

Degree Programme	Bachelor of Science 'Human Movement in Sports and Exercise'
Module	Lecture module
Module Number	2

1	Basic information
Semester	1
Credit points (CP)	13
Workload (h) - total	390
Duration of module	1 semester
Status of module	mandatory Module

2	Profile
Objective of the module/integration into the curriculum	
The basic lectures of the module represent the basic knowledge for the following theoretical modules (5-9) and the own research work in the sub-subjects. Therefore, students should be taught all essential basics in the areas of Sport Institutions, Sport Medicine, Psychology and Biopsychology as well as Motor Development and Neuromotor Learning and Control in this module.	
Content of Module	
In "Sport Institutions and Participation", students gain an overview of how sports is organized and structured in Germany, Europe, and the world. In "Basics in Sports Medicine", they are provided with the essential concepts necessary to understand the effects of physical exercise on the human organism. The lecture "Neuromotor Learning and Control" conveys basic knowledge about how the central nervous system controls movements and actions. The lecture "Biological Psychology" addresses biological structures underlying human behaviour. In the lecture "Motor Development over the Lifespan", students become familiar with basic concepts regarding how motor skills develop and change as a result of physical activity.	
Learning outcomes	
Students acquire basic insights into the topics of the offered classes. In "Sport Institutions and Participation", students become able to identify structures of organized sport in Germany, Europe, and the world and how to work with them. In "Basics in Sports Medicine", they get to know essential concepts necessary to understand the effects of physical exercise on the human organism. In "Neuromotor Learning and Control", students acquire basic knowledge of the neural basis of motor control, e.g. spinal, reflexive and central aspects. In "Biological Psychology", they know biological structures that underlie human behaviour, movements, and actions; and finally, in "Motor Development over the Lifespan", students know concepts regarding the development of motor skills and how they change due to physical activity.	

3 Module Structure						
Components of module						
No.	Course type		Course	Status (mandatory/elective)	Workload (h)	
					Attendance (h)/SWS	Individual study time (h)
1	L		Sport Institutions and Participation (Social and Psychological Issues)	m	30 (2 SWS)	30
2	L		Basics in Sports Medicine	m	30 (2 SWS)	30
3	L		Neuromotor Learning and Control	m	30 (2 SWS)	45
4	L		Biological Psychology	m	30 (2 SWS)	30
5	L		Motor Development over the Lifespan	m	30 (2 SWS)	45
6	L		Sport and Exercise Psychology	m	30 (2SWS)	30
Options within the Module			none			

4	Examination concept				
Degree-Relevant Examination(s)					
No.		Type	Duration/ Length	course no.	Weighting for Modul Grade
1		Exam in Sport Institutions and Participation und Sport Psychology (VL 1 und 6)	90 min.		30%
2		Exam in (VL 3 und 5) Neuromotor Learning and Control und Motor Development over the Lifespan	90 min.		40%
3		Exam in Biological Psychology und Sports Medicine (VL 2 und 4)	90 min.		30%
Weighting of Module Grade for Final Overall Grade			10%		
Required Coursework					
No.		Type	Duration/ Length	course no.	
1	none				

5 Requirements	
Module related participation requirements	none
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	Attendance of 80% is strongly recommended in all lectures, as extensive basic knowledge is taught for the entire course of study.

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
	LV No. 6	1 CP
Degree-Relevant Examination(s)	No. 1	2 CP
	No. 2	3 CP
	No. 3	2 CP
Sum CP		13 CP

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

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

9	Additional Information	
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