

# NEURO MOTOR EXERCISE

**Module Responsible:**  
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## M3 – Physical Training in Elite Sports

### Final Portfolio: Information Sheet & Guidelines

#### 1. At a glance

Your degree-relevant examination for Module 3 is a **scientific portfolio report** (a written document with accompanying figures and tables). It links **one theoretical topic** from the basic seminar S1 (*Fundamental Aspects of Guiding, Controlling, and Evaluating Physical Training in Elite Sport Groups*) to **one sport** in which you completed an S2 practical class (*Physical Training in Elite Sports*).

- **Length:** 5 pages (excluding title page, reference list, figures and tables — figures and tables are encouraged).
- **Style:** scientific writing, APA 7th edition, literature-based throughout.
- **Weighting:** 100% of the Module 3 grade.

#### 2. Aim and focus

The purpose of the report is to show that you can take a **concept from the scientific study of training** and apply it, using the published literature, to a **specific elite sport**. You choose ONE topic from S1 (for example: needs analysis, athlete monitoring, training load management, recovery and fatigue, or physical capacity testing and assessment) and ONE sport from your S2 practical classes (for example: rugby sevens, track & field, or football). You then investigate, scientifically, **how that topic is, or could be, used within that sport**.

This is a **scientific report, not a reflective account**. The focus stays on the *topic* and the *sport*, supported by published evidence. Your own seminar experience may have inspired your choice of topic, but the seminar itself is **not** the subject of the report.

#### 3. What this report is and is not

This report IS	This report is NOT
✓ A focused scientific investigation of ONE topic applied to ONE sport	✗ A reflection, diary, or description of what happened in your practical seminar
✓ An evidence-based argument built on peer-reviewed literature	✗ A summary of seminar content or your personal experience of the sessions
✓ An analysis of how the topic is used — and could be used or improved — in that sport	✗ A report on the practical session itself (drills, attendance, “what we did”)
✓ Structured, fully referenced, and written in scientific language (APA)	✗ An opinion piece written without supporting literature

## 4. Suggested structure

Use clear subheadings. The structure below is a reliable template; adapt the wording to your topic and sport. Throughout, frame your guiding questions around **the topic and the sport** — never around the practical sessions you attended.

Section	What it should do
<b>Introduction</b>	Introduce the topic and the sport. Explain why the topic matters in elite sport generally and in this sport specifically, and state the aim of your report.
<b>Approach to the problem</b> ( <i>Background</i> )	Define the topic and establish its scientific basis from the literature. What are the accepted principles, methods, or models? This is the theoretical foundation of the report.
<b>Application to the sport</b>	Using the scientific literature, examine how the topic is applied in your chosen sport. Consider the sport-specific demands and constraints, where the evidence is strong, and where gaps remain. Then argue how it could be implemented or optimised in that sport on the basis of the evidence.
<b>Practical recommendations</b>	Close with clear, evidence-based recommendations for practitioners in that sport. Each recommendation must follow logically from the literature you have reviewed.

## 5. Expectations and formatting

- **Five pages** in length (excluding bibliography, figures and tables). Figures and tables are highly encouraged.
- Written in scientific language and formatted in **APA 7th edition** for in-text citations and the reference list.
- Built on **scientific sources** — this is a scientific piece of work, not a reflection, so the foundation must come from the published literature.
- Organised with all relevant subheadings (e.g. Introduction; Approach to the Problem; Application to the Sport; Practical Recommendations) and **ending with a Practical Recommendations section**.
- Clearly demonstrating how you relate scientific theory and evidence to practice in elite environments.

## 6. Use of the literature

Because this is a scientific report, the published literature is not optional — it is the **backbone of the work**.

- Every key claim, definition and recommendation must be **supported by a citation**. Recommendations should be traceable back to the evidence you have presented.
- Prioritise **peer-reviewed, sport-specific sources** where they exist. Use position stands, consensus statements and key textbooks to establish definitions and frameworks.
- As a guide, a strong 5-page report typically draws on roughly **10–15 relevant, good-quality sources** — quality and relevance matter more than raw count.

- Avoid relying on non-scientific material (blogs, coaching websites, lecture slides) as primary evidence.

## 7. Common pitfalls to avoid

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- **Describing the practical seminar** instead of investigating the topic scientifically.
- **Writing reflectively** (“I felt...”, “we did...”) rather than in an evidence-based, scientific voice.
- Choosing a topic that is **too broad** to treat properly in 5 pages — narrow it down.
- Making **recommendations not supported by the literature** you have reviewed.
- Missing, inconsistent or incorrect **APA referencing**.

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*Questions about scope, topic choice, or sources are welcome, please get in touch before you start writing.*

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