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The following curriculum is a consolidated version. It is legally non-binding and for informational purposes only. The legally binding versions are found in the University of Innsbruck Bulletins (in German).

Resolution of the Curriculum Commission of the Faculty of Psychology and Sport Science of 17 April 2007, approved by the Senate on 19 April 2007.

Based on § 25 Para. 1.10 of the University Act of 2002, BGBl. I No. 120, most recently amended by Federal Law BGBl. I No. 74/2006, and on the statute section “Study-Law Regulations”, published in the University of Innsbruck Bulletin of 3 February 2006, Issue 16, No. 90, most recently amended in the University of Innsbruck Bulletin of 4 December 2006, Issue 7, No. 36, the following is decreed:

**Curriculum for the Bachelor’s Programme in
Health and Competitive Sports
At the Faculty of Psychology and Sport Science
University of Innsbruck**

§ 1 Qualification profile

- (1) The Bachelor’s Programme in Health and Competitive Sports is grouped among the natural sciences.
- (2) Movement and sports are becoming increasingly important as preventive and therapeutic measures to maintain health and fitness and to ensure quality of life; competitive sports, moreover, are important driving forces in business and society. Therefore, people in responsible positions in these areas need sound scientific training. The Bachelor’s Programme in Health and Competitive Sports offers the necessary fundamental knowledge and key qualifications in both areas.
- (3) **Occupational fields**, which may also involve a high degree of social relevance, include preventive health institutions, rehabilitation centres, fitness centres, health and spa centres, care facilities for specific needs (e.g. alcoholism, physical disability, post-operative care), training facilities, schools with an athletic focus, sports administration, sports clubs and associations, sports in tourism, commercial sports providers, company sports and personal coaching, etc.

Success in these occupations requires abilities to develop, implement and supervise qualitative programmes for health preservation and improved athletic performance. The bachelor’s programme thus conveys the following **key qualifications**:

1. Knowledge of the core disciplines of sports science: kinesiology, biomechanics, training science, anatomy, performance physiology, sports education, sports psychology, sports sociology;

2. In-depth knowledge of fundamentals, diagnoses and procedures in the central health areas (cardio-vascular, metabolism, well-being, musculoskeletal and support apparatus, coordination, immune system) and of special limitations in mobility and problematic behaviour; specific intervention approaches for performance and endurance are analysed theoretically and implemented practically (e.g. training programmes). Skills also include knowledge of first aid and measures for complaints and injuries;
3. Competence in the development and critical analysis of exercise programmes;
4. Detailed knowledge of factors influencing performance;
5. Knowledge and situation-specific application of the primary procedures of performance diagnostics and fundamental training methods.
6. Development of short-term and long-term training plans;
7. Evaluation of overuse injuries, influence of doping, measures for prevention and rehabilitation of injuries and complaints, influence of nutrition, climate and altitude;
8. Didactic and organizational qualifications in dealing with athletes;
9. Ability and willingness to acquire knowledge independently (including IT and foreign language knowledge)
10. Experience and proficiency in sports

§ 2 Scope and duration

The Bachelor's Programme in Health and Performance Sports covers 180 ECTS-Credits (one ECTS-Credit is equivalent to a workload of 25 hours), corresponding to a length of six semesters.

§ 3 Supplemental Examination

- (1) Admission to the Bachelor's Programme in Health and Performance Sports requires successful completion of the supplemental examination for the assessment of physical and motor skills.
- (2) The supplemental examination consists of motor performance tests and a sports-medical analysis of performance and stress response. The required performance levels are to be determined and announced by the Dean of Studies.

