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Curriculum for the

Bachelor's Programme Sport Science

at the Faculty of Psychology and Sport Science of the University of Innsbruck

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§ 1 Allocation

The Bachelor's Programme Sport Science is grouped among the studies in the natural sciences according to § 54 Universities Act 2002.

§ 2 Qualification Profile

- (1) Graduates have subject-specific knowledge in the core disciplines of sport science. They possess detailed skills of the deciding factors for sporting performance and know about situation-specific application of the essential procedure of performance diagnostics and fundamental training methods. They are able to develop and implement short- and long-term training plans. They have didactic and organizational qualifications to deal with performance athletes and health-concerned sportspersons.
- (2) The Bachelor's Programme Sport Science develops the competence to design quality-assured programmes to maintain health, improve sporting performance as well as therapeutic intervention, to develop strategies and implement and control these programmes at the current state of science.
- (3) The increasing importance of movement and sports as a measure to maintain and recover or improve health, fitness and life quality, on the one hand, as well as the importance of competitive sport in society and economy, on the other hand, require scientifically well-founded knowledge of people who work in relevant occupational fields. The Bachelor's Programme Sport Science conveys the necessary basic skills and qualifications for the two main areas.
- (4) Graduates
 - know the common medical terminology based on their fundamental knowledge of anatomy and physiology as well as knowledge of pathological forms, and they know about the indications and contraindications for the implementation of training interventions,
 - are able to carry out performance-diagnostic motoric procedure and training-therapeutic stress analyses,
 - are able to develop training plans adapted to the level of performance and to implement them with suitable training methods. They understand training methods for different disease patterns and objectives and the handling of required devices,
 - are able to recognize life-threatening conditions, perform appropriate first aid measures and act according to legal and professional hygiene regulations,
 - possess basic skills in communication in order to promote motivation and compliance to improve the performance of the coached person. They are aware of the necessity to preserve privacy and are able to deal respectfully with coached persons and their accompanying persons,
 - are able to participate – based on their professional competences – and support and cooperate with specialist trainers, in therapeutic approaches with medical doctors and physiotherapists, and in interdisciplinary teams.
- (5) The Bachelor's Programme Sport Science prepares graduates for occupational fields in
 - sport facilities, sport associations and fitness centres,
 - sport-scientific counselling,
 - movement and sports offers for children, adolescents, adults and senior citizens to promote and maintain or recover health in competitive, leisure, trend and adventure sports,
 - sports and movement programmes for workplace health promotion,
 - health, sports and adventure tourism,

- sports equipment development and manufacturing,
 - health-oriented treatment centres and care facilities for general health promotion, prevention and therapy with specific movement and training intervention and rehabilitation,
 - competitive sports-oriented centres for all ages with comprehensive coaching (e.g. sport-specific special training, athletic training, preventive training),
 - research in the field of movement and sports.
- (6) The Bachelor's Programme Sport Science offers a wide range in sport science and methodical-didactic sports practice, in-depth knowledge in special biological-medical as well as training-specific knowledge, and it thus forms the basis for further scientific specializations in the field of competitive and health sports and movement-therapeutic interventions for the Master's Programme Sport Science.

§ 3 Scope and Duration

The Bachelor's Programme Sport Science covers 180 ECTS-Credits, with a duration of six semesters. One ECTS-Credit is equivalent to a work-load of 25 hours.

§ 4 Supplementary Examination

- (1) Admission to the study programme is granted by the rectorate according to the regulations of the Universities Act 2002 – of the admission to the bachelor's programme.
- (2) Study-relevant admission requirement for the Bachelor's Programme Sport Science is the positive completion of the supplementary examination for the assessment of physical and motor skills.
- (3) The supplementary examination consists of motor performance tests. The required performance levels are to be determined and announced by the Dean of Studies.

§ 5 Courses and numbers of participants

- (1) Courses without continuing performance assessment:

Lectures (VO) are courses held in lecture format. They introduce the research areas, methods and schools of thought for a given subject. No maximum number of participants

- (2) Courses with continuing performance assessment:

1. Introductory seminars (PS) introduce students interactively to scientific literature through the treatment of selected issues. They convey knowledge and methods of academic work. Maximum number of participants: 25
2. Practical courses (UE) focus on the practical treatment of concrete scientific tasks within an area. Maximum number of participants: 15–25 (according to safety issues)
3. Seminars (SE) provide in-depth treatment of scientific topics through students' presentations and discussion thereof. Maximum number of participants: 20
4. Lectures with integrated practical parts (VU) focus on the practical treatment of concrete scientific tasks that are discussed during the lecture parts of the course. Maximum number of participants: 50
5. Practical training courses (PR) provide practical experience with concrete scientific tasks, complementing occupational and academic training. Maximum number of participants: 15
6. Excursions (EX) take place outside the university and serve to provide practical experiences outside the course and deepen course contents. Maximum number of participants: 10–20

(according to safety issues, legal and organizational conditions)

§ 6 Allocation of places in courses with a limited number of participants

In courses with a limited number of participants, course places are allocated as follows:

1. Students for whom the study duration would be extended due to the postponement are to be given priority.
2. If the criteria in No 1 do not suffice, first, students for whom this course is part of a compulsory module are to be given priority, and second, students for whom this course is part of an elective module.
3. If the criteria in No 1 and 2 do not suffice, the available places are drawn by random.

