

### M3 Exercise and Sports Biology

<b>Degree Programme</b>	M.Sc. Sports, Exercise and Human Performance
<b>Module</b>	<b>Exercise and Sports Biology</b>
<b>Module Number</b>	M3

<b>1</b>	<b>Basic information</b>	
Semester	1.+2.	
Credit points (CP)	10	
Workload (h) - total	300	
Duration of module	1 semester	
Status of module	mandatory Module	

<b>2</b>	<b>Profile</b>
Objective of the module/integration into the curriculum	
<p>The students work in depth on scientific concepts and theories from the fields of sports biology and prepare them in the context of training science. This includes, for example, the identification of training-induced loads and their stresses in the human body as well as the implementation of effective intervention programs and their effects on performance.</p>	
Content of Module	
<p>Topics from the various fields of application of training science (including competitive sports, fitness sports, health sports, and sports for the elderly) are covered in depth. For example, sport type analyses, talent diagnostics or process-accompanying training research from the field of performance sports, nutrition and fitness from the field of fitness sports or health-scientific basics and training-scientific aspects of elderly sports.</p>	
Learning outcomes	
<p>Students acquire in-depth knowledge and the basic skills to successfully apply training science theories and their biological backgrounds to record and change human performance and movement. In the various fields of application of training science (e.g. competitive sports, old-age sports), they can specifically address the special clientele and independently and successfully apply modern diagnostic procedures, interpret the results in context and implement them together with trainers or therapists or the athletes and patients.</p>	

<b>3 Module Structure</b>						
Components of module						
No.	Course type		Course	Status (mandatory/ elective)	Workload (h)	
					Attendance (h)/SWS	Individual study time (h)
1	S		Sports Biology	m	(30) 2	60
2	S		Advanced Theories in Human Performance and Exercise	m	(30) 2	30
3	S		Applications of Training in Sports and Exercise	m	(30) 2	30
4	P		Inter-module self-study	m		90
Options within the Module						
none						

<b>4 Examination concept</b>					
Degree-Relevant Examination(s)					
No.		Type	Duration/ Length	course no.	Weighting for Module Grade
1		Written exam	120 min.	1+2+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.				3

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

<b>6</b>	<b>Requirements</b>		
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	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.		

<b>7</b>	<b>Module offer</b>		
Cycle/Timing	two-semester module, starting in the winter semester		
Module Coordinator/ Faculty	Prof. Dr. Claudia Voelcker-Rehage	FB 07	

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

<b>9</b>	<b>Additional Information</b>		