

Module Title	Foundation of sport science				
Module Number	1.1	Module Type	Core	ECTS-Credits	2
Part of programme	1 Foundations of sport science and sport				
Prerequisites	-				
First lecture	2019	Last update	24.09.2019		
Dates	24./26.10.2019 05./06.12.2019 Exam: 10.01.2020				
Overall workload	50-60 hrs				
Contact hours	27 hrs				
Module Leader Name, Contact	Prof. Dr. Ernst-Joachim Hossner (ernst.hossner@ispw.unibe.ch)				
Teachers	Prof. Dr. Ernst-Joachim Hossner, Prof. Dr. Daniel Erlacher, Dr. Ralf Kredel, PD Dr. André Klostermann, Christian Vater				
Language(s)	German				

Introduction	<p>Sport psychologists are commonly working in a multidisciplinary team with other sport scientists (e.g., physiologists, biomechanists, motor control and learning experts) and sport practitioners such as coaches or trainers. In order to be respected and to build up a good professional relationship and collaboration it is crucial to have at least a basic knowledge of the respective neighbouring disciplines of sport psychology, that means, sport biology, sport biomechanics, and movement science.</p>
Aims	<p>Competences, Skills</p> <p>Participants understand the language and mode of practice of the other members in a sport team, in particular, those of coaches and associated scientists. They know basic principles and the terminology of training science and performance tests.</p> <p>Knowledge</p> <p>Participants are capable to discuss with other members of the team and to make themselves understood with their argumentation and terminology. They are able to ask the right question in the right way and can make the case for sport psychology in the whole system of the coaching process.</p> <p>Attitudes</p> <p>Participants acknowledge the contribution of all those involved in the team.</p>
Content	<p>Competences, Skills</p> <ul style="list-style-type: none"> - specific sports demands and functional movement analysis - training interventions for basic motor abilities - application of physical laws for technique optimisation - application of empirical findings on the optimisation of motor learning <p>Knowledge</p> <ul style="list-style-type: none"> - understanding the complex organisation of training processes - biological fundamentals of adaptation through exercising - kinematics and dynamics of human movement

	<ul style="list-style-type: none"> - psychological models of motor control and learning Attitudes - practical applications in the course of lab visits and the sports hall
Modes of Study	lectures, seminars, practice lessons, individual reading and learning
Assessment	multiple-choice exam (1 hour)
Course Material	handouts, test protocols
Literature	<p>(1) pdf files on ILIAS</p> <p>(2) recommended book on fundamentals of sport science: Güllich, A., & Krüger, M. (Hrsg.), Sport. Das Lehrbuch für das Sportstudium. Berlin: Springer.</p>