

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

<b>Title of Module</b>							
Exercise and Sports Biology							
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Trainingswissenschaft und Sportbiologie							
<b>Degree Program</b>							
Sports, Exercise and Human Performance							
1	<b>Module Number:</b> M3		<b>Status:</b> <input checked="" type="checkbox"/> Mandatory Module <input type="checkbox"/> Elective Module				
2	<b>Frequency:</b> <input type="checkbox"/> every semester <input type="checkbox"/> every winter semester <input checked="" type="checkbox"/> every summer semester		<b>Duration:</b> <input checked="" type="checkbox"/> 1 semester <input type="checkbox"/> 2 semesters		<b>Semester:</b>  2	<b>CP:</b>  10	<b>Workload (h):</b>  300 h
3	<b>Module Structure:</b>						
	<b>No.</b>	<b>Type</b>	<b>Course</b>	<b>Status (mandatory/elective)</b>	<b>CP</b>	<b>Attendance (h + SWS<sup>1</sup>)</b>	<b>Individual Study Time (h)</b>
	1.	S	Sports Biology	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	5	45 (3 SWS)	105
	2.	S	Advanced Theories in Human Performance and Exercise	<input checked="" type="checkbox"/> m <input type="checkbox"/> e	5	45 (3 SWS)	105
4	<b>Content of Module:</b> The students work on profound field-related concepts and theories in the area of sports biology, and transfer those to the concepts of training sciences. This includes e.g., identification of induced loads of training and its requirements to the human body, as well as the execution of intervention programs and its effects on performance. Besides, concepts of various fields of applications within the training science (e.g., high-performance sports, fitness, health sports, sports in elderly) are intensified. Possible content to work on are analyses in sports, talent identification and accompanying research of training, as well as high-performance sports, nutrition and fitness, or basics in health-related aspects in elderly.						
5	<b>Learning Outcomes:</b> The students develop profound knowledge and the essential skills in order to understand, theories and biological concepts of training sciences, and can identify changes in human performances. Furthermore, students can approach and treat particular cohorts (e.g., high-performance sports or elderly) with specifically tailored training interventions and programs. Regarding this, students use and apply modern technologies in diagnostics and measurements techniques individually and purposefully, and can interpret and evaluate the results in order to provide coaches, therapists and patients with impactful information.						
6	<b>Options within the Module:</b> None.						
7	<b>Type of Examination:</b> <input checked="" type="checkbox"/> Final Module Examination <input type="checkbox"/> Module Examination <input type="checkbox"/> Course Examinations						
8	<b>Degree-Relevant Examination(s):</b>					Duration or length	Weighting of grade for module grade in %
	Number and form (e.g. written examination, oral examination); assigned to course no. <sup>2</sup> : Written Examination						
						90 min	100 %

<b>Required Coursework:</b>
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	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	<b>Requirements for Obtaining Credits (CP):</b> 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	<b>Weighting of Module Grade in Calculation of Final Overall Grade:</b> 10 %	
12	<b>Admission to Module:</b> None.	
13	<b>Attendance:</b> No compulsory attendance.	
14	<b>This Module is also an Element of the Following Degree Programs:</b> None.	
15	<b>Module Coordinator:</b> Prof. Dr. Eric Eils / N.N.	<b>Faculty:</b> FB07
16	<b>Additional Information:</b> -	