



## Foundations of Sport and Exercise Psychology

Academic Degree	Module Number	Module Type
Master of Science	08-SEP-0001	Compulsory

<b>Module Title</b>	<b>Foundations of Sport and Exercise Psychology</b>
<b>Recommended semester</b>	1
<b>Responsible</b>	Faculty of Sport Science, Chair of Sport Psychology
<b>Duration</b>	1 semester
<b>Module frequency</b>	each winter semester
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>▪ Lecture: "Sport and Exercise Psychology" (2 SWS) = 30 h attendance + 70 h self-study = 100 h</li> <li>▪ Tutorial: "Distance Learning Material Sport and Exercise Psychology" (2 SWS) = 30 h attendance + 120 h self-study = 150 h</li> <li>▪ Tutorial: "Terminology in Sport and Exercise Psychology" (2 SWS) = 30 h attendance + 20 h self-study = 50 h</li> </ul>
<b>Workload</b>	10 credits = 300 h work
<b>Applicability</b>	MSc Sport and Exercise Psychology
<b>Objectives</b>	<p>Students are able to answer the question "What does sport and exercise psychology (SEP) deal with and what are the central tasks and issues of a sport and exercise psychologist in research and practice?"</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ with knowledge of SEP's central texts, describe and explain in English the sport psychological and exercise psychological concepts, theories, definitions and models in the context of research-oriented and applied SEP, in a target-group-specific and situationally appropriate manner; categorize these in the overall context of SEP</li> <li>▪ identify research questions and methods in SEP in subject-related texts</li> <li>▪ describe applied and professional fields of SEP on the basis of assignments, subject-specific methods, working methods and subjects</li> <li>▪ designate SEP associations and their tasks (e.g. Arbeitsgemeinschaft für Sportpsychologie (asp), Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC), Association for Applied Sport Psychology (AASP)</li> <li>▪ make an initial assessment of their own knowledge and existing (partial) competencies in relation to the subject and their individual qualification project (Why I study SEP?), to identify individual learning needs and initial ideas for further study</li> </ul>
<b>Content</b>	<p>Lecture "Sport and Exercise Psychology"</p> <ul style="list-style-type: none"> <li>▪ SEP concepts and theories (e.g. motivation and volition, emotion, cognition)</li> <li>▪ sport and personality</li> <li>▪ stress and recovery</li> <li>▪ group processes</li> <li>▪ talent development</li> </ul>



	<ul style="list-style-type: none"> <li>▪ sports psychological training</li> <li>▪ sport, health and psychological well-being</li> <li>▪ sport and acculturation</li> <li>▪ SEP associations</li> </ul> <p>Tutorial "Distance Learning Material Sport and Exercise Psychology"</p> <ul style="list-style-type: none"> <li>▪ current research trends in SEP for researchers and practitioners</li> <li>▪ history of SEP</li> <li>▪ motives and goals of physical activity and sport activity (over the life span)</li> <li>▪ psychological aspects of physical activity and performance in different settings</li> <li>▪ psychological foundations, effects and interventions of health-related physical activity and exercise</li> <li>▪ advantages and disadvantages of different SEP research methods and theories</li> </ul> <p>Tutorial "Terminology in Sport and Exercise Psychology"</p> <ul style="list-style-type: none"> <li>▪ English Language course</li> </ul>
<b>Admission requirements</b>	none
<b>Literature</b>	Details regarding literature will be given in the course.
<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.

### Module examinations and preliminary examinations

<b>Module examination:</b> Portfolio, with weighting: 1	
<b>Preliminary examination:</b> Electronic examination (multiple choice) 60 min. in the lecture component	
	Lecture "Sport and Exercise Psychology" (2SWS)
	Tutorial "Distance learning material Sport and Exercise Psychology" (2SWS)
	Tutorial "Terminology in Sport and Exercise Psychology" (2SWS)



## Foundations of Research Theory and Methodology

Academic Degree	Module Number	Module Type
Master of Science	08-SEP-0002	Compulsory