§ 4 Courses

- (1) Lectures (VO '*Vorlesungen*') are courses in which subject matter is primarily conveyed through presentation by the instructor; discussion of material with students; literature presentation and critical treatment.
- (2) Courses with continuous assessment:
 1. Introductory seminar (PS '*Proseminar*'): Insight into the systematic structure, fundamental literature, fundamental research methods and working practices of sports science, with involvement of students (reflection, treatment of basic topics); introduction to academic work; presentations and discussions illustrating problem-solving techniques.
Maximum number of participants per group: 25

2. Seminar with bachelor's thesis (SE '*Seminar mit Bachelorarbeit*'): Course treating subject-specific topics from a scientific perspective.
Maximum number of participants per group: 20
3. Courses (KU '*Kurse*'): Courses to promote athletic performance and an understanding of preventive and training-specific knowledge and methods. Assessment is based on a theoretical and a practical examination.
Maximum number of participants per group: 12-20 (depending on safety, legal and organizational factors)
4. Practical courses (UE '*Übungen*'): Courses for the demonstration, explanation and application of sport scientific contents.
Maximum number of participants per group: 20
5. Excursions (EX '*Exkursionen*'): Courses in which contents are conveyed outside the premises of the university (Alpine sports).
Maximum number of participants per group: 12-20 (depending on safety, legal and organizational factors)
6. Lectures with practical emphasis (VU '*Vorlesung mit Übung*'): Courses focusing on examples of practical application to illustrate the contents of the lecture.

§ 5 Procedure for the allocation of places in courses with a limited number of participants

Allocation of course places is based on the following (order of precedence):

1. Students of the Bachelor's Programme in Health and Competitive Sports
2. Random selection

§ 6 Compulsory modules

The following compulsory modules, amounting to 180 ECTS-Credits, are to be completed:

		Type	h	ECTS-Credits
1. Module 1	Introduction to Health and Competitive Sports		5	10
Goals	Knowledge and use of sport scientific information sources (libraries, databases...); knowledge of and experience with literature research on sport scientific topics; knowledge of the various sub-disciplines within sport science, in particular regarding health and competitive sports; knowledge and practical application of the principles of academic work; knowledge and understanding of various cultures of human motion throughout history.			
Course contents	a) Introduction to Health Sports Content analysis and structuring of prevention, epidemiological studies, intervention models	VO	1	1.5
	b) Introduction to Competitive Sports Fundamental terminology; analysis of the training process; factors influencing athletic performance; introduction to training principles, training methods, fundamentals of motor testing procedures	VO	1	1.5
	c) History of Sports Insight into the origins and cultural anchoring of sports in human history; ethical, gender-specific, religious and economic aspects	VO	1	2
	d) Introduction to Sport Science Sport science as a research topic and system, introduction to research methods, literature research, formal guidelines for academic work	PS	2	5
Prerequisite(s):	none			
2. Module 2	Anatomy/Physiology		6	10
Goals	Detailed knowledge of structure and function of the human body, with special consideration of <ul style="list-style-type: none"> • motor performance capability and training • maturation and aging • environment and nutrition 			
Course contents	a) Functional Anatomy: Active and passive movement systems, respiratory and circulatory organs, nervous system, sensory organs, adaptation processes; interactions of anatomic structures during daily and athletic movement	VO	3	5
	b) Performance Physiology: Function of musculature, skeletal system, respiration, cardiovascular system, nervous system, sensory, digestive, urinary and reproductive organs from the perspective of athletic performance; stress and training adaptation processes; fundamentals of performance tests	VO	3	5
Prerequisite(s):	none			
3. Module 3	Sport Sociology/Sport Psychology		4	7.5
Goals	Knowledge and critical evaluation of relationships,			

