

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

M1 Sport and Exercise Psychology

Degree Program	M.Sc. Sports, Exercise and Human Performance
Module	Sport and Exercise Psychology
Module Number	M1

1	Basic information	
Semester	1.+ 2.	
Credit points (CP)	10	
Workload (h) - total	300	
Duration of module	2 semesters	
Status of module	mandatory module	

2	Profile
Objective of the module/integration into the curriculum	
The students will intensively and in-depth prepare specialist scientific concepts and theories from the scientific field of sports psychology and their application. The module serves as a basis for the application and research-oriented modules M6 - M8 and is complemented by the methods taught in module 4.	
Content of Module	
Concepts and current research results in the field of sport psychology will be discussed and reflected upon (e.g. in the area of social processes in sport, expertise, promotion of health-relevant behavior). This selection is made with a view to the 2nd seminar, "Applications and Interventions in Sport and Exercise Psychology", in which the students deal with applications and interventions on the one hand from a theoretical point of view, but also by practicing practical skills (interviewing, planning, creating, and evaluating intervention programs) with the subject matter (e.g. psychological training in competitive sports, sport psychological interventions in health sports). This is also done directly in contact with the practical field (e.g. athletes, trainers, health-oriented groups, clubs, associations, health insurance companies).	

Learning outcomes
The students know the current state of research in the respective content areas, can classify new research results with regard to their relevance and identify research gaps due to the connection to the current research practice of the work areas. They can reflect on the research designs and methods used with regard to their innovative content and their deficits. They have acquired relevant basic skills (in particular the conduct of client interviews, the planning and implementation of individual, group and institutional interventions and their evaluation) and are able to apply theoretically and practically acquired knowledge directly in counseling situations.

3 Module Structure						
Components of module						
No.	Type		Course	Status (mandatory/ elective)	Workload (h)	
					Attendance (h)/SWS	Individual study time (h)
1	S		Theories, Models and Approaches in Sport & Exercise Psychology I	m	30 (2 SWS)	30
2	S		Theories, Models and Approaches in Sport & Exercise Psychology II	m	30 (2 SWS)	30
3	S		Applications and Interventions in Sport and Exercise Psychology	m	30 (2 SWS)	60
4	P		Inter-module self-study	m		90
Options within the Module						
none						

4 Examination concept					
Degree-Relevant Examination(s)					
No.		Type	Duration/ Length	course no.	Weighting for Module Grade
1		Final Module Examination - Oral	30 min.	1+3	100%
Weighting of Module Grade for Final Overall Grade		10%			
Required Coursework					
No.	Type			Duration/ Length	course no.
1	Short and extensive coursework is required for preparation, realization and post-processing. Short and extensive coursework includes e.g. protocols (1-2 pages) and written/oral assignments (approx. 10 pages/10-15 minutes), poster presentation or written seminar paper. The depending type of coursework will be announced at the beginning of the seminar. Length and extent are oriented on the respective content. Max. 2 of the mentioned coursework requirements will be demanded per seminar, e.g., one protocol and one oral examination.				1

2	Short and extensive coursework is required for preparation, realization and post-processing. Short and extensive coursework includes e.g. protocols (1-2 pages) and written/oral assignments (approx. 10 pages/10-15 minutes), poster presentation or written seminar paper. The depending type of coursework will be announced at the beginning of the seminar. Length and extent are oriented on the respective content. Max. 2 of the mentioned coursework requirements will be demanded per seminar, e.g., one protocol and one oral examination.		2
3	Short and extensive coursework is required for preparation, realization and post-processing. Short and extensive coursework includes e.g. protocols (1-2 pages) and written/oral assignments (approx. 10 pages/10-15 minutes), poster presentation or written seminar paper. The depending type of coursework will be announced at the beginning of the seminar. Length and extent are oriented on the respective content. In the third seminar the study requirement is more comprehensive due to the practical application.		3

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

6	Requirements	
Module related participation requirements	none	
Credit points	The credit points for the module are awarded when the module has been successfully completed, i.e. when it has been demonstrated that the learning outcomes assigned to the module have been achieved.	
Attendance	In courses 1 and 3, 100% attendance is recommended. An attendance of 80% is required, as it is necessary to guide the students in an interactive way to extensive knowledge and competence gains. Students who exceed the number of permitted absences will forfeit their examination entitlement. For course 2 a 100% attendance is recommended.	

7	Module offer	
Cycle/Timing	two-semester module, starting in the winter semester	
Module Coordinator/Faculty	Prof. Dr. Bernd Strauß / Dr. Dennis Dreiskämper	FB 07

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

9	Additional Information	