<b>Module Title</b>	<b>Foundations of Research Theory and Methodology</b>
<b>Recommended semester</b>	1
<b>Responsible</b>	Faculty of Sport Science, Chair of Sport Psychology
<b>Duration</b>	1 semester
<b>Module frequency</b>	each winter semester
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>▪ Seminar: "Foundations of Research Theory and Methodology" (2 SWS) = 30 h attendance + 120 h self-study = 150 h</li> <li>▪ Tutorial: "Foundations of Research Theory and Methodology" (2 SWS) = 30 h attendance + 120 h self-study = 150 h</li> </ul>
<b>Workload</b>	10 credits = 300 h work
<b>Applicability</b>	MSc Sport and Exercise Psychology
<b>Objectives</b>	<p>The students are able to analyze and evaluate a study design with regard to quality (i.e., research question, design, methodology).</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ summarize and compare theories of science and characteristics of scientific knowledge (e.g. explanation, prediction of experimental results)</li> <li>▪ explain, categorize and compare different research and study designs</li> <li>▪ explain the basics of research methodology (sample calculation and characteristics, sample recruitment and composition, measurement procedures, design and experimental procedures)</li> <li>▪ determine whether the research methodology has been appropriately selected for the given research question</li> <li>▪ classify and compare diagnostic methods and tools in different settings</li> <li>▪ critically examine various sources with regard to quality and filter them according to their relevance</li> </ul>
<b>Content</b>	<p>Seminar "Foundations of Research Theory and Methodology I"</p> <ul style="list-style-type: none"> <li>▪ introduction to the theory of science (Wiener Kreis, Popper, Kuhn, Lakatos)</li> <li>▪ research theory, research methodology and models</li> <li>▪ theoretical foundations of methodology and experimental design (experimental studies, evaluation studies, case studies, hypothesis formation, types of variables, experimental set-up)</li> </ul> <p>Tutorial "Foundations of Research Theory and Methodology II"</p> <ul style="list-style-type: none"> <li>▪ instruments of sports psychological diagnostics</li> <li>▪ instrument-based methods</li> <li>▪ sport psychological tests, psychophysiological procedures</li> <li>▪ (sport-)psychological diagnostics of individuals and different groups</li> </ul>



<b>Admission requirements</b>	none
<b>Literature</b>	Details regarding literature will be given in the course.
<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.

### Module examinations and preliminary examinations

<b>Module examination:</b> Review, with weighting: 1	
<b>Preliminary examination:</b> presentation (15 min.) in the tutorial component	
	Seminar "Foundations of research theory and methodology" (2SWS)
	Tutorial "Foundations of research theory and methodology" (2SWS)



## Basic Research and Communication Skills

Academic Degree	Module Number	Module Type
Master of Science	08-SEP-0003	Compulsory

<b>Module Title</b>	<b>Basic Research and Communication Skills</b>
<b>Recommended semester</b>	1
<b>Responsible</b>	Faculty of Sport Science, Chair of Sport Psychology
<b>Duration</b>	1 semester
<b>Module frequency</b>	each winter semester
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>▪ Tutorial: "Communication, Team and Intercultural skills" (2SWS) = 30 h attendance + 120 h self-study = 150 h</li> <li>▪ Seminar: "Research Skills" (2SWS) = 30 h attendance + 120 h self-study = 150 h</li> </ul>
<b>Workload</b>	10 credits = 300 h work
<b>Applicability</b>	MSc Sport and Exercise Psychology
<b>Objectives</b>	<p>According to a given assignment, students are able to plan, carry out and reflect on a teambuilding measure on the basis of theoretical concepts for heterogeneous, intercultural groups.</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ analyze a group or a team with regard to existing roles and issues of development</li> <li>▪ to classify a given assignment according to a model of team development in order to derive content and methods for a systematic and well-planned team development process</li> <li>▪ develop exercise variations for the targeted support of team development and apply them in a well-founded way</li> <li>▪ justify and reflect on their own leadership actions based on selected theories and models of groups, communication and leadership</li> <li>▪ develop, apply and then reflect on methods and strategies of communication and mediation between different actors and stakeholders</li> <li>▪ observe and explain team processes according to specific criteria and analyze and reflect on them:             <ul style="list-style-type: none"> <li>▪ recognize disruptive factors in group processes and formulate possible courses of action</li> <li>▪ recognize intercultural differences and develop sensitivity for cultural differences in language and different levels of language proficiency</li> <li>▪ perceive conflicts and develop methods and strategies for conflict resolution between different actors and stakeholders</li> <li>▪ anticipate causes of conflicts due to intercultural differences and develop corresponding problem-solving strategies</li> <li>▪ give and accept constructive, valuable feedback in English (in oral and written form)</li> <li>▪ accept criticism objectively and respond adequately in terms of language</li> </ul> </li> </ul> <p>The students are able to submit project/research proposals with regard to organizational, content-methodological and ethical-moral aspects and criteria.</p>