§ 7 Compulsory and Elective Modules

(1) The following compulsory modules with a total of 175 ECTS-Credits are to be taken:

1.	Compulsory Module: Introduction to Sport Science	h	ECTS-Credits
a.	PS Introduction to Scientific Working Research areas and methods in sport science, literature search and citation styles, content and formal structure, writing and presentation of a scientific work, introduction to the methods of qualitative social research	2	5
b.	VO Introduction to Health Sports Epidemiological studies, risk factors, basics of training science in health sports	1	2.5
c.	VO Introduction to Competitive Sports Terminological fundamentals; analysis of the training process; aspects of athletic performance and training principles, general training methods and knowledge of junior high-performance sport and talent development	1	2.5
		4	10
	Objective: Knowledge of the definition of sport-scientific disciplines with regard to health, competitive and school sports; Competence to carry out literature search in terms of sport-scientific topics and critical use with sport-scientific information sources (e.g. journals, congress contributions); students are able to apply scientific findings in health and competitive sports for different age groups and sports types.		
	Prerequisites: none		

2.	Compulsory Module: Fundamentals of Medical and Biological Aspects in Sports	h	ECTS-Credits
a.	VO Anatomy Systematic and functional Anatomy locomotorsystem; anatomy of inner organs, nervous system and sense organs: considering everyday activities and selected sports types; anatomical characteristics of the organism: growth and development – resilience and adaptation processes with regard to age and gender	2	4

b.	VO Exercise Physiology Basic principles of cell physiology, muscle and nerve function, sensory physiology; cardiovascular and respiratory physiology, metabolism, endocrinology, water and electrolyte balance: with selected aspects of sporty action and performance; physiological characteristics of the organism: stress response, stress adaptation and health-related aspects with regard to age and gender	2	4
c.	VU First Aid The most common injuries and emergencies; sports injuries; first aid and emergency action; bandaging techniques, hemostasis and wound care; life-threatening injuries and emergencies; lifesaving immediate measures, water rescue	2	2
	Total	6	10
	Objective: Students acquire detailed knowledge of structure and function of the human organism with regard to sporting activity and performance, theoretical and practical knowledge of first aid in case of accidents and emergencies.		
	Prerequisites: none		

3.	Compulsory Module: Fundamentals of Psychological and Sociological Aspects in Sports	h	ECTS-Credits
a.	VO Sport Psychology Basic theories, models and intervention areas of sport and exercise psychology including gender aspects; introduction to research methods of sport psychology; introduction to movement-related health psychological models	1	2
b.	VO Specific Aspects of Sport Psychology Current intervention fields of sports psychology; diagnosis instruments and intervention strategies in selected application and research areas of sport and health psychology	1	2
c.	VO Sport Sociology Fundamentals of sport sociology; knowledge of socialisation by and to sports, sports as an instrument to integration and inclusion; understanding of gender-specific and intercultural forms of movement and sports	1	2
d.	VO Specific Aspects of Sport Sociology Dependency of sports from cultural value systems and socio-cultural factors (e.g. importance of sports in the hierarchy of values of society); social functions of sports in different fields of society; participation in sports from a gender perspective	1	1.5
	Total	4	7.5
	Objective: Students have knowledge and critical judgement of relationships, evaluations and anchoring of sports in society, culture and politics; assessment of social functions and structures in sports; knowledge of theories, models and intervention areas of sport psychology, knowledge and critical assessment of the influence of sporting action to the mental state of the human being		
	Prerequisites: none		

4.	Compulsory Module: Special Medical and Biological Aspects in Sports	h	ECTS-Credits
a.	VO Special Aspects of Anatomy In-depth knowledge of functional anatomical fundamentals; adaptation processes, posture problems and damages associated with sports; characterization of selected motion patterns from an anatomical view	2	5
b.	VO Special Aspects of Exercise Physiology In-depth knowledge of physiological fundamentals; regulation mechanisms and complex interaction of the physiological system in sporting action in general and with different environmental conditions (coldness, heat, altitude); limits of performance in high-performance sports, in old age and with diseases; performance-physiological tests	2	5
c.	VU Hygiene Knowledge of general and personal hygiene; virology and parasitology; knowledge to prevent and fight infections, disinfection and sterilisation; students know about hygienic aspects in medical training therapy; they are able to apply their knowledge in concrete situations.	1	2.5
	Total	5	12.5
	Objective: Students have in-depth knowledge of functional anatomy and exercise physiology under the aspects of stress and limits of performance. They know how to act according to legal and professional hygiene regulations.		
	Prerequisites: none		

