

Module Title:	Exercise and Sport		
Module Identifier:	ASL3BS1		
Type of Module:	XCompulsory module Elective module Option module	XFoundation module Extension module	XSubject-specific module Cross-disciplinary module General issues module
Level:	Part: 2	Year:2	Semester:3/4
Delivery length / details	2 Sem. / jährlich		
Module Coordinator:	Bettina Mössenböck		
Admission requirements	---		
Credit points:	6		
Aims and Objectives:	<ul style="list-style-type: none"> • Insight into various disabilities and appropriate sport and exercise activities on offer to allow exercise and sport lessons for ALL. • General theory of pedagogy, training-specific measures and methodological concepts: activities for pupils with and without disabilities • Methodology: PE, integrative sports and sport for pupils with disabilities 		
Course Content:	<ul style="list-style-type: none"> • General motor training in heterogeneous groups • Games and how to adapt them for people with disabilities • Floor and apparatus gymnastics with a focus on safety issues • Track and field activities including specific measures for people with disabilities • Functional gymnastics (muscle function tests, stretching and mobilising) • Aquatic exercise (inc. lifesaving diploma) • Theory and practice of interesting sports weeks (winter and summer sports) for pupils with and without disabilities 		
Assessable Learning Outcomes	<ul style="list-style-type: none"> • On successful completion of this module students should be able to: • demonstrate an informed understanding of issues relating to integrative sports • demonstrate the ability to teach exercise and sports to heterogeneous groups • demonstrate a responsible approach to PE (pupils with and without disabilities) 		
Allocation across disciplines	Human Sciences:	Subject Studies: 6	School Experience: Complementary Studies:
Linkage to other modules or subject areas:	Therapeutische und funktionelle Übungen		
Literature:	Students will be informed of the literature required for each semester by the Module Coordinator		
Assessment Criteria:	With regard to assessment criteria and course requirements, Sections 1 and 6 of the Examination Regulations apply. The module instructors will make their final decision on specific assignments and/or examinations prior to the module being taught, and will officially inform the students of the details.		
Language:	Deutsch		

Modes of Teaching and Learning:

	Lecture / Seminar / Practical Class	Hours/Week	E-learning / Distance Learning	Hours/Week	Tutorial / Blended Learning / Q&A session	Hours/Week	Sum	Working hours/Week	EC	Class Title	8) FB
1):	Ü	1.00					1	13	1.00	Exercise and Sport – Fundamentals	FW
2):	Ü	1.00					1	13	1.00	Exercise and Sport – Advanced	FW
3):	S	1.00					1	38	2.00	Exercise and Sport	FW

4):	Ü	1.00					1	13	1.00	Swimming	FW
5):	Ü	1.00					1	13	1.00	Summer and/or winter sports week	FW
6):											

1) Delivery modes; 2) Contact hours; 3) Supervised hours pursuant to ≈ 37 UA; 4) Further supervised hours 5) Sum total (supervised) 6) Self-organised learning (hours) 7) ECTS points 8) Subject areas