	<p>To this end, the students can:</p> <ul style="list-style-type: none"> <li>▪ apply and evaluate research strategies based on finding and using information/data/sources legally and ethically, using literature databases and management programs (citavi, Mendeley)</li> <li>▪ understand how data is collected and organized, and describe and classify concrete statistical procedures (e.g. t-test, ANOVA, regression, correlation) for data analysis</li> <li>▪ assess and compare relevant application formats (research applications, project applications, ethics applications) on the basis of predefined criteria</li> <li>▪ describe project-relevant relationships/processes (e.g. timeline, financial plan)</li> <li>▪ estimate financial expenditures incurred by projects and organizational challenges during their implementation</li> <li>▪ identify research project funding organizations</li> <li>▪ describe principles of Open Science and research-related ethical/moral behavior</li> </ul>
<b>Content</b>	<p>Tutorial "Communication, Team and Intercultural Skills"</p> <ul style="list-style-type: none"> <li>▪ communication and leadership models and theories</li> <li>▪ group process models (e.g. Tuckman)</li> <li>▪ group cohesion models (e.g. Carron)</li> <li>▪ assessment procedure for groups</li> <li>▪ team-building measures/exercises</li> <li>▪ communication exercises</li> <li>▪ methods and techniques of conducting discussions (including feedback methods)</li> <li>▪ leadership qualities and roles in groups</li> <li>▪ positive/negative effects in groups (e.g. Köhler effect, social facilitation, Ringelmann effect, trottell effect)</li> <li>▪ perceiving and dealing with conflicts</li> <li>▪ escalation stages of social conflicts, background of conflicts</li> <li>▪ conflict discussions, conflict moderation, conflict resolution</li> <li>▪ moderation methods as communication, evaluation and guidance instruments</li> </ul> <p>Seminar "Research Skills"</p> <ul style="list-style-type: none"> <li>▪ references and citation</li> <li>▪ statistical programs (SPSS) and statistical tests</li> <li>▪ principles of Open Science</li> <li>▪ different research strategies (literature research)</li> <li>▪ access to information (Open Science platforms)</li> <li>▪ research/science ethics and laws (plagiarism)</li> <li>▪ evidence and quality management (evidence pyramid)</li> <li>▪ fundamental aspects of project and financial management</li> <li>▪ research funding institutions</li> </ul>
<b>Admission requirements</b>	none
<b>Literature</b>	Details regarding literature will be given in the course.
<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.



### Module examinations and preliminary examinations

Module examination: Moderation, with weighting: 1	
<b>Preliminary examination:</b> Electronic examination (multiple choice) 60 min. in the seminar component	
	Tutorial "Communication, team and intercultural skills" (2SWS)
	Seminar "Research skills" (2SWS)



## Application of Sport and Exercise Psychology in Different Settings

Academic Degree	Module Number	Module Type
<b>Master of Science</b>	<b>08-SEP-0004</b>	<b>Compulsory</b>