	assessment and anchoring of sports in society, culture, politics; evaluation of social functions and processes in sports; knowledge of the diverse psychological processes in sports: perception, thought and emotional processes, their effects on athletic activity and performance, critical evaluation of the influence of athletic activities on human psychology			
Course contents	<p>a) Sport Sociology: Relationship and mutual influence of sports and society/culture; social processes and structures in sports; participation in sports from the perspective of gender; methods of empirical social research</p> <p>b) Sport Psychology: Psychological processes in athletic activities; systematics and research methods in sport psychology; consequences of athletic activity on psychology and personality; basic techniques of psychoregulation</p>	VO	2	3.5
		VO	2	4
Prerequisite(s):	none			
4. Module 4	Kinesiology		3	7.5
Goals	Knowledge and understanding of the structure and contents of kinesiology; knowledge of the biological fundamentals of movement; application of research methods of kinesiology; knowledge of the models of motor control; knowledge of the principles of human motor function; knowledge of motor abilities and characteristics; knowledge of motor learning			
Course contents	<p>Kinesiology: Fundamental questions and terminology; neuromuscular fundamentals; motor control and regulation; motor learning process; motor characteristics/skills</p>	VU	3	7.5
Prerequisite(s):	successful completion of modules 1 and 2			
5. Module 5	Supplementary Medical Fundamentals		3	5
Goals	Knowledge and evaluation of the various ways the health of the human body can be influenced in sports through environment and behaviour: theoretical and practical knowledge of first aid for accidents and emergencies			
Course contents	<p>a) Immune System/Infectious Diseases and Sports: Positive and negative influences of movement and environment on health and disease</p> <p>b) First Aid: Knowledge of the causes and initial treatment of life-threatening conditions and typical sport injuries; practical experience in applying help and assistance</p>	VO	1	2
		VU	2	3
Prerequisite(s):	successful completion of modules 1 and 2			

6. Module 6	Empirical Methods		3	7.5
Goals	Knowledge of sport scientific research methods; basic design of empirical investigations; competence in the application of data-specific methods of analysis			
Course contents	Empirical Methods in Sport Science: Topics of empirical investigation in sport science, investigation planning, data collection criteria, statistical methods, fundamental methods of inferential statistics (sampling, significance testing)	PS	3	7.5
Prerequisite(s):	successful completion of modules 1, 2 and 4			
7. Module 7	Training Science		3	7.5
Goals	Knowledge, understanding and negotiation skills in training motor abilities and skills with diverse target groups; critical analysis and application of training science knowledge in everyday training situations			
Course contents	Training Science: Biological fundamentals for positive and negative stress response by the various organ systems as the basis of training; methods of training for the basic motor demands of strength, endurance, speed, coordination and flexibility; training methods for technical training; basic tactical aspects of sports; fundamentals of training planning and supervision	VO	3	7.5
Prerequisite(s):	successful completion of modules 1, 2 and 4			
8. Module 8	Applied Training Science		7	12.5
Goals	Knowledge of procedures and methods of general and sport-specific performance diagnostics; knowledge of the particularities of youth competitive sports; computer-assisted analysis of movement; abilities in planning, developing and conducting training in performance, fitness and health sports; interpretation of performance diagnostic data and development of individual training plans for various target groups; knowledge of advanced scientific issues and questions for selected sports			
Course contents	a) Fitness Training: Practical implementation of basic training methods for the improvement of motor skills; training planning for popular and competitive sports, practical experience with various training types and equipment b) Applied Training: General and sport-specific performance diagnostics of athletic-motoric performance factors; long-term training planning in youth performance sports, talent recognition and promotion; development of long-, medium- and short-term training plans; training diaries c) Applied Performance Physiology: Advanced physiological fundamentals of motor performance abilities; preparation and implementation of standardized modern testing procedures in small groups; evaluation of test results and development of individual training recommendations	UE UE VU	2 3 2	3 5 4.5
Prerequisite(s):	successful completion of modules 1-4 and 7			
9. Module 9	Sports Education		5	10
Goals	Knowledge and understanding of the issues and classification			

