

Title of Module (English):	Cognitive and Motor Performance				
Title of Module (German):	Kognitive und motorische Leistung				
Degree Programme:	Bachelor of Science "Human Movement in Sports and Exercise"				

1	Module Number: 9	Status: <input checked="" type="checkbox"/> Mandatory Module <input type="checkbox"/> Elective Module			
2	Frequency: <input type="checkbox"/> Every semester <input checked="" type="checkbox"/> Every winter semester <input type="checkbox"/> Every summer semester	Duration: <input type="checkbox"/> 1 semester <input checked="" type="checkbox"/> 2 semesters	Semester: 3-4	CP: 11	Workload (h): 330

	Module Structure:						
	No.	Type	Course	Status (mandatory/elective)	CP	Attendance (h + SWS ¹⁷)	Individual Study Time (h)
3	1	L	Seminar Cognition	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	3	30 (2 SWS)	60
	2	S	Seminar Performance	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	3	30 (2 SWS)	60
	3	S	Reading and Journal Club	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	2	30 (2 SWS)	30
	4	S	Intervention Project	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	3	30 (2 SWS)	60

4	Content of Module: This module aims to provide students with the knowledge and skills necessary to understand and conduct research in the field of training science. The seminars "Cognition" and "Performance" develop and deepen the basic understandings of cognition and motor skills. The "Reading and Journal Club" allows students to read seminal books and papers in the field of research, as well as to discuss questions with fellow students, more advanced students, and experts in this field. An "Intervention Project" conceived by the student her/himself, discussed with the tutors, and carried out with their help, enables students to carry out interventional research approaches relevant in fields such as training and adaptation. The two seminars "Cognition" and "Performance" are offered in the first semester, the "Reading and Journal Club" and the "Intervention Project" in the second semester of the module.
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5	Learning Outcomes: Students acquire knowledge and fundamental concepts of cognitive and motor training and their interactions. They learn that training interventions lead to specific cognitive and motor (performance) changes and can classify these findings in the current state of research. The module focuses on adaptive changes in the sporting context and enables research-based intervention strategies to be implemented.
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6	Options within the Module: None
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7	Type of Examination: [X] Final Module Examination <input type="checkbox"/> Module Examination <input type="checkbox"/> Component Examinations
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¹⁷ SWS (Semesterwochenstunden) = hours of instruction per week

8	Degree-Relevant Examination(s):	Number and form (e.g. written examination, oral examination); assigned to course no. ¹⁸ :	Duration or length	Weighting of grade for module grade in %
	Written Examination		60 min	100%
9	Required Coursework: Number and form; assigned to course no.:	Short and extensive coursework is necessary for the preparation, realization, and post-processing of courses. Short and extensive coursework includes e.g. protocols (approx. 1–2 pages) and written/oral assignments (approx. 10 pages/10–15 minutes), respectively. The type of coursework will be announced at the beginning of the course. Duration and extent of coursework will be oriented towards the underlying workload.	Duration or length	
10	Requirements for Obtaining Credits (CP): The credit points of the module are awarded when the entire module, i.e. the degree relevant Examination and the required coursework, has been completed successfully.			
11	Weighting of Module Grade in Calculation of Final Overall Grade: 10%			
12	Admission to Module: Successful completion of M1 and M2 is strongly recommended.			
13	Attendance: In all courses, 100% participation is recommended. 80% attendance is mandatory because students need to be guided on an interactive basis in order to acquire the extensive knowledge and competencies within this module.			
14	This Module is also an Element of the Following Degree Programmes: --			
15	Module Coordinator: Prof. Dr. E. Eils			Faculty: FB 07
16	Additional Information: All classes, except the lecture in General Psychology provided by the Psychology Department, are in English. All reading assignments will be in English, as well as the examination.			

¹⁸ Not applicable to final module examination