<b>Module Title</b>	<b>Application of Sport and Exercise Psychology in Different Settings</b>
<b>Recommended semester</b>	2
<b>Responsible</b>	Faculty of Sport Science, Chair of Sport Psychology
<b>Duration</b>	1 semester
<b>Module frequency</b>	each summer semester
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>▪ Seminar: "SEP in Context I" (1SWS) = 15 h attendance + 60 h self-study = 75 h</li> <li>▪ Seminar: "SEP in Context II" (1SWS) = 15 h attendance + 60 h self-study = 75 h</li> <li>▪ Seminar: "SEP in Context III" (1SWS) = 15 h attendance + 60 h self-study = 75 h</li> <li>▪ Seminar: "SEP in Context IV" (1SWS) = 15 h attendance + 60 h self-study = 75 h</li> </ul>
<b>Workload</b>	10 credits = 300 h work
<b>Applicability</b>	MSc Sport and Exercise Psychology
<b>Objectives</b>	<p>The students are able to compare different professional fields in SEP with regard to research and practice.</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ apply SEP definitions, concepts, theories and models in the context of research- and application-oriented professional fields</li> <li>▪ establish their own relationship to work in the various professional fields and identify typical research questions</li> <li>▪ derive measures for the transfer of theory and empirical findings into practice</li> <li>▪ precise use of specialist terminology of SEP in English, in a target group-specific and situation-appropriate manner</li> <li>▪ identify and compare typical research and consulting settings</li> <li>▪ assign different professional and task areas to partners in practice</li> <li>▪ describe similarities and differences between different counselling and care contexts in SEP</li> <li>▪ compare methods and strategies for counselling and care of different persons (athletes, trainers, colleagues, clients, patients)</li> <li>▪ demonstrate first experience in guided data collection</li> </ul>
<b>Content</b>	<p>Seminar: "SEP in the Elite Sport Context"</p> <ul style="list-style-type: none"> <li>▪ (sport-)psychological requirement profiles</li> <li>▪ status, performance and talent diagnostics</li> <li>▪ talent identification and development</li> <li>▪ athlete-coach-system Interaction</li> <li>▪ career development and career end, drop-out behavior</li> <li>▪ negative aspects of elite and competitive sports (e.g. depression, eating disorders, doping)</li> </ul>





	<p>Seminar: "SEP in the School Context"</p> <ul style="list-style-type: none"> <li>▪ psychological processes and approaches to motivating physical education</li> <li>▪ emotions and their management in physical education</li> <li>▪ stress and psychological strain in physical education teachers</li> </ul> <p>Seminar: "SEP in the Health Context and Clinical Sport Psychology"</p> <ul style="list-style-type: none"> <li>▪ diagnostic methods related to physical activity</li> <li>▪ theories and models of health psychology</li> <li>▪ behavioral change (motivation and maintenance)</li> <li>▪ physical activity over the life span (characteristics in childhood, adolescence, adulthood and in senior citizens)</li> <li>▪ sport-related clinical diseases (e.g. depression, sports addiction, anorexia athletica)</li> </ul> <p>Seminar: "SEP in the Management Context"</p> <ul style="list-style-type: none"> <li>▪ aptitude and selection diagnostics</li> <li>▪ psychological stress, stress management and prevention</li> <li>▪ employee motivation and retention</li> <li>▪ leadership behavior in groups, teams and organizations</li> <li>▪ communication, interaction and conflict management</li> </ul> <p>Seminar: "SEP in the Neuro-/Psycho-physiological Context"</p> <ul style="list-style-type: none"> <li>▪ activities of the brain in a sports context</li> <li>▪ neuronal functions and their adaptability</li> <li>▪ functions of nerve cell assemblies and connections in the control of movement</li> <li>▪ neurophysiological and psychophysiological measurement methods (e.g. neuro- and bio-feedback, electromyography (EMG), electroencephalography (EEG), motion analysis)</li> </ul>
<b>Admission requirements</b>	Participation in the module "Foundations of Sport and Exercise Psychology" (08-SEP-0001).
<b>Literature</b>	Details regarding literature will be given in the course.
<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.

### Module examinations and preliminary examinations

<b>Module examination:</b> written assignment (6 weeks), with weighting: 1	
<b>Preliminary examination:</b> presentation (15 min.) in one of the four seminars	
	Seminar "SEP in context I" (1SWS)
	Seminar "SEP in context II" (1SWS)
	Seminar "SEP in context III" (1SWS)
	Seminar "SEP in context IV" (1SWS)



## Application of Research Theory and Methodology

Academic Degree	Module Number	Module Type
Master of Science	08-SEP-0005	Compulsory