	of sports education; knowledge of fundamental terminology and research methods; knowledge and evaluation of sociocultural and anthropological fundamentals of the goals of sports education and their justification; ability to analyse and evaluate athletic activities from an educational perspective; knowledge of the anthropological characteristics of athletic activities throughout life; ability to develop athletic programmes according to age, gender and performance requirements			
Course contents	<p>a) Sports Education: Research issues and methods; analysis and educational justification of athletic activities; institutions of sports education and their activities</p> <p>b) Anthropological Fundamentals of Sports: Relevant physical, motor, psychological and social characteristics and their development throughout life; development of athletic programmes according to age and gender requirements</p>	VO	2	4
		VU	3	6
Prerequisite(s):	successful completion of modules 1, 2 and 4			
10. Module 10	Applied Sport Psychology/Sport Sociology		4	7.5
Goals	Ability to apply sports psychological and sociological knowledge in performance and health sports; knowledge and application of sport-specific theories of motivation, cognition and emotion; use of sport psychological and sport sociological diagnostics and intervention techniques in performance and health sports			
Course contents	<p>a) Social-Psychological Fundamentals of Sports: Social attitudes and stereotypes, group structures, social status, leadership styles, group performance factors, social commitment, social support and interactions</p> <p>b) Psychoregulatory Techniques: Goals, principles and models of psychoregulatory techniques and their application; diagnostic procedures, development of performance profiles; specific psychoregulatory techniques</p>	VO	2	4
		VU	2	3.5
Prerequisite(s):	successful completion of modules 1 and 3			

11. Module 11	Biomechanics		3	7.5
Goals	Knowledge and understanding of structure and contents of biomechanics; kinematic and kinetic fundamentals; application of biomechanical methods of investigation in sports; knowledge of the mechanical properties of bone, cartilage, ligaments, tendons and muscles; knowledge of biomechanical stress and injury during athletic activity; knowledge of biomechanical aspects of athletic performance			
Course contents	Biomechanics: Definition, organization and purposes of sports biomechanics; biomechanical characteristics and methods of investigation in sports; biomaterials; biomechanics of sports injuries; biomechanical aspects of athletic performance	VU	3	7.5
Prerequisite(s):	successful completion of modules 1, 2 and 4			
12. Module 12	Prevention: Musculoskeletal System/Sensorimotor System		7	12.5
Goals	Epidemiological knowledge of weaknesses in and damage and injuries to the musculoskeletal system; knowledge of movement deficits and impairment from neurophysiological and motor-pedagogical perspective; knowledge of the preventive effects of movement for musculoskeletal deficits			
Course contents	a) Posture Problems/Deficits: Epidemiological aspects of posture problems and deficits, with special consideration of insufficient movement and postural imbalance; preventive effects of movement and sports for the functionality of the musculoskeletal system b) Posture Facilitation: Procedures to assess muscular deficits (maximal strength tests, muscle function tests); preventive training methods (methods for strength, coordination and flexibility) and movement strategies to prevent/improve weaknesses and strain; special programmes for important problem areas (e.g. back training programmes) c) Strain and Injuries in Sports: Stress and load capacity of the musculoskeletal system during athletic activities; epidemiological aspects of sports injuries, with special consideration of the typical mechanisms of injury; preventive and rehabilitative measures d) Sensorimotor System/Psychomotor Education: Causes of motor disorders and their neurophysiological characterization; special preventive movement programmes as part of rehabilitation, with special consideration of early support; concept of psychomotor education with practical examples of application for selected target groups e) Biomechanical-Orthopaedic Fundamentals: Methods of analysis and preventive measures for specific loads (tension, compression, torsion) and basic movements and techniques in recreational and competitive sports with regard to the forces acting on the musculoskeletal system	VO UE VU VU VU	1 2 1 2 1	1.5 3.5 2 3.5 2
Prerequisite(s):	successful completion of modules 1, 2, 4, 5 and 7			
13. Module 13	Prevention: Cardiovascular/Respiration/Metabolism		5	10
Goals	Detailed knowledge of the epidemiology of diseases of the cardiovascular, respiratory and metabolic systems and their causes; knowledge of fundamental measures for prevention and therapy; ability to plan and realize preventive			

