Muscles pull on the joints, allowing us to **move**. ... The **human** body has more than 600 muscles. Muscles make up half of a person's body weight. They are connected to bones by tough, cord-like tissues called tendons, which allow the muscles to pull on bones.

Muscles pull on the joints, allowing us to **move**. They also help the body perform other functions so we can grow and remain strong, such as chewing food and then **moving** it through the digestive system.

# Bachelor of Science - Human Movement in Sports and Exercise

The Bachelor of Science „Human Movement in Sports and Exercise” is a bachelor programme that contains 180 ECTS. It is geared towards those students who are interested in the scientific and medical aspects of human movement and sports, as well as research-oriented activities in academia and/or other institutions. The programme consists of 15 modules including a bachelor's thesis, distributed over six semesters. During these semesters you will learn about different theories and concepts in the fields of sports sociology, sports psychology, training, motor function and several others. Special attention will be given to research methods within each of the disciplines. Practice-oriented courses will be offered in the field of rehabilitation and competitive sports.  
  
The aims of the programme can be divided into two main branches – acquiring knowledge (1) and applying research methods in empirical research (2).   
The students will learn about physical activity and its consequences and effects - be it through rehabilitation, competitive sports or any other form of exercise (1).  
The second aim is to familiarize students with various methods and techniques that are used in applied and fundamental research, and to help them present their findings to both scientific and non-scientific audiences (2).  
  
Some modules will focus on theoretical and practical aspects and try to connect these two parts. In the more specific modules of the programme the students will have time to develop their own research questions and explore these by conducting their own study.   
  
The study programme will be almost exclusively in English. In semester 5 the students can go abroad if they wish to do so (possibly extending this period into semester 6). This time can and should also be used to gather ideas for a possible bachelor thesis.  
  
Selected modules of the programme will focus on issues related to gender and diversity, and on ethical issues of science and research.