<b>Module Title</b>	<b>Application of Research Theory and Methodology</b>
<b>Recommended semester</b>	2
<b>Responsible</b>	Faculty of Sport Science, Chair of Sport Psychology
<b>Duration</b>	1 semester
<b>Module frequency</b>	each summer semester
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>▪ Seminar: "Application of Research Theory and Methodology" (2SWS) = 30 h attendance + 120 h self-study = 150 h</li> <li>▪ Tutorial: "Application of Research Theory and Methodology" (2SWS) = 30 h attendance + 120 h self-study = 150 h</li> </ul>
<b>Workload</b>	10 credits = 300 h work
<b>Applicability</b>	MSc Sport and Exercise Psychology
<b>Objectives</b>	<p>The students are able to develop their own research design for a research question and to present it in a project plan, within the framework of a research proposal.</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ identify research gaps, develop their own research ideas in SEP and formulate research questions</li> <li>▪ derive research methodology (e.g. qualitative, quantitative) based on a research question</li> <li>▪ identify potential problems in research designs (e.g. sample recruitment and composition; evaluate research design with respect to sample calculation, characteristics, and recruitment; sample composition; measurement methods; evaluate design and experimental procedures)</li> <li>▪ assess and consider ethical and moral aspects when planning and conducting a study</li> <li>▪ present project-relevant relationships/processes (e.g. timeline, financial plan) in a clear and structured way (e.g. figures, tables)</li> </ul>
<b>Content</b>	<p>Seminar "Application of Research Theory and Methodology"</p> <ul style="list-style-type: none"> <li>▪ consolidation of research methodology and scientific theories</li> <li>▪ experimental studies and evaluation studies, case studies</li> <li>▪ hypothesis formation and types of variables</li> <li>▪ experimental setup and experimental designs</li> <li>▪ experimental evaluation, interpretation of results</li> <li>▪ scientific and professional ethics in SEP</li> <li>▪ development of methods and analytical procedures</li> <li>▪ planning of a scientific study</li> <li>▪ introduction to quality management methods</li> </ul> <p>Tutorial "Application of Research Theory and Methodology"</p> <ul style="list-style-type: none"> <li>▪ content, organizational and financial aspects, as well as obstacles in project management</li> </ul>



	<ul style="list-style-type: none"><li>▪ analysis, evaluation and planning of resources</li><li>▪ drafting an ethical approval application</li><li>▪ creation of tables and graphics</li></ul>
<b>Admission requirements</b>	Participation in the module "Foundations of Research Theory and Methodology" (08- SEP-0002).
<b>Literature</b>	Details regarding literature will be given in the course.
<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.

### Module examinations and preliminary examinations

<b>Module examination:</b> Research concept, with weighting: 1	
<b>Preliminary examination:</b> presentation (15 min.) in the tutorial component	
	Seminar "Application of research theory and methodology" (2SWS)
	Tutorial "Application of research theory and methodology" (2SWS)



## Advanced Research and Communication Skills

Academic Degree	Module Number	Module Type
Master of Science	08-SEP-0006	Compulsory

<b>Module Title</b>	<b>Advanced Research and Communication Skills</b>
<b>Recommended semester</b>	2
<b>Responsible</b>	Faculty of Sport Science, Chair of Sport Psychology
<b>Duration</b>	1 semester
<b>Module frequency</b>	each summer semester
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>▪ Seminar: "Professionalism in Sport and Exercise Psychology" (2SWS) = 30 h attendance + 120 h self-study = 150 h</li> <li>▪ Tutorial: "Scientific Communication Skills" (2SWS) = 30 h attendance + 120 h self-study = 150 h</li> </ul>
<b>Workload</b>	10 credits = 300 h work
<b>Applicability</b>	MSc Sport and Exercise Psychology
<b>Objectives</b>	<p>The students are able to develop their own professionalism in applied and research-oriented SEP using case studies.</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ explain and apply basic techniques of discussion and counselling (including systematic and goal-oriented clarification of a counselling assignment, standards for documentation of counselling and evaluation)</li> <li>▪ exemplary practical tasks in concrete settings and mostly plan, carry out and reflect on those in an intercultural/international context, such as             <ul style="list-style-type: none"> <li>▪ event planning and implementation</li> <li>▪ moderation of groups</li> <li>▪ conducting a discussion</li> <li>▪ advice on and implementation of measures for stress management</li> </ul> </li> <li>▪ reflect on initial professional experiences with regard to societal expectations and consequences</li> <li>▪ reflect on professional decisions made in an ethically responsible manner, using concrete case studies</li> <li>▪ identify and describe strategies of professional self-marketing from practice and make a self-presentation of one's own abilities with suitable language tools as well as ensure that it is ethically correct (e.g. for building professional networks)</li> <li>▪ observe and abide by scientific and professional ethical guidelines of SEP associations (e.g. asp, FEPSAC, AASP)</li> <li>▪ from their own identification with the subject, expand the framework conditions for professional activity in a situation-appropriate and cross-situational manner, e.g. through measures to raise awareness of the topic of SEP</li> <li>▪ reflect on their professional self-image, which is oriented towards goals and standards of professional conduct in science</li> </ul>



