Modules for Sport and Lifestyle

Mastermodule

spo810 - Body and Movement between of Nature and Culture

<table>
<thead>
<tr>
<th>Module name</th>
<th>Body and Movement between of Nature and Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>spo810</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>15.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>450 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
</tbody>
</table>

Contact person

- module responsibility
  - Thomas Alkemeyer
- authorized examiners
  - Jörg Schorer
  - Matthias Michaeler
  - Florian Loffing
  - Göran Sell
  - Martin Hillebrecht
  - Timm Wölften

Module counseling

- Florian Loffing

Prerequisites

Skills to be acquired in this module

Recommended reading

Module contents

Languages of instruction

- German, English

Duration (semesters)

- 2 semester

Module frequency

Module capacity

- unlimited

Moduleart

- je nach Studiengang Pflicht oder Wahlpflicht

Lern-/Lehrform / Type of program

Vorkenntnisse / Previous knowledge

Examination

<table>
<thead>
<tr>
<th>Examination</th>
<th>examination periods</th>
<th>Type of examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final exam of module</td>
<td>G</td>
<td></td>
</tr>
</tbody>
</table>

Course type

<table>
<thead>
<tr>
<th></th>
<th>Comment</th>
<th>SWS</th>
<th>Offer rhythm</th>
<th>Workload attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercises</td>
<td>2</td>
<td></td>
<td></td>
<td>28 h</td>
</tr>
<tr>
<td>Tutorial</td>
<td>4</td>
<td></td>
<td></td>
<td>56 h</td>
</tr>
<tr>
<td>Seminar</td>
<td>4</td>
<td></td>
<td></td>
<td>56 h</td>
</tr>
<tr>
<td>theory and practice seminar</td>
<td>2</td>
<td></td>
<td></td>
<td>28 h</td>
</tr>
</tbody>
</table>

Total attendance time of module

- 168 h
### spo820 - Movement and Cultural Scientific Aspects of Lifestyle

<table>
<thead>
<tr>
<th><strong>Module name</strong></th>
<th>Movement and Cultural Scientific Aspects of Lifestyle</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Module code</strong></td>
<td>spo820</td>
</tr>
<tr>
<td><strong>ECTS credit points</strong></td>
<td>15.0 KP</td>
</tr>
<tr>
<td><strong>Workload</strong></td>
<td>450 h</td>
</tr>
<tr>
<td><strong>Used in degree programmes</strong></td>
<td>Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
</tbody>
</table>

#### Contact person
- **module responsibility**
  - Thomas Alkemeyer
- **authorized examiners**
  - Martin Hillebrecht
  - Jörg Schorer
  - Matthias Michaeler
  - Florian Loffing
  - Göran Sell
  - Timm Wöltjen
- **Module counseling**
  - Florian Loffing

#### Prerequisites

#### Skills to be acquired in this module

#### Module contents

#### Recommended reading

#### Links

#### Language of instruction
- German

#### Duration (semesters)
- 2 semester

#### Module frequency

#### Module capacity
- unlimited

#### Moduleart
- Je nach Studiengang Pflicht oder Wahlpflicht

#### Lern-/Lehrform / Type of program

#### Vorkenntnisse / Previous knowledge

#### Examination

<table>
<thead>
<tr>
<th><strong>Final exam of module</strong></th>
<th><strong>examination periods</strong></th>
<th><strong>Type of examination</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>G</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Course type

<table>
<thead>
<tr>
<th><strong>Course</strong></th>
<th><strong>Comment</strong></th>
<th><strong>SWS</strong></th>
<th><strong>Offer rhythm</strong></th>
<th><strong>Workload attendance</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercises</td>
<td></td>
<td>2</td>
<td></td>
<td>28 h</td>
</tr>
<tr>
<td>Tutorial</td>
<td></td>
<td>4</td>
<td></td>
<td>56 h</td>
</tr>
<tr>
<td>Seminar</td>
<td></td>
<td>4</td>
<td></td>
<td>56 h</td>
</tr>
<tr>
<td>theory and practice seminar</td>
<td></td>
<td>2</td>
<td></td>
<td>28 h</td>
</tr>
</tbody>
</table>

