



### International Course Offer

The following seminars and courses are specifically designed for international students and are taught in English.

- 1 Title:** German Sport Culture  
**Lecturer:** Dr. Gerard King  
**Date/Time:** Mon, 9 am – 10:30 am  
**Location:** SR 20  
**Language:** English  
**Description:** In this seminar, the governmental and non-governmental sport administration in Germany will be introduced. Specific characteristics of German Sport and its impact on culture and society will be presented and discussed. International students will also practically engage in selected sport activities including the achievements within the German Sports Badge (Track & Field).  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000001
- 2 Title:** Dance  
**Lecturer:** Margit Franzen  
**Date/Time:** 15.06. & 16.06.2024, 9 am – 5 pm  
**Location:** Ha 03  
**Type:** Practical course (compact course, one weekend)  
**Language:** English  
**Description:** This module aims at developing basic knowledge about how a dance lesson is designed, planned and held; students should also experience basic body skills necessary in dance, such as alignment, balance and bounce. Furthermore, this module gives examples of dance lessons within the framework of school education. Students are supposed to experience different techniques of developing creative tasks and work with set material as well as their own movement ideas.  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** 9500000002
- 3 Title:** Socio-cultural Aspects of the Modern Olympic Movement  
**Lecturer:** Prof. Dr. Stephan Wassong  
**Date/Time:** Mon, 5 pm – 6:30 pm  
**Location:** SR 60  
**Type:** Seminar  
**Language:** English  
**Description:** In the course, historical and contemporary issues of the Modern Olympic Movement will be critically discussed. Topics will comprise amongst others: the development of the Modern Olympic Games, commercialization, corruption, politicization, boycotts, doping and athletes' career programs and the role of Germany within the Olympic Movement.  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000020



- 4 Title:** International Day  
**Lecturer:** Dr. Gerard King  
**Date/Time:** 05.06.2024, 9 am – 5 pm  
**Location:** Foyer, main entrance GSU  
**Type:** Seminar and practical course (*date of preparatory meeting still pending*)  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000027
- 5 Title:** Sport Psychology and Mental Coaching  
**Lecturer:** Dr. Sylvain Laborde  
**Date/Time:** Wed, 12:30 pm – 2 pm  
**Location:** SR 20  
**Type:** Seminar  
**Language:** English  
**Description:** You already train your body, but have you ever thought about training your mind? According to elite athletes, mental training is what makes the difference between the gold and the silver medal. In this seminar students will get to learn how mental training can help to improve sport performance. The topics discussed will encompass self-talk, goal setting, imagery, stress and emotion regulation, concentration, and how to individualize mental training based on athletes' personality and emotional intelligence. Many applied mental training techniques will be discussed and practiced during the seminar, so that the students can directly integrate them to their practice as athletes or coaches.  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000023
- 6 Title:** Basic Neuroscience and Functional Brain Imaging  
**Lecturer:** Prof. Dr. Lukas Scheef  
**Date/Time:** Mon, 2 pm – 5 pm, every other week (starting April 8, 2024)  
**Location:** PC-SR 1  
**Type:** Seminar  
**Language:** English  
**Description:** This course is designed for students who are curious about how the brain works. It is divided into two parts: a theoretical part and a practical part. During the theoretical part, students will learn about the development of the nervous system, the different brain structures and their respective functions. In the practical part, students will learn how to study brain function using functional magnetic resonance imaging (fMRI). The practical part will cover how to acquire, pre-process and analyse functional data at the individual and group level. We will analyse real experiments on motor function and language processing.  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000031



