

Country AT	Institution TMA	Common Module Military Leadership C (Physical Training)	ECTS 4.0
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Service ALL	<p align="center">Minimum Qualification for Lecturers</p> <ul style="list-style-type: none"> Sports Trainer according to national regulations. English: Common European Framework of Reference for Languages (CEFR) Level B2 or NATO STANAG Level 3.
Language English	

<p>Prerequisites for international participants:</p> <ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2. Fulfilling respective national physical standards of the sending institution. National medical certificate. 	<p>Goal of the Module</p> <ul style="list-style-type: none"> Prepare and lead physical training sessions under supervision of instructors. Knowledge about Methodology of physical training. Knowledge about maintenance of physical fitness and how to pass this knowledge theoretically and practically to subordinated personnel as a leader. How to adopt physical training sessions to special fitness-needs of various branches.
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Learning outcomes	Knowledge	<ul style="list-style-type: none"> Knows the main aspects of general and specific sports education and is subsequently able to organise physical training sessions for subordinated personnel. Has a basic knowledge on maintenance of physical fitness and how to pass this knowledge theoretically and practically to subordinated personnel as a leader. Knows the techniques to prepare and conduct physical training sessions. Knows the basic methods of prevention of injuries and overload damages.
	Skills	<ul style="list-style-type: none"> Is capable of managing physical training sessions using different methods of training. Has the necessary organisational and administrative skills for managing physical training mainly for fitness military personnel needs. Is able to lead a group during physical training.
	Competences	<ul style="list-style-type: none"> Is capable of leading physical training sessions. Assumes responsibilities of the leader for physical training, based on modern means of training methods. Maintains and develops the physical fitness that is required for enduring situations a military leader must face.

<p>Verification of learning outcomes</p> <ul style="list-style-type: none"> Observation: Trainees are to be observed and are to be evaluated concerning their leadership profiles, during training sessions. Tests: Theoretical background is to be tested and graded. Tests may be separated in small parts after theoretical lecture units and/or a final test is to be conducted. Evaluation: Observation and theoretical test(s) result in the overall module grading. An individual qualified feedback is to be issued to the participants.



Module Details		
Main Topic	Recommended WH	Details
First Aid	2	<ul style="list-style-type: none"> • First aid and basic methods of prevention of injuries and overload damages
General (theoretical) Sports Education	11	<ul style="list-style-type: none"> • Orderliness and system of training. • Principles of training. • Sports' motoric basic characteristics. • Components of burden. • Systematic influence on performance determining factors. • Methods of training. • Simple methods of testing. • How to pass the theoretical knowledge to subordinated personnel as a leader.
Specific (theoretical) Sports Education	12	<ul style="list-style-type: none"> • Principles of military fitness training. • Methodical basics of fitness training. • Strength & stamina training. • Get over obstacles. • Agility training. • How to pass the theoretical knowledge to subordinated personnel as a leader. • Differences between male and female training.
Practical Sports Education ¹	52	<ul style="list-style-type: none"> • Prepare and lead training sessions under supervision of physical fitness trainers. • It has to be organised as a mixture of leading sports lessons according to a training plan and has to include all fields mentioned in the theoretical part.
Total	77	
Additional hours (WH) to increase the learning outcomes		
Self-Studies	23	<ul style="list-style-type: none"> • To prepare designated physical fitness sessions. • To prepare theoretical tests. • According to the training progress the Physical Training Staff may decide to do more practical training instead of Self-Studies.
Total WH	100	The detailed amount of hours for the respective main topic is up to the course director according to national law or home institution's rules.

1 Remark: Practical Sports Education is to be conducted partitioned during the entire semester.



List of Abbreviations:

AT	Austria
B1, B2	Common Reference Levels
CEFR	Common European Framework of Reference for Languages
ECTS	European Credit Transfer and Accumulation System
IP	Implementation Group
NATO	North Atlantic Treaty Organisation
SP	The Strategic Partnership
STANAG	Standardization Agreement
TMA	Theresan Military Academy
WH	Working Hour

Col Mag. STOCKER, Col Dr. GELL	8 th of February, 2016
Revised by TMA after IMAF 2016	13 th of September, 2016
Revised by Strategic Partners (3 rd SP-Meeting)	21 st of September, 2016
Revised by the Implementation Group	21 st of December, 2016