

Degree Programme	Bachelor of Science 'Human Movement in Sports and Exercise'
Module	Professional Acting in Health Sports
Module Number	11

1	Basic information	
Semester	2.-6. semester	
Credit points (CP)	10	
Workload (h) - total	330	
Duration of module	4 Semester	
Status of module	mandatory Module	

2	Profile
Objective of the module/integration into the curriculum	
The aim is to apply the theoretical knowledge in practical areas of health sport.	
Content of Module	
<p>The focus of this module is on imparting practical knowledge in different settings within health sports. Students already know fundamental aspects of guiding, controlling, and evaluating physical training in elite sport and health groups (Module 3). All courses impart concepts within prevention and rehabilitation by means of physical activity and physical training with different clients (e.g. orthopaedics, traumatology, internal medicine such as strokes, neurology, psychosomatics, psychiatry, etc.). Courses may include, but are not limited to, training with stroke and dementia patients and physical training in health groups (e.g. fall prevention in the elderly, core training over the lifespan etc.).</p>	
Learning outcomes	
<p>The students know the contents of preventive and rehabilitative physical training. They are able to plan, instruct, analyse, and reflect on their acting according to the health level of the respective clients. Additionally, they know which organizational measures need to be taken to plan training interventions. They recognize potential risks and ensure appropriate safety measures in implementations of training lessons. Self-acting is an important aspect of reflection. Students will also be able to demonstrate exercises properly and should feel confident to run an intervention autonomously.</p>	

3 Module Structure						
Components of module						
No.	Course type		Course	Status (mandatory/elective)	Workload (h)	
					Attendance (h)/SWS	Individual study time (h)
1	S		Physical Training in Health Groups 1	m	30 (2 SWS)	60
2	S		Physical Training in Health Groups 2	m	30 (2 SWS)	30
3	S		Physical Training in Health Groups 3	m	30 (2 SWS)	30
4	S		Physical Training in Health Groups 4	m	30 (2 SWS)	30
5	S		Physical Training in Health Groups 5	m	30 (2 SWS)	30
Options within the Module			At least two seminars will be offered per semester. Courses can be chosen freely from the available course offer.			

4 Examination concept					
Degree-Relevant Examination(s)					
No.		Type	Duration/ Length	course no.	Weighting for Module Grade
1		Reflective paper	5 pages		100%
Weighting of Module Grade for Final Overall Grade			2%		
Required Coursework					
No.		Type	Duration/ Length	course no.	
1		Short and extensive coursework is necessary for the preparation, realization, and post-processing of courses. Short and extensive coursework include 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.		LV No. 1	
2		Short and extensive coursework is necessary for the preparation, realization, and post-processing of courses. Short and extensive coursework include 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.		LV No. 2	
3		Short and extensive coursework is necessary for the preparation, realization, and post-processing of courses. Short and extensive coursework include 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.		LV No. 3	
4		Short and extensive coursework is necessary for the preparation, realization, and post-processing of courses. Short and extensive coursework include e.g. protocols (approx. 1–2 pages) and written/oral assignments (approx. 10 pages/10–15 minutes), respectively. The type of coursework		LV No. 4	

	will be announced at the beginning of the course. Duration and extent of coursework will be oriented towards the underlying workload.			
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5	Requirements			
Module related participation requirements	Successful completion of Seminar S1 of Module 3 is recommended.			
Credit points	The credit points for the module are awarded if the module has been successfully completed overall, i.e. it has been demonstrated by passing all examinations and coursework that the learning outcomes assigned to the module have been acquired.			
Attendance	In all courses, 100% participation is recommended. 80% attendance is mandatory because students need to be guided on an interactive basis to acquire the extensive knowledge and competencies within this module. Anyone who exceeds the number of permitted absences forfeits their right to take the examination.			

6	CP - Distribution			
Attendance (= time of presentness)	LV No. 1	1 CP		
	LV No. 2	1 CP		
	LV No. 3	1 CP		
	LV No. 4	1 CP		
	LV No. 5	1 CP		
Degree-Relevant Examination(s)	No. 1	1 CP		
Required Coursework	LV No. 1	1 CP		
	LV No. 2	1 CP		
	LV No. 3	1 CP		
	LV No. 4	1 CP		
Sum CP		10 CP		

7	Module offer			
Cycle/Timing	every Semester			
Module Coordinator	Prof. Dr. Eric Eils			
Faculty	FB07			

8	Mobility/Recognition			
Usability in other study programs	none			
Module title	Professional Acting in Health Sports			
English Translation of module component of field 3	are in english			

9	Additional Information			
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