#### Total attendance time of module
- 168 h
**spo830 - Research Methods in Sport Science**

<table>
<thead>
<tr>
<th>Module name</th>
<th>Research Methods in Sport Science</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>spo830</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>12.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>360 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>• Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
<tr>
<td>Contact person</td>
<td>module responsibility</td>
</tr>
<tr>
<td></td>
<td>• Florian Loffing</td>
</tr>
<tr>
<td></td>
<td>authorized examiners</td>
</tr>
<tr>
<td></td>
<td>• Robert Mitschke</td>
</tr>
<tr>
<td></td>
<td>• Florian Loffing</td>
</tr>
<tr>
<td></td>
<td>Module counseling</td>
</tr>
<tr>
<td></td>
<td>• Florian Loffing</td>
</tr>
</tbody>
</table>

**Prerequisites**

**Skills to be acquired in this module**

**Module contents**

**Recommended reading**

**Links**

**Language of instruction** | German

**Duration (semesters)** | 2 semester

**Module frequency**

**Module capacity** | unlimited

**Modul level** | ---

**Modulart** | je nach Studiengang Pflicht oder Wahlpflicht

**Lern-/Lehrform / Type of program**

**Vorkenntnisse / Previous knowledge**

**Examination**

<table>
<thead>
<tr>
<th>examination periods</th>
<th>Type of examination</th>
<th>G</th>
</tr>
</thead>
</table>

**Course type**

<table>
<thead>
<tr>
<th>Final exam of module</th>
<th>Comment</th>
<th>SWS</th>
<th>Offer rhythm</th>
<th>Workload attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutorial</td>
<td>4</td>
<td></td>
<td></td>
<td>56 h</td>
</tr>
<tr>
<td>Seminar</td>
<td>4</td>
<td></td>
<td></td>
<td>56 h</td>
</tr>
<tr>
<td>Workshop/Laboratory</td>
<td>1</td>
<td></td>
<td></td>
<td>14 h</td>
</tr>
</tbody>
</table>

**Total attendance time of module** | 126 h
## spo840 - Specialization in the Cultural and Social Sciences

<table>
<thead>
<tr>
<th><strong>Module name</strong></th>
<th>Specialization in the Cultural and Social Sciences</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Module code</strong></td>
<td>spo840</td>
</tr>
<tr>
<td><strong>ECTS credit points</strong></td>
<td>15.0 KP</td>
</tr>
<tr>
<td><strong>Workload</strong></td>
<td>450 h</td>
</tr>
<tr>
<td><strong>Used in degree programmes</strong></td>
<td>• Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>module responsibility</td>
</tr>
<tr>
<td></td>
<td>• Thomas Alkemeyer</td>
</tr>
<tr>
<td></td>
<td>authorized examiners</td>
</tr>
<tr>
<td></td>
<td>• Denise Baumann</td>
</tr>
<tr>
<td></td>
<td>• Lüder Tietz</td>
</tr>
<tr>
<td></td>
<td>• Timm Wöltjen</td>
</tr>
<tr>
<td></td>
<td>• Thomas Alkemeyer</td>
</tr>
<tr>
<td></td>
<td>Module counseling</td>
</tr>
<tr>
<td></td>
<td>• Florian Loffing</td>
</tr>
<tr>
<td><strong>Prerequisites</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Skills to be acquired in this module</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Module contents</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Recommended reading</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Links</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Language of instruction</strong></td>
<td>German</td>
</tr>
<tr>
<td><strong>Duration (semesters)</strong></td>
<td>1 semester</td>
</tr>
<tr>
<td><strong>Module frequency</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Module capacity</strong></td>
<td>unlimited</td>
</tr>
<tr>
<td><strong>Modullevel</strong></td>
<td>---</td>
</tr>
<tr>
<td><strong>Modulart</strong></td>
<td>je nach Studiengang Pflicht oder Wahlpflicht</td>
</tr>
<tr>
<td><strong>Lern-/Lehrform / Type of program</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Vorkenntnisse / Previous knowledge</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Examination</strong></td>
<td>examination periods</td>
</tr>
<tr>
<td></td>
<td>Type of examination</td>
</tr>
<tr>
<td><strong>Final exam of module</strong></td>
<td>G</td>
</tr>
<tr>
<td><strong>Course type</strong></td>
<td>Comment</td>
</tr>
<tr>
<td>Tutorial</td>
<td>4</td>
</tr>
<tr>
<td>Seminar</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total attendance time of module</strong></td>
<td>112 h</td>
</tr>
</tbody>
</table>
spo850 - Specialization in Movement and Health Science

