspects of fairness, cooperation and team spirit. The students test and evaluate their knowledge about sport didactics in practice in accordance with differentiated guidelines regarding performance and teaching.

**Intended learning outcomes**

The students have basic movement and perception competencies in the field of physical education games and know appropriate teaching/learning concepts of playing with and without a ball. They can apply these concepts in the field of team sports or exercise settings for teams. They have basic subject-didactic, pedagogical and motor competencies in the big physical education games handball, basketball and volleyball and are able to appropriately deal with different target groups in these teaching/learning settings. Furthermore, the students have basic competencies in cooperation and interaction.

**Courses** (type, number of weekly contact hours, language — if other than German)

S (1) + S (1) + S (1) + S (1)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination (approx. 5 minutes)

**Allocation of places**

S(1) approx. 25 places, S(2) approx. 18 places, S(3) approx. 18 places, S(4) approx. 18 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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**Workload**

150 h

**Teaching cycle**

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

§ 57 I Nr. 5e) aa) (5 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Developing basic competencies in movement, play and sports 3** | | | 06-SP-RS4-BKSH3-152-m01 |
| **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 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

In this module we use examples from running, jumping, throwing, gymnastics and dance as well as exercising with and without sports equipment and exercising in water to discuss, evaluate and apply basic competencies of sport didactics and basic teaching/learning conceptions of movement fields and sports for individuals. We focus on acquiring and extending basic movement and perception competencies in various settings (different media (water, open-air areas, gyms), with and without sports equipment) as well as corresponding didactic and pedagogical competencies in teaching and learning with different groups (including age, gender, individual condition, inclusion). The students test and evaluate their knowledge about sport didactics in practice in accordance with differentiated guidelines regarding performance and teaching.

**Intended learning outcomes**

The students have basic and advanced movement and perception competencies and know various teaching/learning concepts in the field of exercise settings for individuals and individual sports. They have basic subject-didactic, pedagogical and motor competencies in the fields of running, jumping, throwing (athletics) as well as in physical expression and movement creation (gymnastics and dance) and are able to appropriately deal with different target groups in these teaching/learning settings. The students have advanced teaching/learning competencies in the field of exercising in water and are therefore able to flexibly handle other teaching/learning situations and different learning levels as well as different target groups.

**Courses** (type, number of weekly contact hours, language — if other than German)

S (2) + S (1) + S (1)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination (approx. 5 minutes)

**Allocation of places**

S(1) approx. 12 places, S(2) approx. 18 places, S(3) approx. 18 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**

If a seminar is part of a series of seminars, participants should have attended previous seminars in the series.

**Workload**

150 h

**Teaching cycle**

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

§ 57 I Nr. 5e) bb) (2 ECTS credits)
§ 57 I Nr. 5e) cc) (2 ECTS credits)
§ 57 I Nr. 5e) ff) (1 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Developing advanced teaching competencies in movement, play and sports 1** | | | 06-SP-RS5-EKSH1-152-m01 |
| **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 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

During this module, the students improve, advance and extend their teaching/learning competencies in the fields of playing, exercising in water and creating movement. They use examples from the target throwing and net/wall games basketball and volleyball and from exercising in water/swimming to broaden their movement and perception competencies as well as their method and evaluation competencies. Furthermore, they acquire basic competencies in the target kicking game soccer and in creating movement/acrobatics. They also focus on teaching in an increasingly differentiated, varied manner (education to and through sports) in homogeneous and heterogeneous settings for teams of an increasing learning level. They thoroughly examine individual learning and performance requirements and their consequences for teaching/learning processes. Furthermore, they learn how aspects of playing and performing are linked to aspects of cooperation and fairness and how they can be promoted. The students test and evaluate their knowledge about sport didactics in practice in accordance with differentiated guidelines regarding performance and teaching.

**Intended learning outcomes**

The students have advanced movement, perception, method and evaluation competencies in the fields of target throwing games, net/wall games and exercising in water as well as basic competencies in the field of target kicking games, physical expression and movement creation. They have advanced subject-didactic, pedagogical and motor competencies in the big physical education games basketball and volleyball. They are able to appropriately apply exemplary teaching/learning competencies to varied exercise settings whilst taking into account different learning levels and goals (education to and through sports).

**Courses** (type, number of weekly contact hours, language — if other than German)

S (1) + S (1) + S (1) + S (1) + S (1)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination (approx. 10 minutes)

**Allocation of places**

S(1) approx. 18 places, S(2) approx. 18 places, S(3) approx. 16 places, S(4) approx. 16 places, S(5) approx. 18 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**

If a seminar is part of a series of seminars, participants should have attended previous seminars in the series.

