

SPO-PEN-14: Society and Health: Applied Methods and Advanced Analysis			Number of credit points (CP): 6	
Module type (compulsory or elective module):	Depends on the degree program			
Content and objectives of the module:	<p><u>Content:</u></p> <ul style="list-style-type: none"> - early programming, stress, and vulnerability in the development of mental and neurodegenerative illnesses - diagnostics and personalization of lifestyle interventions for neurodegenerative diseases and comorbidities - therapy and prevention through lifestyle interventions with a focus on behavior, motivation, attitude - evidence-based nature of behavioral interventions to improve lifestyle; special aspects of mental and neurological diseases (examples from psychiatry, addiction medicine) - psychosocial aspects of motivation and adherence to therapy - basics of implementation research - methods and concepts of health services research for mental and neurological diseases - current (supra-)regional health services research interventions <p><u>Qualification objectives:</u></p> <p>Students are familiar with psychoneuroendocrinological connections in the development of mental and neurodegenerative diseases. Students are familiar with psychosocial aspects of lifestyle risks and of evidence-based lifestyle interventions and can explain them. They are familiar with and can apply methods and concepts of health services research for mental and neurological diseases as well as healthcare structures. They know about the therapeutic opportunities of life style interventions and their personalization options based on knowledge of the mechanisms and can evaluate them. Students can name, critically evaluate, and apply criteria for the evidence-based evaluation of sports therapy and nutritional interventions.</p>			
Module (sub-)examination (number, form, scope):	Oral exam, 15-30 minutes			
Independent study time (in hours (h)):	120			
Courses (teaching formats)	Contact time (in hours per week per semester)	Secondary examinations (number, form, scope)		Course-accompanying module (sub-) examination(s) (number, form, scope)
		For completing the module	For admission to the module exam	
Behavioral Interventions for Lifestyle Risks (lecture)	2	-	-	-
Psycho-Neuroendocrinological Aspects of Lifestyle Interventions (seminar)	2	Presentation (20 minutes) or One-Minute-Paper (80 percent)	-	-
Frequency at which the module is offered:	Summer semester			
Prerequisite for taking the module:	none			
Teaching unit(s):	Behavioral Interventions for Lifestyle Risks (lecture): Sports Science/Medicine Psycho-Neuroendocrinological Aspects of Lifestyle Interventions (seminar): Sports Science/Medicine			

SPO-PEN-18: Society and Health: Research Internship		Number of credit points (CP): 15		
Module type (compulsory or elective module):	Depends on the degree program			
Content and objectives of the module:	<p><u>Content:</u></p> <ul style="list-style-type: none"> – research internship/tandem research project including topic search and exposé – laboratory work in the area of “Society and Health” – research methods related to the specificity of the laboratory or specific current research projects and planned studies, for example biomarker evaluation and analytics, imaging techniques, electro-physiological methods (EEG, EMG) <p><u>Qualification objectives:</u></p> <p>Students are familiar with specific methods, laboratory equipment, and measurement procedures in relation to concrete research projects and laboratories. They are able to work on extensive laboratory tasks and apply experimental designs and surveys according to previously defined scientific questions. They can analyze and evaluate relevant experimental data and identify possible sources of error. They are able to find a suitable topic for an empirical master's thesis in the field of “Society and Health” and prepare an exposé on it.</p>			
Module (sub-)examination (number, form, scope):	Portfolio examination, on empirical research work during the internship; consisting of a project/internship report on empirical research work during the internship in publication form (CONSORT) (75 percent share, max. 20 pages) and the presentation of the project/internship report (25 percent share, 20 minutes)			
Independent study time (in hours (h)):	60			
Courses (teaching formats)	Contact time (in hours per week per semester)	Secondary examinations (number, form, scope)		Course-accompanying module (sub-) examination(s) (number, form, scope)
		For completing the module	For admission to the module exam	
Research Project/Internship (during the semester, full-day) (practical component)	Supervision: 4	active and regular participation (80%) in the planning, implementation, and evaluation of the empirical research work; compulsory attendance (at least 80%)	-	-
Specific Research Methods in the Field of Society and Health (seminar or recitation course)	2	Exposé (approx. 2-5 pages) on the empirical thesis	-	-
Frequency at which the module is offered:	Winter semester			
Prerequisite for taking the module:	none			
Teaching unit(s):	Research Project/Internship (during the semester, full-day) (practical component): Sports Science/Medicine (66%) Health Sciences (33%) Specific Research Methods in the Field of Society and Health (seminar or recitation course): Sports Science/Medicine (66%) Health Sciences (33%)			