

BA Sports Science: Training & Performance ENGLISH

| 1 st Semester | ECTS | 2 nd Semester | ECTS | 3 rd Semester | ECTS | 4 th Semester | ECTS | 5 th Semester | ECTS |
|--|------|--|------|--|------|---|------|--------------------------|------|
| Basic Modules | | Basic Modules | | Basic Modules | | Mandatory Modules | | Electives (1 out of 2) | |
| Organisation of Competitive Sport | 5 | Physiological and Internistic Aspects of Competitive Sports | 5 | Pedagogical Aspects of Competitive Sports | 5 | Diagnostics and Training in Competitive Sports | 5 | Semester Abroad | 30 |
| Practical Training in Sport and Exercise: Individual Sports | 5 | Practical Training in Sport and Exercise: Sports Games | 5 | Practical Training in Sport and Exercise: Strength and Endurance | 5 | Development and Talent Potentials in Sports | 5 | Internship Semester | 30 |
| Communication in Sports | | Methods and Statistics in Sports | 5 | Diversity and Teams in Sports | 5 | Health and Doping | 5 | | |
| Sports Pedagogy | 5 | Sports Sociology and Sports Management | 5 | Technology and Innovations in Sports | 5 | Practice Project Training and Performance | 5 | | |
| Training Science Basics | | Concepts of Training Methodology | 5 | Training and Target Groups | 5 | Training and Methods | 5 | | |
| Introduction to Sports Anatomy and Sports Medicine | 5 | Biomechanics and Orthopaedics | 5 | Sports Psychology | 5 | Nutrition and Recovery | 5 | | |

| 6 th Semester | ECTS |
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| Final Thesis | |
| Bachelor Thesis Kolloquium | 3 |
| Bachelor Thesis | 12 |

| Practical Experience | |
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| Internship | 15 |

Total: 180 ECTS