5.	Compulsory Module: Empirical Methods	h	ECTS-Credits
a.	PS Empirical Methods Object of empirical examinations in sport science, examination planning, quality criteria of data collection, methods of descriptive statistics, fundamental methods of inferential statistics (samples, significance testing)	2	5
b.	UE Designing Studies Study design for sport-scientific issues; application of statistical methods with examples by means of statistics programmes, application of qualitative methods	1	2.5
	Total	3	7.5
	Objective: Knowledge of sport-scientific research methods; students are able to create simple designs of empirical examinations; they acquire competence in the use of data-specific analysis methods		
	Prerequisites: none		

6.	Compulsory Module: Movement Science and Biomechanics	h	ECTS-Credits
a.	VO Movement Science Application of anatomical and physiological fundamentals to better understanding of movement, basic techniques of movement analyses and error correction, structuring of motoric capabilities and skills, overview of motoric development; introduction and critical assessment of movement-scientific methods, in particular sport-motoric tests; outlining of control models and its implementation for motoric learning	2	4
b.	VO Biomechanics Definition, structure and tasks of biomechanics in sports; biomechanical characteristics and examination methods in sports; biomaterials; biomechanics of sport injuries; biomechanical aspects of sporting performance; knowledge of technological possibilities of movement analysis and performance assessment	2	4
c.	UE Applied Biomechanics Application of kinematic and kinetic examination methods in sports; biomechanical analyses of measurement data with regard to performance and injury; analysis of innervation behaviour of muscles in sporting action with electromyography; connection between kinematics and dynamics with simple sport movements with biomechanical models	1	2
	Total	5	10
	Objective: Students have knowledge of the principles of human movement; kinematic and kinetic fundamentals; knowledge of the stress of the locomotor apparatus in sport action and injury biomechanics; understanding of simple models of motoric control and regulation and of motoric learning. Students acquire a critical view of motoric ability concept; students are able to apply biomechanical examination methods in sports.		
	Prerequisites: none		

7.	Compulsory Module: Training Sciences	h	ECTS-Credits
a.	VO Training Sciences Knowledge of the fundamentals and theoretical concepts of training sciences, training methods and performance-diagnostic procedure of motoric basic strain of speed, power, endurance, coordination and flexibility in health, competitive and school sports; selected concepts of training sciences for practical and theoretical teaching with regard to gender-specific differences	2	4
b.	VO Special Aspects in Training Sciences Risk minimization in health sports, performance-diagnostic procedure and training design in health sports, use of natural and artificial altitude conditions in competitive and health sports	1	2
c.	VU Applied Exercise Physiology In-depth knowledge of physiological fundamentals of motoric performance; preparation and individual practical implementation of standardized modern test procedures in small groups; evaluation of test results and elaboration of individual trainings requirements	2	4
	Total		

	<p>Objective: Students have knowledge in training methods in health, competitive and school sports; they are able to implement performance-diagnostic procedure and interpret results; they have fundamental knowledge of the effects of natural and artificial altitude expositions and their application area in health and competitive sports.</p>
	<p>Prerequisites: successful completion of compulsory module 2</p>

8.	Compulsory Module: Applied Training Sciences	h	ECTS-Credits
a.	<p>VU Applied Training Implementation of selected performance-diagnostic procedures and interpretation of results; implementation of training units</p>	1	3.5
b.	<p>VU Training Schedules Targeted, practice-oriented training planning for a real situation in sports; training planning for different target groups</p>	1	2
c.	<p>VU Specific Aspects of Training Trainer philosophy and trainer behaviour, ability to critical analysis and application of theoretical knowledge of training science in the day-to-day training, specific aspects of fitness training in alpine sport, aspects of technique training</p>	1	2
	Total	3	7.5
	<p>Objective: Students are able to carry out and evaluate performance-diagnostic procedures; they achieve competences to create individual training recommendations and to plan, design, implement and control training units in health and competitive sports. They know special features of youth competitive sports; they acquire knowledge of further training scientific issues in selected sports.</p>		
	<p>Prerequisites: successful completion of compulsory module 2 and 7</p>		

9.	Compulsory Module: Internship in Exercise Therapy - Musculoskeletal System	h	ECTS-Credits
a.	<p>VO Musculoskeletal Diseases Definition and frequency of injuries and diseases of the locomotor and skeletal apparatus; traffic and work accidents; sports injuries; overload damages; degenerative and inflammatory diseases; modern diagnostics; conservative and operative therapies; general and specific training methods and training equipment in medical training therapy with diseases of the muscular and skeletal apparatus; test methods to control training success</p>	1	3
b.	<p>VO Specific Aspects of Sport Injuries The most common injuries in alpine sports; modern diagnostics and individual choice of therapy; acute and chronic pain syndromes with diseases of the locomotor and skeletal apparatus; importance and use of medical training therapy within a multimodal therapy approach</p>	2	5

c.	UE Musculoskeletal System Procedure of diagnosis of muscular deficits (maximum strength tests, muscle function tests); implementation of preventive and training-therapeutic methods (methods of strengthening, coordination and stretching) and movement strategies to correct weaknesses or overstrain; experience of special programmes for important problem areas (e.g. variations of back training)	2	2
	Total	5	10
	Objective: Knowledge of the development, diagnostics and therapy of injuries and diseases of the locomotor and skeletal apparatus; competence to targeted use of training-therapeutic methods of prevention, therapy and rehabilitation.		
	Prerequisites: successful completion of compulsory module 2		