<table>
<thead>
<tr>
<th>Module name</th>
<th>Specialization in Movement and Health Science</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>spo850</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>15.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>450 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>• Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
</tbody>
</table>

Contact person

- module responsibility
- Jörg Schorer
- Dirk Büsch

authorized examiners

- Jörg Schorer
- Göran Sell
- Dirk Büsch
- Florian Loffing
- Judith Neugebauer
- Irene Faber
- Günter D. Klein

Module counceling

- Florian Loffing

Prerequisites

Skills to be acquired in this module

Module contents

Recommended reading

Links

Languages of instruction

- German, English

Duration (semesters)

- 1 semester

Module frequency

Module capacity

- unlimited

Modulelevel

- --

Modulart

- je nach Studiengang Pflicht oder Wahlpflicht

Lern-/Lehrform / Type of program

Vorkenntnisse / Previous knowledge

<table>
<thead>
<tr>
<th>Examination</th>
<th>examination periods</th>
<th>Type of examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final exam of module</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course type</th>
<th>Comment</th>
<th>SWS</th>
<th>Offer rhythm</th>
<th>Workload attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutorial</td>
<td></td>
<td>4</td>
<td></td>
<td>56 h</td>
</tr>
<tr>
<td>Seminar</td>
<td></td>
<td>4</td>
<td></td>
<td>56 h</td>
</tr>
</tbody>
</table>

Total attendance time of module

|                     | 112 h |

5 / 11
# spo860 - Interdisciplinary Studies (Elective Course)

<table>
<thead>
<tr>
<th>Module name</th>
<th>Interdisciplinary Studies (Elective Course)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>spo860</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>6.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>180 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
<tr>
<td>Contact person</td>
<td></td>
</tr>
<tr>
<td>module responsibility</td>
<td></td>
</tr>
<tr>
<td>authorized examiners</td>
<td></td>
</tr>
<tr>
<td>Jörg Schorer</td>
<td></td>
</tr>
<tr>
<td>Irene Faber</td>
<td></td>
</tr>
<tr>
<td>Module counseling</td>
<td></td>
</tr>
<tr>
<td>Florian Loffing</td>
<td></td>
</tr>
</tbody>
</table>

**Prerequisites**

**Skills to be acquired in this module**

**Module contents**

**Recommended reading**

**Links**

**Language of instruction** German

**Duration (semesters)** 1 semester

**Module frequency**

**Module capacity** unlimited

**Modulart** je nach Studiengang Pflicht oder Wahlpflicht

**Lern-/Lehrform / Type of program**

**Vorkenntnisse / Previous knowledge**

**Examination**

<table>
<thead>
<tr>
<th>examination periods</th>
<th>Type of examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final exam of module</td>
<td>G</td>
</tr>
</tbody>
</table>

**Course type** Seminar

**SWS** 4

**Offer rhythm**

**Workload attendance** 56 h
**spo870 - Excursion / Key Competences**

<table>
<thead>
<tr>
<th>Module name</th>
<th>Excursion / Key Competences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>spo870</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>9.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>270 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
<tr>
<td>Contact person</td>
<td>module responsibility</td>
</tr>
<tr>
<td></td>
<td>Thomas Alkemeyer</td>
</tr>
<tr>
<td></td>
<td>authorized examiners</td>
</tr>
<tr>
<td></td>
<td>Timm Wöltjen</td>
</tr>
<tr>
<td></td>
<td>Alexandra Janetzko</td>
</tr>
<tr>
<td></td>
<td>Module counciling</td>
</tr>
<tr>
<td></td>
<td>Alexandra Janetzko</td>
</tr>
</tbody>
</table>

