



Country <b>AT</b>	Institution <b>TMA</b>	Common Module <b>Military Leadership C (Physical Training)</b>	<b>ECTS 4.0</b>
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Service <b>ALL</b>	<b>Minimum Qualification for Lecturers</b>
Language <b>English</b>	
<b>SQF MILOF</b>	

- Sports Trainer according to national regulations.
- English: Common European Framework of Reference for Languages (CEFR) Level B2 or NATO STANAG Level 3.
- **Competence area** - Combat-Ready Role Model
- **Learning area** - Military physical and psychological training
- **Organisation level** – all the levels

<b>Prerequisites for international participants:</b>	<b>Goal of the Module</b>
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- 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.

- Techniques to maintain the physical fitness required for enduring a broad range of situations in difficult and dangerous conditions.

<b>Learning outcomes</b>	Know-ledge	<ul style="list-style-type: none"> <li>• Identify the main aspects of general and specific sports education</li> <li>• Define aim and role of maintenance of physical fitness required for enduring a broad range of situations in difficult and dangerous conditions.</li> </ul>
	Skills	<ul style="list-style-type: none"> <li>• Develop physical training sessions using different methods of training</li> <li>• Organise physical training sessions for subordinated personnel</li> </ul>
	Responsibility & Autonomy	<ul style="list-style-type: none"> <li>• Lead individual and group physical training sessions.</li> <li>• Make decisions in coherence with modern means of physical training methods for enduring a broad range of situations in difficult and dangerous conditions.</li> </ul>

<b>Verification of learning outcomes</b>
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- **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.



<b>Module Details</b>		
<b>(the content is as an example and depends on the course director's decision)</b>		
Main Topic	Recom- mended WH	Details
First Aid	2	<ul style="list-style-type: none"> <li>• First aid and basic methods of prevention of injuries and overload damages</li> </ul>
General (theoretical) Sports Education	11	<ul style="list-style-type: none"> <li>• Orderliness and system of training.</li> <li>• Principles of training.</li> <li>• Sports' motoric basic characteristics.</li> <li>• Components of burden.</li> <li>• Systematic influence on performance determining factors.</li> <li>• Methods of training.</li> <li>• Simple methods of testing.</li> <li>• How to pass the theoretical knowledge to subordinated personnel as a leader.</li> </ul>
Specific (theoretical) Sports Education	12	<ul style="list-style-type: none"> <li>• Principles of military fitness training.</li> <li>• Methodical basics of fitness training.</li> <li>• Strength &amp; stamina training.</li> <li>• Get over obstacles.</li> <li>• Agility training.</li> <li>• How to pass the theoretical knowledge to subordinated personnel as a leader.</li> <li>• Differences between male and female training.</li> </ul>
Practical Sports Education <sup>1</sup>	52	<ul style="list-style-type: none"> <li>• Prepare and lead training sessions under supervision of physical fitness trainers.</li> <li>• 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.</li> </ul>
<b>Total</b>	<b>77</b>	
<b>Additional hours (WH) to increase the learning outcomes</b>		
Self-Studies	23	<ul style="list-style-type: none"> <li>• To prepare designated physical fitness sessions.</li> <li>• To prepare theoretical tests.</li> <li>• According to the training progress the Physical Training Staff may decide to do more practical training instead of Self-Studies.</li> </ul>
<b>Total WH</b>	<b>100</b>	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.

<sup>1</sup> 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
- IG ..... Implementation Group
- NATO ..... North Atlantic Treaty Organization
- SPP ..... Strategic Partnership Project
- SQF MILOF ..... Sectoral Qualification Framework for Military Officers
- STANAG ..... Standardization Agreement
- TMA ..... Theresan Military Academy
- WH ..... Working Hour