- 7 Title:** Applied Exercise Physiology  
**Lecturer:** Nils Flüthmann  
**Date/Time:** Mon, 10:30 am – 12 pm  
**Location:** SR 20  
**Type:** Seminar  
**Language:** English  
**Description:** This seminar aims to illustrate the physiological processes underlying physical exercise and performance with primary focus on testing and training in endurance sports. This is an introductory level course intended for Physical Education and Exercise Science majors. The student will learn and experience fundamental mechanisms of acute responses and chronic adaptations to various forms of (endurance) training. Topics like high-intensity interval training, concurrent training and lactate-based field testing are covered in theory and practice.  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000026
- 8 Title:** Rescue and Safety for water-based activities in theory and practice  
**Lecturer:** Evelyn Hinz  
**Date/Time:** Thu, 12 pm – 3 pm  
**Location:** Swimming centre teaching room 2 and diving pool  
**Type:** Seminar and practical course  
**Language:** English  
**Description:** This seminar aims to enable the students to lead and plan water-based activities indoors and outdoors. A main part of the course is to become a competent lifesaver. This includes fundamental medical skills and knowledge, safety aspects as well as practical training of rescue techniques in the water.  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000029
- 9 Title:** Fitness & Exercise Prescription for Special Populations  
**Lecturer:** Stephanie Paplinskie  
**Date/Time:** 03.06. – 06.06.2024 and 10.06. – 13.06.2024; 5 pm – 8 pm  
**Location:** (1) SR 63 & (2) Ha 07  
**Type:** Seminar and practical course  
**Language:** English  
**Description:** This course is an introduction to the basic knowledge and techniques essential in designing activity and exercise programs for a sample of specific populations. It integrates and explores the theory and practical techniques needed to develop exercise prescription that includes muscular strength, muscular endurance, flexibility, aerobic fitness, and health activity for selected specific populations. Special populations covered in this course include: pregnant and post partum, older adults, children/youth, among others.  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000025



- 10 Title:** Cycling
- Lecturer:** Prof. Dr. Helmut Lötzerich
- Date/Time:** Fri, 1 pm – 4 pm
- Location:** Bike container (between Ha 02 and Ha 03)
- Type:** Practical Course, max. 12 participants
- Language:** English
- Description:** This course gives a general introduction to teaching and learning of cycling activities. Students will be practically engaged in three types of cycling: track cycling, road cycling and mountain biking. By the end of the course, students should be able to understand the distinctive nature of the three types of cycling, improve their cycling techniques and demonstrate knowledge of various teaching methods and competition forms.
- Hours per week:** 2 SWS
- Credit Points:** 2
- Course Code:** 9500000003

### **Regular course offer (English-taught Bachelor courses)**

The following courses are recommended within the existing BA degree programmes. Whilst the International Course Offer is designed by the International Office specifically for international exchange students, the following suggestions are regular courses taught in English, or in some cases a mixture of English and German, but with special support for international students.

- 1 Title:** Biomedical Fundamentals  
**Lecturer:** Dr. Jonas Zacher  
**Date/Time:** *starting June 4, 2024; Tue, 12 pm – 1:30 pm*  
**Location:** SR 328  
**Type:** Seminar  
**Language:** English  
**Description:** In this seminar, students will get to learn to apply scientific working techniques in the areas of biomechanics, orthopaedics, sports medicine, physiology, biochemistry and functional anatomy.  
**Hours per week:** 1 SWS  
**Credit Points:** 2  
**Course Code:** BA10100005
  
- 2 Title:** Sport specific English – sport and movement mediation in leisure and recreational sports  
**Lecturer:** Jan Hecker-Stampehl  
**Date/Time:** Mon, 4 pm – 6 pm  
**Location:** SR 94  
**Type:** Seminar  
**Language:** English  
**Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-related topic.  
The seminar includes a lot of group activities and oral work. If required by the home university, you will have to sit an exam at the end of the semester.  
**Prerequisites:** English language skills on at least B2 level (Common European Framework = can interact reasonably fluently and spontaneously, can understand the main ideas of academic writing on sport-specific topics)  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA20200001  
**PLEASE NOTE:** This course is intended to extend the participants' abilities to speak, read and understand sport-specific English. The course content covers many areas of the B.A., but does not go into great depth. The focus on this course is on oral participation and the improvement of reading skills. If you are a native or near-native speaker this course may not be challenging enough for you. However, native speakers are often employed as teaching assistants in the classroom.

