

Module description: M.Sc. 'Sports Exercise and Human Performance'

Title of Module		Sport and Exercise Psychology					
Title of Module		Psychologie im Sport					
Degree Program		Sports, Exercise and Human Performance					
1	Module Number: M1	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 checked="" type="checkbox"/> 1 semester <input type="checkbox"/> 2 semesters	Semester: 1	CP: 10	Workload (h): 300 h		
3	Module Structure:						
	No.	Type	Course	Status (mandatory/elective)	CP	Attendance (h + SWS¹)	Individual Study Time (h)
	1.	S	Theories, Models and Approaches in Sport and Exercise Psychology	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	5	45 (3 SWS)	105
	2.	S	Applications and Interventions in Sport and Exercise Psychology	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	5	45 (3 SWS)	105
4	Content of Module: The students gain, develop and deepen knowledge about specific concepts and theories within the field of sport and exercise psychology. Relevant models and scientific findings are deliberately discussed (e.g., social processes in sports, expertise, or health-related behavior). Here, the selection is based with regards to the 2. Seminar 'Applications and Interventions in Sport and Exercise Psychology', in which students expose and face applications and interventions from both a theoretical and practical perspective. In order to practice field-specific skills (conversation techniques, planning, developing and evaluating intervention programs), the students are also confronted with the athlete itself (e.g., psychological training in high-performance sports, sport psychological interventions in health sports), and related institutions (coaches, health groups, clubs, associations and insurances).						
5	Learning Outcomes: The students have an in-depth knowledge about the current scientific state of the art and are able to identify, assess and reflect the relevance and methodological quality of research findings on the basis of the taught content and practical application. Furthermore, the students acquired essential basic skills in guiding and advising clients, the planning and application of individual and/or group- or institution-based interventions and its evaluation in order to theoretically and practically apply gained knowledge directly into counseling situations.						
6	Options within the Module: None.						
7	Type of Examination: <input checked="" type="checkbox"/> Final Module Examination <input type="checkbox"/> Module Examination <input type="checkbox"/> Course Examinations						
8	Degree-Relevant Examination(s):						
	Number and form (e.g. written examination, oral examination); assigned to course no. ² :				Duration or length	Weighting of grade for module grade in %	
	Oral examination, incl. practical parts of Sport and Exercise Psychology				45 min	100 %	

Required Coursework:

	Number and form; assigned to course no.:	Duration or length
9	Short but precise coursework assignments including preparation, execution and postprocessing of complete seminars are required. Possible coursework requirements are session protocols (1-2 pages) or written/oral assignments (approx. 10 pages/10-15 minutes). The depending type of coursework will be announced in advance to the session. Length and extent are oriented on the respective content. Max. 2 of the mentioned coursework requirements will be demanded per session, e.g., one protocol and one oral examination.	
10	Requirements for Obtaining Credits (CP): The credit points of the module are awarded when the entire module has been completed successfully, i.e. all degree-relevant examinations and all required coursework.	
11	Weighting of Module Grade in Calculation of Final Overall Grade: 10 %	
12	Admission to Module: None.	
13	Attendance: No compulsory attendance in seminar 1 but in seminar 2.	
14	This Module is also an Element of the Following Degree Programs: None.	
15	Module Coordinator: Prof. Dr. Bernd Strauß	Faculty: FB07
16	Additional Information: -	