	<ul style="list-style-type: none"> <li>▪ justify their own professional actions with theoretical and methodological knowledge and reflect upon these in terms of alternative approaches</li> </ul> <p>The students are able to process scientific content and present it scientifically, in written and oral form, in a manner appropriate to a given target group and situation.</p> <p>In addition, students can:</p> <ul style="list-style-type: none"> <li>▪ develop and precisely apply the specialist terminology of SEP in English, in a target group- and situation-specific manner</li> <li>▪ prepare scientific findings for specific target groups</li> <li>▪ describe complex issues and emphasize the most important aspects</li> <li>▪ summarize and effectively (digitally) communicate digital methods of presentation, self-marketing and publication</li> <li>▪ convincingly present scientific results in various formats (e.g. abstract, lecture, poster, case report, research report)</li> <li>▪ present themselves in a situationally appropriate way both offline and online (e.g. conferences, social media platforms)</li> <li>▪ select a suitable phrase from an available repertoire of discourse resources in order to appropriately introduce statements</li> </ul>
<b>Content</b>	<p>Seminar: "Professionalism in Sport and Exercise Psychology"</p> <ul style="list-style-type: none"> <li>▪ strategies and methods of self-marketing (e.g. social media, own website, science platforms, such as ResearchGate)</li> <li>▪ scientific and professional ethical guidelines of SEP associations</li> <li>▪ content, documentation and evaluation of care assignments in applied SEP</li> <li>▪ techniques of leading discussions and moderation</li> <li>▪ collegial case advice</li> <li>▪ event planning and implementation (time and content management)</li> <li>▪ methods of relaxation and stress management</li> </ul> <p>Tutorial: "Scientific Communication Skills"</p> <ul style="list-style-type: none"> <li>▪ writing scientific papers (structure, content, style)</li> <li>▪ principles of good scientific writing</li> <li>▪ forms of scientific texts and contents (e.g. abstract, poster)</li> <li>▪ digital methods of presentation, self-marketing, and publication</li> <li>▪ specialized terminology, use of specialized language, and scientific expression</li> </ul>
<b>Admission requirements</b>	Participation in the module "Basic Research and Communication Skills" (08-SEP-0003).
<b>Literature</b>	Details regarding literature will be given in the course.
<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.

### Module examinations and preliminary examinations

<b>Module examination:</b> Scientific poster, with weighting: 1	
<b>Preliminary examination:</b> Portfolio in the seminar component	
	Seminar "Professionalism in Sport and Exercise Psychology" (2SWS)
	Tutorial "Scientific communication skills" (2SWS)