**Prerequisites**

**Skills to be acquired in this module**

**Module contents**

**Recommended reading**

**Links**

<table>
<thead>
<tr>
<th>Language of instruction</th>
<th>German</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration (semesters)</td>
<td>1 semester</td>
</tr>
</tbody>
</table>

**Module frequency**

**Module capacity**

**Module level**

**Modulart**

<table>
<thead>
<tr>
<th>Language of instruction</th>
<th>German</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration (semesters)</td>
<td>1 semester</td>
</tr>
</tbody>
</table>

**Lern-/Lehrform / Type of program**

<table>
<thead>
<tr>
<th>Vorkenntnisse / Previous knowledge</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Examination</td>
<td>examination periods</td>
</tr>
<tr>
<td>Final exam of module</td>
<td>Ü</td>
</tr>
</tbody>
</table>

**Examination**

<table>
<thead>
<tr>
<th>Course type</th>
<th>Comment</th>
<th>SWS</th>
<th>Offer rhythm</th>
<th>Workload attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seminar</td>
<td></td>
<td>2</td>
<td></td>
<td>28 h</td>
</tr>
<tr>
<td>Study trip</td>
<td></td>
<td>3</td>
<td></td>
<td>42 h</td>
</tr>
</tbody>
</table>

**Total attendance time of module**

| Total attendance time of module | 70 h |
spo880 - Profession-Related Practicum

<table>
<thead>
<tr>
<th>Module name</th>
<th>Profession-Related Practicum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>spo880</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>9.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>270 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
<tr>
<td>Contact person</td>
<td>module responsibility</td>
</tr>
<tr>
<td></td>
<td>Thomas Alkemeyer</td>
</tr>
<tr>
<td></td>
<td>authorized examiners</td>
</tr>
<tr>
<td></td>
<td>Alexandra Janetzko</td>
</tr>
<tr>
<td>Module counseling</td>
<td>Alexandra Janetzko</td>
</tr>
</tbody>
</table>

Prerequisites
Skills to be acquired in this module

Module contents

Recommended reading

Links

Language of instruction
German

Duration (semesters)
-1 semester

Module frequency

Module capacity
unlimited

Modulart
je nach Studiengang Pflicht oder Wahlpflicht

Lern-/Lehrform / Type of program

Vorkenntnisse / Previous knowledge

Examination

examination periods

Type of examination

Final exam of module

BE

Course type
Seminar

SWS
2

Offer rhythm

Workload attendance
28 h
**spo890 - Project-based Learning in Sport-Related Fields of Activity**