10.	Compulsory Module: Internship in Exercise Therapy - Internal Diseases	h	ECTS-Credits
a.	VO Cardiovascular and Pulmonary System Definition and frequency of internal diseases with special regard to cardiovascular and respiratory diseases; symptomatology and diagnostics; pathophysiological fundamentals; pharmacological therapy options; general and specific training methods and training equipment in medical training therapy with cardiovascular and respiratory diseases; choice and interpretation of stress analyses	2	4
b.	VO Metabolism Definition and frequency of internal diseases with special regard to metabolic and cancer diseases; symptomatology and diagnostics; pathophysiological fundamentals; pharmacological therapy options; general and specific training methods and training equipment in medical training therapy with metabolic and cancer diseases; choice and interpretation of stress analyses	2	4
c.	VO Nutrition in Sports Knowledge of the effects of different food and eating habits on sports performance and training	1	2
	Total	5	10
	Objective: Knowledge of the development, diagnostics and therapy of internal diseases; knowledge of the targeted use of training-therapeutic methods of prevention, therapy and rehabilitation		
	Prerequisites: successful completion of compulsory module 2		

11.	Compulsory Module: Internship in Exercise Therapy - Neurology/Psychiatry/Psychosomatics Medicine	h	ECTS-Credits
a.	VO Neurological Diseases Definition and frequency of neurologic diseases; symptomatology and diagnostics; pathophysiological fundamentals; pharmacological therapy options; general and specific training methods and training equipment in medical training therapy with neurologic diseases; standardized procedures to control training success	2	4

b.	VO Psychic Disorders and Psychosomatics Psychological and psychosomatic illnesses and training-therapeutic intervention strategies; inclusion of training-therapeutic intervention in interdisciplinary treatment concepts	1	2
c.	PS Communication and Motivation Problems and possible solutions in the fields of communication, interaction of patients and relatives; communication in the interdisciplinary team; theory-based motivating interviews with regard to training therapy and movement participation	2	3
d.	UE Applied Sports Psychology Objectives, principles and models of sport psychological intervention forms; learning of psycho-regulative techniques and their application	2	3.5
	Total	7	12.5
	Objective: Knowledge of the development, diagnostics and therapy in neurology/psychiatry/psychosomatics medicine; they are able to apply selected psycho-regulative techniques and have knowledge of the targeted use of training-therapeutic methods of prevention, therapy and rehabilitation.		
	Prerequisites: successful completion of compulsory module 3		

12.	Compulsory Module: Sports Education	h	ECTS-Credits
a.	VO Sport Education Theories and concepts of sports education; issues and methods of sports education; educational standards, competences, curricula; intercultural perspectives of movement and sports education; gender-specific perspectives of movement and sports education; historical and cultural aspects of sports education and school sports; approaches and concepts of inclusion to differentiated and topic-oriented conveyance of sports with regard to different age, ability, performance and gender differences with different target groups	2	4
b.	VO Sports and Health Tourism Introductory overview of different sports and health tourism markets emerging at the interfaces of tourism, sports and health; differentiated analysis according to health, economic and management-specific viewpoints	1	2
c.	UE Didactics Didactic guidelines to realise movement and training programmes with different target groups; implementation of exercise plans in practice	1	4
	Total	4	10
	Objective: Students know and understand sports educational issues and research methods, sports education in school and non-school settings, basic terms of gender-specific education; they acquire the competence for analysis and educational assessment of sportive actions; students are able to create age-, gender- and performance-oriented sports and movement offers.		
	Prerequisites: none		

13.	Compulsory Module: Bachelor's Thesis	h	ECTS-Credits
	SE Seminar with Bachelor's Thesis Within the scope of this course, the bachelor's thesis is to be written and presented from the field of movement science, training science, biomechanics or sport psychology; presentation of relevant literature, research method, empirical implementation and critical discussion as well as presentation of the work.	2	5 + 10
	Total	2	15
	Objective: Students are able to carry out autonomously a written contribution about a sports sciences empirical project with project-related methods of data collection and statistical evaluation procedure; competence to a written elaboration according to scientific guidelines applied; presentation of results; ability to discussion.		
	Prerequisites: successful completion of compulsory module 1, 3, 5, 6, 7 and 12		