	programmes; critical assessment of trends and developments in prevention			
Course contents	<p>a) Cardiovascular/Respiration: Epidemiology of diseases of the cardiovascular and respiratory systems; preventive and therapeutic measures; diagnostic procedures</p> <p>b) Metabolism: Epidemiology of metabolic diseases, causes, preventive and therapeutic measures; diagnostic procedures</p> <p>c) Nutrition in Sports: Effects of various types of food and eating habits on athletic performance and training</p>	VU VU VO	2 2 1	4 3.5 2.5
Prerequisite(s):	successful completion of modules 1, 2, 4 and 7			
14. Module 14	Seminar with Bachelor's Thesis: Health Sports/Competitive Sports		2	10
Goals	Ability to treat a relevant issue in written form according to academic standards and practices, presentation of results			
Course contents	Bachelor's Seminar: Health and Competitive Sports: Treatment of an issue from modules 1-13	SE	2	10
Prerequisite(s):	Successful completion of modules 1-4, 6-9, 11-13, four modules from Theory-Based Practice			
15. Module 15	Didactic Exercises		4	7.5
Goals	Knowledge and realization of movement and training programmes for various goals and target groups according to didactic principles; knowledge and assessment of processes of perception in communication, communicative competence; knowledge and assessment of structure and decision-making processes in sport scientific applications and occupational fields			
Course contents	<p>a) Didactic Exercises: Didactic principles to develop movement and training programmes for various target groups</p> <p>b) Communication Training: Processes of perception and communication, acquisition of communicative competences</p> <p>c) Implementation of Preventive Programmes and Training Programmes: Planning, testing, implementation and evaluation of measures and programmes for preventive training and other training goals, independent work</p>	UE PS VU	1 2 1	1 2 4.5
Prerequisite(s):	Successful completion of modules 1, 2, 4-7, 9, 12, 13, five modules from the block Theory-Based Practice (modules 16-21)			
16. Module 16	Theory-Based Practice: Skiing		4	7.5
Goals	Knowledge and analysis of didactic and sport-scientific aspects of fundamental motor abilities and skills through experience; proficiency in the central techniques; assessing danger; critical assessment of equipment			
Course contents	<p>a) Skiing: Improvement of achievement level, method and technique, behaviour in mountainous terrain, snow and avalanche training</p> <p>b) Snowboarding: Technical proficiency, improved achievement level,</p>	EX EX	2 1	4 2

18. Module 18	Theory-Based Practice: Ball Games/Movement Games		6	10
Goals	Knowledge and analysis of didactic and sport-scientific aspects of fundamental motor abilities and skills through experience; proficiency in the central techniques; assessing danger; rules and regulations; direction and supervision			
Course contents	Choice of courses amounting to 10 ECTS-Credits: a) Soccer: Physical demands, technical and tactical proficiency; regulations b) Volleyball: Physical demands, technical and tactical proficiency; regulations c) Basketball: Physical demands, technical and tactical proficiency; regulations d) Handball: Physical demands, technical and tactical proficiency; regulations e) Movement Games: Familiarity with a variety of movement games, cooperative games, game concepts, organization	 KU KU KU KU KU	 2 2 2 2 2	 3.5 3.5 3.5 3.5 3
Prerequisite(s):	none			
19. Module 19	Theory-Based Practice: Basic Sports		7	10
Goals	Knowledge and analysis of didactic and sport-scientific aspects of fundamental motor abilities and skills through experience; proficiency in the central techniques; assessing danger, critical assessment of equipment			
Course contents	a) Swimming: Knowledge of swimming techniques, improvement of performance levels, technical and training-specific analyses b) Gymnastics: Knowledge of techniques and skills, improvement of performance levels, aspects of securing and spotting c) Track & Field: Performance in running, jumping and throwing disciplines; technical analyses, training methods	 KU KU KU	 2 3 2	 3 4.5 2.5
Prerequisite(s):	none			