**Workload**

150 h

**Teaching cycle**

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

§ 57 I Nr. 5e) aa) (3 ECTS credits)
§ 57 I Nr. 5e) ee) (1 ECTS credits)
§ 57 I Nr. 5e) cc) (1 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Developing advanced teaching competencies in movement, play and sports 2** | | | 06-SP-RS6-EKSH2-152-m01 |
| **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 | (not) successfully completed | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

In this module the students improve, advance and extend their teaching/learning competencies in various types of sports. They use examples from playing, exercising with equipment/gymnastics, running, jumping, throwing/athletics and from the creation of movement/gymnastics/dance to broaden their movement and perception competencies as well as their method and evaluation competencies. They focus on teaching in an increasingly differentiated, varied manner (education to and through sports) in homogeneous and heterogeneous settings for teams of an increasing learning level. In doing so, they learn about exemplary connections to superordinated education goals (e.g. aesthetic education, health promotion). The students test and evaluate their knowledge about sport didactics in practice in accordance with differentiated guidelines regarding performance and teaching.

**Intended learning outcomes**

The students have advanced movement, perception, method and evaluation competencies in different exercise settings and individual sports and are able to adjust them to individual learning requirements. They have advanced subject-didactic, pedagogical and motor competencies in gymnastics, athletics and dance and are able to appropriately apply exemplary teaching/learning competencies to various exercise settings whilst taking into account different learning levels and goals (education to and through sports). The students are able to encourage and apply varied processes of physical expression and movement creation.

**Courses** (type, number of weekly contact hours, language — if other than German)

S (1) + S (2) + S (1) + S (2) + S (2)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination (approx. 5 minutes)

**Allocation of places**

S(1) approx. 16 places, S(2) approx. 16 places, S(3) approx. 18 places, S(4) approx. 18 places, S(5) approx. 25 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**

If a seminar is part of a series of seminars, participants should have attended previous seminars in the series.

**Workload**

240 h

**Teaching cycle**

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

§ 57 I Nr. 5e) ee) (1 ECTS credits)
§ 57 I Nr. 5e) bb) (2 ECTS credits)
§ 57 I Nr. 5e) ff) (2 ECTS credits)
§ 57 I Nr. 5e) aa) (3 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Recognizing essentials of sports biology and training science** | | | 06-SP-RS7-BTGV-152-m01 |
| **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)** | |
| 6 | numerical grade | -- | |
| **Duration** | **Module level** | **Other prerequisites** | |
| 2 semester | undergraduate | Regular attendance of seminar (minimum 80% of sessions offered). | |

**Contents**

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 exemplary transfer and apply this knowledge to health-oriented fitness offers.

**Intended learning outcomes**

The students have essential professional skills in sports biology 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. By examining and comparing central terms, systematics, models, concepts and methods as well as their classification in view of different training goals and target groups, the students have acquired differentiated professional and methodological competencies in the area of training and movement science. They are able to estimate the importance of these competencies for a wholesome promotion of performance and health and can apply this knowledge to exemplary health-oriented fitness offers.

**Courses** (type, number of weekly contact hours, language — if other than German)

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 can be chosen to earn a 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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**Workload**

180 h

**Teaching cycle**

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

§ 57 I Nr. 5d) (2 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 Realschule Science of Sport (2015)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Recognizing and applying fundamentals of sports anatomy and human movement science** | | | 06-SP-RS8-ABGV-152-m01 |
| **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**

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.

**Intended learning outcomes**

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.

**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 can be chosen to earn a 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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**Workload**

150 h

**Teaching cycle**

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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)

| Module title | | | Abbreviation |
|---|---|---|---|
| **Developing advanced teaching competencies in movement, play and sports 3** | | | 06-SP-RS9-EKSH3-152-m01 |
| **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** | |
| 1 semester | undergraduate | Regular attendance of the seminars (minimum 80% of sessions offered). | |

**Contents**

In this module the students advance and extend their teaching/learning competencies in the field of gliding on ice and snow. They advance their movement and perception competencies as well as their method and teaching competencies in snow sports and extend them to the field of ice skating. The students focus on teaching in an increasingly differentiated, varied manner (education to and through sports) in homogeneous and heterogeneous settings for an increased learning level. They thoroughly examine individual learning and performance requirements for gliding on various surfaces and their consequences for teaching/learning processes. In addition, they learn about specific aspects of safety and environmental education. The students test and evaluate their knowledge about sport didactics in practice in accordance with differentiated guidelines regarding performance and teaching.

**Intended learning outcomes**

The students have advanced movement, perception, method and teaching competencies in gliding on snow and ice and are able to flexibly and appropriately estimate their significance for individual learning and performance conditions. They have advanced competencies in subject didactics, pedagogy, motor development, environmental education and safety education in the field of gliding on snow and ice and are able to utilize exemplary teaching/learning competencies whilst taking into account different learning levels and goals (education to and through sports, esp. environmental education).

**Courses** (type, number of weekly contact hours, language — if other than German)

S (2) + S (1)

**Method of assessment** (type, scope, language — if other than German, examination offered — if not every semester, information on whether module can be chosen to earn a bonus)

practical examination (approx. 5 minutes)
Assessment offered: Winter semester only

**Allocation of places**

S(1) approx. 12 places, S(2) approx. 16 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**

If a seminar is part of a series of seminars, participants should have attended previous seminars in the series.

**Workload**

150 h

**Teaching cycle**

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

§ 57 I Nr. 5e) gg) (5 ECTS credits)

**Module appears in**

First state examination for the teaching degree Realschule Science of Sport (2015)