14.	Compulsory Module: Practical Courses of Basic Sports	h	ECTS-Credits
a.	UE Active Games Knowledge of the diversity of active games; acquisition of a wide range of active games (working clearance, role playing, matches, cooperative games) and in-depth knowledge of the structures of basic forms of competitive and cooperative sports and active games; development of game ability on action and organization level; stating of learning environments (experimental labs) to self-organized learning	2	2
b.	UE Sports Game: Choice of Handball, Basketball, Volleyball Improvement of fitness, technical and tactical performance level and acquisition of sports game specific movement techniques; knowledge of the rules and game supervision; competence to describe, demonstrate and theory-driven reasoning of fundamental game-specific techniques and tactical actions; acquisition of sports-didactic mediation competence in the selected sports game and acquisition of the ability to apply this competence with regard to competence-oriented models in school and extracurricular sports	2	2
c.	UE Fitness Gymnastics with Music Learn to know, compare and apply selected styles and trends in the field of group fitness with music; general and special music theory as well as elaborate and use special methodical/didactic working methods in the field of functional and health-oriented gymnastics; improvement of one's own performance, practice-related reflection	2	2

<p>d.</p>	<p>Courses with a total of 4 ECTS-Credits are to be taken:</p> <p>UE Swimming (2 h, 2 ECTS-Credits) Knowledge and acquisition of swimming techniques, improvement of performance level, knowledge of the rules; knowledge of movement descriptions of swimming techniques; knowledge of training-scientific concepts with regard to swimming training; recognition of incorrect execution with movement analysis and measures to movement correction; understanding of biomechanical principles; knowledge and application of safety regulations and precautions in swimming</p> <p>UE Apparatus Gymnastics (2 h, 2 ECTS-Credits) Knowledge and acquisition of special techniques and skills in apparatus gymnastics; knowledge of methodical-didactic principles to convey elementary motoric skills and apparatus-specific skills; knowledge and application of safety regulations and precautions in apparatus gymnastics; understanding of biomechanical principles; knowledge of performance badges for pupils in apparatus gymnastics</p> <p>UE Athletics (2 h, 2 ECTS-Credits) Improvement of the performance level in track athletics, jumping and throwing, technique analysis, training methods; understanding of biomechanical principles in athletic movement skills; knowledge of subject-didactical concepts to convey running, jumping and throwing with regard to competence models and gender-specific aspects</p> <p>UE Gymnastics and Dance (2 h, 2 ECTS-Credits) Comparison of motives, effects and objectives of dance in past and present; knowledge and application of methodical-didactical working methods as an instructor and choreographer; improvement of one's own performance and extension of special movement repertory with selected trends in the field of dance and rhythmic gymnastics; practice-related reflection; integrated creative work with music and different materials to expand competences in the field of expression, creativity, cooperation and teamwork</p>		
	<p>Total</p>	<p>10</p>	<p>10</p>
	<p>Objective: Students are able to instruct simple movement tasks group-specifically and to allocate effects of game forms. They are familiar with fundamental movement techniques from game sports, group fitness as well as sports to choose. With these movement experiences and basic skills in movement analysis, they are able to implement suitable measures of error correction of movement skills.</p>		
	<p>Prerequisites: none</p>		

15.	Compulsory Module: Compulsory Module: Practical Courses of Alpine Sports	h	ECTS-Credits
a.	<p>One course with a total of 2 ECTS-Credits is to be taken :</p> <p>EX Skiing (2 h, 2 ECTS-Credits) Improvement of the performance level in alpine skiing according to the Austrian curriculum, snow and avalanche awareness; knowledge and application of safety concepts for handling danger and risk situations in the alpine terrain; responsible conduct of snow sports activities</p> <p>EX Cross-Country Skiing (2 h, 2 ECTS-Credits) Command of fundamental sport-specific techniques of cross-country skiing (skating and classic style); age and gender-specific methods as well as adequate setting of performance-adjusted running load for training groups, critical assessment of sport equipment</p> <p>UE Climbing (2 h, 2 ECTS-Credits) Command of climbing techniques in medium routes, rope-technical skills and situation-adequate application; critical evaluation of different safety devices, methodical development with regard to safety aspect of exercise sequences for climbing beginners, advanced and professionals; teaching structure oriented towards competence models with special regard to social competence</p> <p>EX Snowboarding (2 h, 2 ECTS-Credits) Command of the basic techniques of snowboarding (Austrian curriculum, fun park); own performance in further techniques (park, pipe, SBX); methodical procedure and age- and gender-specific approaches to movement techniques in snowboarding; evaluation of terrain forms and safety aspects, organisation theory and knowledge of legal basics; command of assessment guidelines for competitions</p>	2	2
b.	<p>UE Trends in Alpine Sports Knowledge and evaluation of new trends in alpine sports, responsible conduct of outdoor activities in the free terrain; creation of framework conditions to develop learning processes in different nature environments on motoric and psychosocial level, assessment of functionality and safety of the equipment</p>	1	3
	Total	3	5
	<p>Objective: Students have movement competence in selected alpine sports. They understand gender- and age-specific performance differences and are able to allocate the movement competence of others. They are able to name health-related effects and use of alpine sports for the population. They know different sports equipment, are able to evaluate and assess alpine sport specific dangers.</p>		
	<p>Prerequisites: none</p>		