<table>
<thead>
<tr>
<th>Module name</th>
<th>Project-based Learning in Sport-Related Fields of Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>spo890</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>9.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>270 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>Master Sport und Lebensstil &gt; Mastermodule</td>
</tr>
<tr>
<td>Contact person</td>
<td>module responsibility</td>
</tr>
<tr>
<td></td>
<td>• Thomas Alkemeyer</td>
</tr>
<tr>
<td></td>
<td>• Dirk Büsch</td>
</tr>
<tr>
<td></td>
<td>• Alexandra Janetzko</td>
</tr>
<tr>
<td>Prerequisites</td>
<td>Language of instruction: German</td>
</tr>
<tr>
<td>Skills to be acquired in this module</td>
<td>Duration (semesters): 1 semester</td>
</tr>
<tr>
<td>Module contents</td>
<td>Language of instruction: German</td>
</tr>
<tr>
<td>Links</td>
<td>Duration (semesters): 1 semester</td>
</tr>
<tr>
<td></td>
<td>Module frequency: unlimited</td>
</tr>
<tr>
<td></td>
<td>Module capacity: unlimited</td>
</tr>
<tr>
<td></td>
<td>Modulart: je nach Studiengang Pflicht oder Wahlpflicht</td>
</tr>
<tr>
<td></td>
<td>Lern-/Lehrform: Type of program</td>
</tr>
<tr>
<td></td>
<td>Vorkenntnisse / Previous knowledge: je nach Studiengang Pflicht oder Wahlpflicht</td>
</tr>
<tr>
<td>Examination</td>
<td>Final exam of module</td>
</tr>
<tr>
<td></td>
<td>Examination periods: PB</td>
</tr>
<tr>
<td></td>
<td>Type of examination: Final exam of module</td>
</tr>
<tr>
<td></td>
<td>PB</td>
</tr>
<tr>
<td></td>
<td>Final exam of module</td>
</tr>
<tr>
<td></td>
<td>Course type: Tutorial</td>
</tr>
<tr>
<td></td>
<td>Comment:</td>
</tr>
<tr>
<td></td>
<td>SWS: 1</td>
</tr>
<tr>
<td></td>
<td>Offer rhythm:</td>
</tr>
<tr>
<td></td>
<td>Workload attendance: 14 h</td>
</tr>
<tr>
<td></td>
<td>Type of examination: Final exam of module</td>
</tr>
<tr>
<td></td>
<td>PB</td>
</tr>
<tr>
<td></td>
<td>Final exam of module</td>
</tr>
<tr>
<td></td>
<td>Course type: Seminar</td>
</tr>
<tr>
<td></td>
<td>Comment:</td>
</tr>
<tr>
<td></td>
<td>SWS: 2</td>
</tr>
<tr>
<td></td>
<td>Offer rhythm:</td>
</tr>
<tr>
<td></td>
<td>Workload attendance: 28 h</td>
</tr>
<tr>
<td></td>
<td>Type of examination: Final exam of module</td>
</tr>
<tr>
<td></td>
<td>PB</td>
</tr>
<tr>
<td></td>
<td>Final exam of module</td>
</tr>
</tbody>
</table>

**Recommended reading**

**Links**

**Prerequisites**

**Skills to be acquired in this module**

**Module contents**

**Recommended reading**

**Language of instruction**

**Duration (semesters)**

**Module frequency**

**Module capacity**

**Modulart**

**Lern-/Lehrform / Type of program**

**Vorkenntnisse / Previous knowledge**

**Examination**

**Course type**

**Comment**

**SWS**

**Offer rhythm**

**Workload attendance**

**Final exam of module**

**Course type**

**Comment**

**SWS**

**Offer rhythm**

**Workload attendance**

**Total attendance time of module**

42 h
# Abschlussmodul

**mam - Master´s Thesis Module**

<table>
<thead>
<tr>
<th>Module name</th>
<th>Master´s Thesis Module</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>mam</td>
</tr>
<tr>
<td>ECTS credit points</td>
<td>30.0 KP</td>
</tr>
<tr>
<td>Workload</td>
<td>900 h</td>
</tr>
<tr>
<td>Used in degree programmes</td>
<td>Master Sport und Lebensstil &gt; Abschlussmodul</td>
</tr>
</tbody>
</table>

**Contact person**

- module responsibility
  - Thomas Alkemeyer
  - Matthias Schierz

- authorized examiners
  - Dirk Büsch
  - Jörg Schorer
  - Katharina Pöppel
  - Alexandra Janetzko
  - Matthias Schierz
  - Thomas Alkemeyer

**Module counseling**

- Florian Loffing
- Judith Neugebauer
- Katharina Pöppel

**Prerequisites**

**Skills to be acquired in this module**

**Module contents**

**Recommended reading**

**Links**

**Language of instruction**

- German

**Duration (semesters)**

- 1 semester

**Module frequency**

**Module capacity**

- unlimited

**Modullevel**

**Modulart**

- je nach Studiengang Pflicht oder Wahlpflicht

**Lern-/Lehrform / Type of program**

**Vorkenntnisse / Previous knowledge**

**Examination**

**examination periods**

**Type of examination**

<table>
<thead>
<tr>
<th>Final exam of module</th>
<th>G</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Course type</th>
<th>Comment</th>
<th>SWS</th>
<th>Offer rhythm</th>
<th>Workload attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colloquium</td>
<td></td>
<td>2</td>
<td></td>
<td>28 h</td>
</tr>
<tr>
<td>Seminar</td>
<td></td>
<td></td>
<td></td>
<td>0 h</td>
</tr>
</tbody>
</table>

**Total attendance time of module**

- 28 h