

AUSFÜLLHILFE: BEWEGEN SIE DEN MAUSZEIGER ÜBER DIE ÜBERSCHRIFTEN. AUSFÜHRICHE HINWEISE: [LEITFADEN MODULBESCHREIBUNG](#)

General training and exercise science						
ID number	Workload 60 h	Credits/LP 2	Semester Bachelor: from 3. Master: from 1.	Frequency Every Semester	Duration 1 Semester	
1	Course General training and exercise science		Language German	Contact time 2 SWS/22,5 h	Self study 37,5 h	Group size 14
	Learning outcomes Knowledge (1) and understanding (2): After successful participation in the module, students will be able to.... <ul style="list-style-type: none"> - Reflect the effect of training on the human body - Explain the physiological basis of different types of exercise - Distinguish between different approaches to training planning and implementation Application (3): after successful participation in the module, students can <ul style="list-style-type: none"> - Develop a training plan - Apply acquired knowledge Analysis (4): after successful participation in the module, students can <ul style="list-style-type: none"> - Analyse concrete practical problems and solve them with the help of acquired knowledge including different approaches - Evaluate different types of training Synthesis (5) and evaluation/assessment (6): after successful participation in the module, students will be able to <ul style="list-style-type: none"> - Evaluate given data on training behaviour - Identify challenges in training processes in time 					
3	Subjects Biological basics, basic anatomy and metabolism, cardiovascular system, training theory, general laws of control and regulation of the stress response, physical and psychological performance factors, fatigue, regeneration, overload, injury, training errors, doping					
4	Teaching methods Theory and practical exercises					
5	Participation requirements Basic knowledge of anatomy and physiology					
6	Forms of examination 1 sbK and possibility of gaining extra points for the exam in the course of the semester.					
7	Module Elective course for MKT, MEB (and other degree programmes)					
8	Module coordinator/Teachers Prof. Dr. Thomas Schiepp Cora Galm, Haline Fontes-Baumbach					
9	Literatur					

Version	Erstellt von	Freigabe (Datum/Kürzel)	Gültig ab
	Cora Galm		01.09.2022

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