16.	Compulsory Module: Practical Courses of Sport for Health and Elite Sport	h	ECTS-Credits
a.	UE Fitness Training Practical implementation of basic training methods to increase motoric abilities and skills; planning of training units for school, popular, recreational and competitive sports; practical experiences of relevant training exercises without equipment, with small equipment and training-specific large equipment; knowledge of performance diagnostic procedure of motoric basic stress for school, popular, recreational and competitive sports	2	2
b.	UE Racket Sports Improvement of fundamental sports game specific movement techniques and tactical behaviour in selected setback games; acquisition of sports game comprehensive tactical measures in the field of setback games; systematic and target-oriented design of practice sequences with special regard to inhomogeneous groups and age-, inclusion- and gender-specific requirements; organisation forms at competitions for large groups; knowledge of basic rules of selected setback games	1	1
c.	UE Far East Movement Cultures Knowledge and experience of far east movements in theory and practice with special regard to health-oriented movement offers of Yoga and Qi Gong; introduction in techniques of Shiatsu; importance of movement within the theory of Ayurveda and Traditional Chinese Medicine (TCM); critical reflection of far east movement offers from empirical-scientific and health- and sport-sociological perspective	1	1
d.	UE Movement Patterns in the Water Coordinative training in swimming; conveyance of elementary techniques of high diving, diving and water ball; acquisition of various game and exercise forms in the water with regard to heterogeneous groups and small space available; knowledge and application of safety regulations and precaution measures in high diving and diving	1	1
	Total	5	5
	Objective: Students are able to plan, design and carry out exercise and training units in high-performance, fitness and health sports. They are able to interpret performance-diagnostic data gender-specifically and give individual training recommendations for different target groups. They are familiar with various forms of movement from setback games to improve motoric skills in health and competitive sports; they know the difference of far east movements and are able to classify them critically; they master varied concepts of movement in the water		
	Prerequisites: successful completion of compulsory module 7		

17.	Compulsory Module: Specialisation in Different Sports	h	ECTS-Credits
	<p>Courses with a total of 7.5 ECTS-Credits are to be taken:</p> <p>UE Basic Sports A (Specialisation) (2 h, 3 ECTS-Credits) Improvement of sports performance in the selected sports, application of sport-scientific knowledge for performance optimization, didactic-methodical procedure for different performance groups, critical reflection of health effects</p> <p>UE Basic Sports B (Specialisation) (2 h, 3 ECTS-Credits) Improvement of sports performance in the selected sports, application of sport-scientific knowledge for performance optimization, didactic-methodical procedure for different performance groups, critical reflection of health effects</p> <p>UE Racket Sports (Specialisation) (1 h, 1.5 ECTS-Credits) Improvement of sports performance in the selected setback game, methods adapted to the performance level of exercise groups; knowledge of the rules and game supervisor competence</p> <p>UE Far East Movement Cultures (Specialisation) (1 h, 1.5 ECTS-Credits) Specialisation in one selected body-related relaxation technique, critical reflection of health effects</p> <p>UE Movement Patterns in the Water (Specialisation) (1 h, 1.5 ECTS-Credits) Improvement of one's own performance in a sport chosen from water gymnastics, high diving, trends in water sports, didactic-methodical procedure for different performance groups, critical reflection of health effects</p> <p>UE Trends in Health Sports (1 h, 1.5 ECTS-Credits) Knowledge and critical evaluation of skills-oriented trends in health sports with regard to gender-specific aspects and inclusion</p>	5	7.5
	Total	5	7.5
	<p>Objective: Based on the basic course, students acquire high performance level in selected movement techniques, which enables them to assess the performance level of people and accordingly set suitable requirements in the training practice. They possess didactical concepts to adapt the movement offer to different performance levels with regard to gender, inclusion and sport-specific characteristics.</p>		
	<p>Prerequisites: successful completion of compulsory module 14 and 16</p>		

18.	Compulsory Module: Extension in Sports	h	ECTS-Credits
	<p>Courses with a total of 5 ECTS-Credits are to be taken:</p> <p>UE Acrobatics (1 h, 1 ECTS-Credits) Basic techniques of acrobatics and trampolining, methodological structure, safety aspects</p> <p>UE Game Sports (1 h, 1 ECTS-Credits) Choice from the games of football, floorball, street ball, trend game; improvement of fitness, technical and tactical performance level and acquisition of sports game specific movement techniques; knowledge of rules and game supervisor competence; ability to describe, demonstrate and theoretically explain basic game specific techniques and tactical actions; acquisition of sports game didactical conveyance concepts and acquisition of the ability to apply them in school and extracurricular sports with regard to competence models and gender-specific aspects</p> <p>UE Martial Arts (1 h, 1 ECTS-Credits) Knowledge of selected martial arts, acquisition of sports specific techniques of self-defence and self-protection with regard to gender- and inclusion-specific aspects; critical reflection of health effects; knowledge of measures to the prevention of injuries</p> <p>UE Basic Sports (Extension) (2 h, 2 ECTS-Credits) Basic sports from module 14d which has not yet been selected</p> <p>UE Alpine Sports (Extension) (2 h, 2 ECTS-Credits) Alpine sports from module 15a which has not yet been selected</p>	5	5
	Total		
	<p>Objective: Students know the most important movement skills from the selected sports. They are able to recognize technique-specific errors and to set suitable methodical measures for improving movement techniques. They are familiar with competition regulations, are able to demonstrate the use for health effective movement, assess sport specific dangers and critically evaluate sports equipment used.</p>		
	<p>Prerequisites: successful completion of compulsory module 14</p>		