## Research Experience

Academic Degree	Module Number	Module Type
Master of Science	08-SEP-0007	Elective

Module Title	Research Experience
Recommended semester	3
Responsible	Faculty of Sport Science, Chair of Sport Psychology
Duration	1 semester
Module frequency	each winter semester
Teaching methods	<ul style="list-style-type: none"> <li>▪ Internship: "Internship in a Research Setting" (0SWS) = 0 h attendance + 640 h self-study = 640 h</li> <li>▪ Tutorial: "Research Experience" (2SWS) = 30 h attendance + 100 h self-study = 130 h</li> <li>▪ Event: "Participation in UL Continuing Education Event" (1SWS) = 15 h attendance + 115 h self-study = 130 h</li> </ul>
Workload	30 credits = 900 h work
Applicability	MSc Sport and Exercise Psychology
Objectives	<p>Students are capable of applying theoretical principles and research methods to demonstrate in-depth knowledge of specific, methodical work in a scientific context.</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ reflect on their professional self-image, which is oriented towards the goals and standards of professional scientific conduct</li> <li>▪ justify their professional actions based on theoretical and methodological knowledge and reflect on these in terms of alternative approaches</li> <li>▪ expand on their (specialized) language competency in dealing with different communication partners and circumstances, using different language registers which are situationally appropriate</li> <li>▪ experience and reflect on methods and strategies for counselling and care of different persons/groups (athletes, trainers, colleagues, clients, patients) in the context of supervision</li> <li>▪ collect data in accordance with instructions and evaluate these data with known analytical methods</li> </ul>
Content	<ul style="list-style-type: none"> <li>▪ supervision of the internship</li> <li>▪ participation in continuing education events of the UL (upon choice)</li> <li>▪ participation in scientific lectures and consultations (colloquia, research exchange, defenses)</li> </ul>
Admission requirements	Participation in the modules "Foundations/Application of Research Theory and Methodology" (08-SEP-0002 and -0005) and "Basic/Advanced Research and Communication Skills" (08-SEP-0003 and -0006).
Literature	Details regarding literature will be given in the course.



<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.
----------------------------------	--

### Module examinations and preliminary examinations

Module examination: Internship report, with weighting: 1	
<b>Preliminary examination:</b> Experiment in practical training	
	Internship "Internship in a Research Setting" (0SWS)
	Tutorial "Research Experience" (2SWS)
	Event "Participation in UL Continuing Education Event" (1SWS)



## Master Colloquium

Academic Degree	Module Number	Module Type
Master of Science	08-SEP-0008	Compulsory

<b>Module Title</b>	<b>Master Colloquium</b>
<b>Recommended semester</b>	4
<b>Responsible</b>	Faculty of Sport Science, Chair of Sport Psychology
<b>Duration</b>	1 semester
<b>Module frequency</b>	each summer semester
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>▪ Colloquium: "Master Colloquium" (2SWS) = 30 h attendance + 120 h self-study = 150 h</li> </ul>
<b>Workload</b>	5 credits = 150 h work
<b>Applicability</b>	MSc Sport and Exercise Psychology
<b>Objectives</b>	<p>The students are able to independently plan, conduct and evaluate a study, taking into account methodological, organizational and ethical-moral aspects.</p> <p>To this end, students can:</p> <ul style="list-style-type: none"> <li>▪ identify research gaps and derive research questions and research methods in SEP</li> <li>▪ to present the state of research in a differentiated and critical manner with reference to their own research question, to identify problems in research designs and to assess their scientific quality (e.g. sample recruitment and composition; design with regard to sample calculation, characteristics, recruitment; sample composition; measurement methods; critically analyze design and experimental procedures)</li> <li>▪ apply knowledge of research methods to answer research questions in SEP</li> <li>▪ collect, manage, evaluate and apply data in a reflective manner (data literacy)</li> <li>▪ apply statistical procedures/software for data analysis and interpret research results</li> <li>▪ write a scientific paper in accordance with subject-specific language standards</li> <li>▪ apply Open Science principles</li> <li>▪ derive measures for the transfer of theory and empirical findings into practice</li> </ul>
<b>Content</b>	<p>Planning, implementation and evaluation of a study on a complex research questions</p> <ul style="list-style-type: none"> <li>▪ academic writing</li> <li>▪ application of scientific methods</li> <li>▪ methodical, empirical, structural and systematic concepts</li> <li>▪ advanced literature research strategies</li> <li>▪ presentation of the planned study</li> </ul>
<b>Admission requirements</b>	Completion of modules in the scope of 80 credits.
<b>Literature</b>	Details regarding literature will be given in the course.
<b>Awarding of credit points</b>	Upon successful completion of the module. Further details are governed by the examination regulations.





**Module examinations and preliminary examinations**

<b>Module examination:</b> presentation 15 minutes, with weighting: 1	
	Colloquium "Master Colloquium" (2SWS)