- 3 Title:** Sport specific English – sport in health, prevention and therapy  
**Lecturer:** Dr. Elizabeth Schlüssel  
**Date/Time:** Several options: (1) Thu, 12 pm – 2 pm **or** (2) Mon, 12 pm – 2 pm  
**Location:** (1) SR 20; (2) SR 95  
**Type:** Seminar  
**Language:** English  
**Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-related topic.  
The seminar includes a lot of group activities and oral work. If required by the home university, you will have to sit an exam at the end of the semester.  
**Prerequisites:** English language skills on at least B2 level (Common European Framework = can interact reasonably fluently and spontaneously, can understand the main ideas of academic writing on sport-specific topics)  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA20200002  
**PLEASE NOTE:** This course is intended to extend the participants' abilities to speak, read and understand sport-specific English. The course content covers many areas of the B.A., but does not go into great depth. The focus on this course is on oral participation and the improvement of reading skills. If you are a native or near-native speaker this course may not be challenging enough for you. However, native speakers are often employed as teaching assistants in the classroom.
- 4 Title:** Sport specific English – sport and performance  
**Lecturer:** (1) Dr. Axel Knicker, (2) Dr. Alexandra Pizzera, (3) Dr. Laura Will  
**Date/Time:** Several options: (1) Wed, 8 am – 10 am **or** (2) Tue, 2 pm – 4 pm **or** (3) Tue, 12 pm – 2 pm  
**Location:** (1) SR 11; (2) SR 14; (3) SR 50  
**Type:** Seminar  
**Language:** English  
**Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-related topic.  
The seminar includes a lot of group activities and oral work. If required by the home university, you will have to sit an exam at the end of the semester.  
**Prerequisites:** English language skills on at least B2 level (Common European Framework = can interact reasonably fluently and spontaneously, can understand the main ideas of academic writing on sport-specific topics)  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA20200003  
**PLEASE NOTE:** This course is intended to extend the participants' abilities to speak, read and understand sport-specific English. The course content covers many areas of the B.Sc., but does not go into great depth. The focus on this course is on oral participation and the improvement of reading skills. If you are a native or near-native speaker this course may not be challenging enough for you. However, native speakers are often employed as teaching assistants in the classroom.

- 5 Title:** Sport specific English – sport management  
**Lecturer:** Dr. Elizabeth Schlüssel  
**Date/Time:** Several options: (1) Mon, 4 pm – 6 pm **or** (2) Mon, 10 am – 12 pm  
**Location:** (1) SR 95; (2) SR 91  
**Type:** Seminar  
**Language:** English  
**Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-related topic.  
The seminar includes a lot of group activities and oral work. If required by the home university, you will have to sit an exam at the end of the semester.  
**Prerequisites:** English language skills on at least B2 level (Common European Framework = can interact reasonably fluently and spontaneously, can understand the main ideas of academic writing on sport-specific topics)  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA20200004  
**PLEASE NOTE:** This course is intended to extend the participants' abilities to speak, read and understand sport-specific English. The course content covers many areas of the B.A., but does not go into great depth. The focus on this course is on oral participation and the improvement of reading skills. If you are a native or near-native speaker this course may not be challenging enough for you. However, native speakers are often employed as teaching assistants in the classroom.
- 6 Title:** Diversity-Competence  
**Lecturer:** Dr. Elizabeth Schlüssel  
**Date/Time:** Several options: (1) Wed, 10 am – 12 pm **or** (2) Thu, 2:30 pm – 4 pm  
**Location:** (1) SR 65; (2) SR 11  
**Type:** Seminar  
**Language:** English  
**Description:** Students acquire knowledge about social (in)equality and participation; critically analyse power structures, (in)equality, as well as exclusion and inclusion processes in sports; reflect on their personal attitude and identity in a diverse society and learn skills for dealing with social diversity in groups and organisations in sports.  
**Prerequisites:** English language skills on at least B2 level (Common European Framework = can interact reasonably fluently and spontaneously, can understand the main ideas of academic writing on sport-specific topics)  
**Hours per week:** 2 SWS  
**Credit Points:** 2
- 7 Title:** Basics of Nutrition  
**Lecturer:** H. Braun, P. Diel, A. Heck, M. Thevis, A. Thomas  
**Date/Time:** Thu, 4 pm – 6 pm  
**Location:** Hö 3  
**Type:** Lecture  
**Language:** *slides in English, language German!*  
**Description:** Basics in nutrition and nutrition science, application in a sports- and health-related context. Understanding of fundamental nutrition-related aspects such as digestion, metabolism of macronutrients, vitamins and minerals, fluid balance and assessment of the nutrition status.  
**Prerequisites:** Good English language skills, German language skills useful  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA30115001