Module 20	Theory-Based Practice: Recreational Sports		4	5
Goals	Knowledge and analysis of didactic and sport-scientific aspects of fundamental motor abilities and skills through experience; proficiency in the central techniques; assessing danger, critical assessment of equipment			
Course contents	a) Ball-Return Games: Technical and tactical proficiency, variants b) Beach Volleyball: Technical and tactical proficiency, variants c) Diving: Fundamentals of all diving types on the springboard (1 m and 3 m) and the diving platform (3 m) d) Mountain Biking Technical and tactical proficiency, variants, dangers/safety aspects	KU KU KU KU	1 1 1 1	1.5 1 1.5 1
Prerequisite(s):	none			
Module 21	Theory-Based Practice: Gymnastics/Movement		5	7.5
Goals	Knowledge and analysis of didactic and sport-scientific aspects of fundamental motor abilities and skills through experience; proficiency in the central techniques; assessing danger, critical assessment of equipment			
Course contents	a) Fitness Gymnastics with Music: Improvement of motor skills, using music in movement training Choice of courses amounting to 5 ECTS-Credits: b) Rhythmic Dancing: Movement training based on rhythm, music and dancing c) Movement Cultures of the Far East Knowledge of and experience with movement cultures of the Far East d) Water Gymnastics: Knowledge of and experience with the basic elements of water gymnastics, analysis of effects on health e) Relaxation Techniques: Knowledge of and experience with fundamental relaxation techniques	KU KU KU KU KU	2 2 2 1 1	2.5 2.5 2.5 1 1.5
Prerequisite(s):	none			
	Total		95	180

§ 7 Orientation Period

The orientation period consists of modules 1 and 2. These are to be completed in the first semester.

§ 8 Bachelor's Thesis

The topic of the bachelor's thesis is to be taken from modules 1 to 13. The paper is to be submitted to the instructor in written and electronic form by the end of the course.

§ 9 Examination Regulations

- (1) Grading for module 1 (introductory stage), which consists of several lectures and one continuous assessment course, is based on the grade from the continuous assessment course and a comprehensive examination of the material covered in the module. A passing grade in the continuous assessment course is required in order to register for the comprehensive examination. The comprehensive examination on module 1 is held in written form.
- (2) Grading for all other modules is based on the examinations of the individual courses.
- (3) For course examinations, the instructor determines the method of examination (oral/written/term papers) at the beginning of the course.

§ 10 Academic Degree

Graduates of the Bachelor's Programme in Health and Competitive Sports are awarded the academic degree of "Bachelor of Arts", abbreviated "BA".

§ 11 Date of Effect

This curriculum is effective as of 1 October 2007.

§ 12 Transitional Provisions

- (1) Degree students who began the Bachelor's Programme in Health Sports or the Bachelor's Programme in Competitive Sports before 1 October 2007 are entitled to complete this degree programme within a maximum of seven semesters.
- (2) If the Bachelor's Programme in Health Sports or the Bachelor's Programme in Competitive Sports is not completed within this period, students are required to follow the curriculum for the Bachelor's Programme in Health and Competitive Sports.

For the Curriculum Commission:

Mag. Dr. Barbara Hotter

For the Senate:

Univ.-Prof. Dr. Ivo Hajnal

Appendix 1: Recommended Course Sequence

No.	Module	Year		
		1	2	3
1	Introduction	10		
2	Anatomy/Physiology	10		
3	Sport Sociology/Sport Psychology	7.5		
4	Kinesiology	7.5		
5	Supplementary Medical Fundamentals	5		
6	Empirical Methods		7.5	
7	Training Science		7.5	
8	Applied Training Science			12.5
9	Sports Education		10	
10	Applied Sport Psychology/Sport Sociology		7.5	
11	Biomechanics		7.5	
12	Prevention: Musculoskeletal System/Sensorimotor System		12.5	
13	Prevention: Cardiovascular/Respiration/Metabolism			10
14	Seminar with Bachelor's Thesis: Health Sports/Competitive Sports			10
15	Didactic Exercises			7.5
16	Theory-Based Practice: Skiing			7.5
17	Theory-Based Practice: Alpine Sports			7.5
18	Theory-Based Practice: Ball Games/Movement Games	10		
19	Theory-Based Practice: Basic Sports	10		
20	Theory-Based Practice: Recreational Sports			5
21	Theory-Based Practice: Gymnastics/Movement		7.5	
	Total	60	60	60