19.	Compulsory Module: Interdisciplinary Skills	h	ECTS-Credits
	Courses with a total of up to 10 ECTS-Credits from the curricula of bachelor and/or diploma study programmes set up at the University of Innsbruck can be chosen freely. It is recommended to choose courses from the fields of gender studies.		10
	Total		10
	<p>Objective: This module serves to extend the studies and to acquire additional qualifications.</p>		
	<p>Prerequisites: the prerequisites of the respective curricula do apply</p>		

(2) One elective module with a total of 5 ECTS-Credits is to be taken:

1.	Elective Module: Internship in Exercise Therapy	h	ECTS-Credits
a.	Internship in the Field of the Musculoskeletal System Planning, testing, application and evaluation of training-therapeutic measures and programmes independently within an interdisciplinary team in professionally qualified internships. Before starting the internship, permission is to be obtained by the Director of Studies. The internship comprises 125 hours with the accompanying course.		4
b.	PR Accompanying Course to the Internship Accompanying theory-practice transfer; educational-didactical preparation, implementation, follow-up, reflection and evaluation of the internship	1	1
	Total	1	5
	Objective: Implementation and practice-oriented application of the knowledge of training-therapeutic action, knowledge and realization of movement and training programmes with different objectives and target groups according to didactical guidelines including the documentation and success control under professional supervision.		
	Prerequisites: successful completion of compulsory module 8, 9, 11, 12, and 14		

2.	Elective Module: Internship in Coaching	h	ECTS-Credits
a.	Internship in Applying Scientific Knowledge in Coaching Planning, testing, application and evaluation of preventive, training-specific or health-oriented measures and programmes independently; the internship comprises 125 hours with the accompanying course.		4
b.	PR Accompanying Course for the Internship in Coaching Educational-didactical preparation, implementation, follow-up, reflection and evaluation of the internship	1	1
	Total	1	5
	Objective: Implementation and practice-oriented application of the knowledge of training-therapeutic action, knowledge and realization of movement and training programmes with different objectives and target groups in popular and competitive sports according to didactical guidelines including the documentation and success control.		
	Prerequisites: successful completion of compulsory module 8, 9, 11, 12 and 14		

3.	Elective Module: Advanced Topics in Sport Science	h	ECTS-Credits
a.	VO History of Sports Insight into the development and cultural embedding of sports in the history; ethical, gender-specific and economic aspects	1	1
b.	VO Inclusion in Sports Possibilities of handling with diversity in sport groups, chances and risks of inclusion, didactical concepts for heterogeneous target groups in movement offers	1	2
c.	VO Special Aspects in Sport Science Insight into a selected special field of sport science, importance for society and health, discussion of current research results; importance of gender-specific differences in sports	1	2
	Total	3	5
	Objective: Students acquire knowledge of the problem areas of sport science which are important for optimizing movement concepts for health and competitive sports as well as for training therapy.		
	Prerequisites: none		

§ 8 Bachelor's Thesis

- (1) A bachelor's thesis, amounting to 10 ECTS-Credits, is to be completed and presented within the context of the compulsory module 18 from the field of Movement Science, Training Sciences, Biomechanics or Sport Psychology.
- (2) The bachelor's thesis is to be submitted in paper form and in digital version at the course lecturer.

§ 9 Examination Regulations

- (1) The performance of the courses from the modules is assessed by course examinations. Course examinations are
 1. examinations which assess the knowledge and skills acquired in an individual course and which comprise a single examination held at the end of the course. The method of testing (written and/or oral) and assessment criteria are to be defined and announced by the instructor before the start of the course.
 2. continuous assessment courses (,immanent examination') where evaluation is based on regular written and/or oral contributions of participants. The methods of evaluation (written and/or oral) and assessment criteria are to be defined by the instructor before the start of the course.
- (2) Evaluation of the elective modules 1 and 2 is defined by the instructor of the Accompanying Course. Positive completion is to be defined by "mit Erfolg teilgenommen" (successfully completed), negative completion is to be defined by "ohne Erfolg teilgenommen" (not successfully completed).

§ 10 Academic Degree

Graduates of the Bachelor's Programme Sport Science are awarded the academic degree „Bachelor of

Science“, abbreviated „BSc“.

§ 11 Coming into force

The curriculum is effective as of 1 October 2015.

§ 12 Transitional Provisions

- (1) This curriculum applies to all students beginning the Bachelor's Programme Sport Science from the winter semester 2015/16.
- (2) Regular students who have commenced the Bachelor's Programme Health and Competitive Sports (curriculum published in the University of Innsbruck Bulletin in the version of 27 April 2007, Issue 80, No 273) before 1 October 2015 are entitled from this point in time onwards to complete this study programme within a maximum of eight semesters.
- (3) If the Bachelor's Programme Health and Competitive Sports is not completed within the specified time, then the curriculum of the Bachelor's Programme Sport Science will apply. Moreover, these students are entitled to change to the Bachelor's Programme Sport Science at any time on a voluntary basis.
- (4) The recognition of exams is set out in appendix.

Appendix: Recognition of Exams

Positively assessed exams, taken as part of the Bachelor's Programme Health and Competitive Sports at the University of Innsbruck (curriculum published in the version of the University of Innsbruck Bulletin from 27 April 2007, Issue 41, No 207, in the relevant version) will be recognised according to § 78 Para 1 Universities Act 2002 as equal towards the Bachelor's Programme Sport Science at the University of Innsbruck as follows:

Positively completed examinations	h/ECTS	Recognition as	h/ECTS
PS Introduction to Sport Science	2 (5)	PS Introduction to Scientific Working	2 (5)
Comprehensive Examination from module 1 of the courses : Introduction to Health Sports Introduction to Competitive Sports History of Sports	3 (5)	VO Introduction to Health Sports and VO Introduction to Competitive Sports and VO History of Sports	1 (1.5) 1 (1.5) 1 (1)
VO Functional Anatomy	3 (5)	VO Anatomy	2 (4)
VO Exercise Physiology	3 (5)	VO Exercise Physiology	2 (4)
VU First Aid	2 (3)	VU First Aid	2 (3)
VO Sports Psychology	2 (4)	VO Sports Psychology and VO Special Aspects of Sports Psychology	1 (2) 1 (2)
VO Sports Sociology	2 (3.5)	VO Sports Sociology and VO Special Aspects of Sports Sociology	1 (2) 1 (2)
VO Immune System/Infectious Diseases and Sports	1 (2)	VU Hygiene	1 (2.5)
Empirical Methods	3 (7.5)	Empirical Methods	3 (7.5)
Movement Science	3 (7.5)	VO Movement Science	2 (4)
Biomechanics	3 (7.5)	VO Biomechanics and UE Applied Biomechanics	2 (4) 1 (2)
Training Sciences	3 (7.5)	VO Training Sciences and VO Special Aspects in Training Sciences	2 (4) 1 (2)
VU Applied Exercise Physiology	2 (4.5)	VU Applied Exercise Physiology	2 (4)
Applied Training and VO Sociopsychological Fundamentals in Sports	3 (5) 2 (4)	Applied Training Sciences	3 (7.5)
VO Posture Weakness and Disorders	1 (1.5)	VO Musculoskeletal Diseases	1 (3)
VU Strain and Sport Injuries and VU Biomechanical - Orthopedic Fundamentals	1 (2) 1 (2)	VO Specific Aspects of Sports Injuries	2 (5)
UE Promoting Posture	2 (3,5)	UE Musculoskeletal System	2 (2)
VU Cardiovascular System, Respiration	2 (4)	VO Cardiovascular and Pulmonary System	2 (4)
VU Metabolism	2 (3.5)	VO Metabolism	2 (4)
VO Nutrition in Sports	1 (2.5)	VO Nutrition in Sports	1 (2)

VU Sensomotor System/Motology	2 (3.5)	VO Neurological Diseases	2 (4)
PS Communication Training	2 (2)	PS Communication and Motivation	2 (3)
VU Regulatory Psychological Techniques	2 (3.5)	UE Applied Sports Psychology	2 (3.5)
VO Sport Education	2 (4)	VO Sport Education	2 (4)
UE Didactics	1 (1)	UE Didactics	1 (4)
KU Active Games	2 (3)	UE Active Games	2 (2)
KU Handball or Volleyball or Basketball	2 (3.5)	UE Sports Game	2 (2)
KU Fitness Gymnastics with Music	2 (2.5)	UE Fitness Gymnastics with Music	2 (2)
KU Swimming	2 (3)	UE Swimming	2 (2)
KU Gymnastics	3 (4.5)	UE Apparatus Gymnastics and UE Acrobatics	2 (2) 1 (1)
KU Athletics	2 (2.5)	UE Athletics	2 (2)
Rhythmic and Dance Gymnastics	2 (2.5)	UE Gymnastics and Dance	2 (2)
EX Skiing	2 (4)	EX Skiing	2 (2)
KU Trends in Alpine Sports	1 (1)	UE Trends in Alpine Sports	1 (3)
UE Fitness Training	2 (3)	UE Fitness Training	2 (4)
KU Racket Sports	1 (1.5)	UE Racket Sports	1 (1)
KU Far East Movement Cultures	2 (2.5)	UE Far East Movement Cultures	1 (1)
Water Gymnastics or World of Movement Water	1 (1) 1 (1.5)	UE Movement Patterns in the Water	1 (1)
KU Soccer	2 (3.5)	UE Game Sports	1 (1)
Exercising in Preventive and Training Programmes	1 (4.5)	Internship	1 (5)