- 8 Title:** Nutrition in Sports  
**Lecturer:** P. Erdogan, M. Thevis, C. Tuma  
**Date/Time:** Tue, 12 pm – 2 pm  
**Location:** SR 93  
**Type:** Seminar  
**Language:** English  
**Description:** Understanding and application of fundamental nutrition-related aspects such as macronutrients, vitamins and minerals, fluid balance and assessment of the nutrition status in a sports-related context.  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA30115004
- 9 Title:** Nutrition and Health  
**Lecturer:** Prof. Dr. Dr. Patrick Diel  
**Date/Time:** Wed, 2 pm – 4 pm  
**Location:** SR 65  
**Type:** Seminar  
**Language:** English  
**Description:** Basics in nutrition and nutrition science, application in a sports- and health-related context. Understanding about the importance of nutrition in the pathogenesis and therapy of nutrition-related diseases (diabetes, obesity/adiposity, eating disorders).  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA30115005



- 10 Title:** International Sport Management Game  
**Lecturer:** Petri Lintumäki  
**Date/Time:** (A) 08.04.2023, 6:30 pm – 8 pm; (B) 15.04. – 19.04. 2024  
**Location:** (A) Hö 3; (B) The seminar will take place in Groningen, Netherlands  
**Type:** (A) Single appointment; (B) Compact Seminar  
**Language:** English  
**Description:** Sport Management students from five universities (Cologne, Germany; Coventry, UK; Groningen, The Netherlands; London, UK; Chur, Switzerland) participate in the seminar. Students are placed in mixed groups with 5-7 members from the participating universities. Each group works as a consulting team and is asked to help the management board in solving different managerial problems. This includes planning, marketing, management, organisation, human resource management, financial management, quality management and controlling. The management game aims to develop skills of teamwork through the execution of an applied sport (event) management exercise. Developing an understanding of diversity management and cultural differences within sport event management is the main objective of the game.  
**Important:** The costs for the transfer to Groningen and return (appr. €50 by public transport) are not covered by the university and need to be paid by the participants. For all participating students dormitories (4 beds per room) are booked. The costs for participating in the International Sport Management Game (including accommodation; excluding travelling costs, meals etc.) is €140 per person.  
**Prerequisites:** Good English language skills; a basic knowledge in sport management would be an asset  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA41010001
- 11 Title:** Intercultural Management  
**Lecturer:** Jannis Friedrich  
**Date/Time:** Thu, 2 pm – 4 pm  
**Location:** SR 15  
**Type:** Seminar  
**Language:** English  
**Description:**
  - Intercultural management competence and intercultural communication
  - Personnel management and planning in international sports organisations
  - Influence of culture on employee motivation and on remuneration systems, intercultural Human Resource Management/Managing Diversity**Prerequisites:** Good English language skills; a basic knowledge in sport management would be an asset  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA41010002

- 12 Title:** International Sport Business  
**Lecturer:** Petri Lintumäki  
**Date/Time:** Wed, 6:30 pm – 8 pm  
**Location:** SR 92  
**Type:** Seminar  
**Language:** English  
**Description:**
- International sports organisations (tasks, structures etc.)
  - Sport systems and structures in international comparison
  - (Good) governance in international sport
  - Management aspects of international sporting events
  - International sports leagues and competitions
- Prerequisites:** Good English language skills; a basic knowledge in sport management would be an asset  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA41010004
- 13 Title:** Fundamentals of Management & Applications in Management  
**(PLEASE NOTE: These two lectures belong together and have to be taken jointly!)**  
**Lecturer:** Dr. Kirstin Hallmann  
**Date/Time:** (A) Thu, 4:30 pm – 6 pm, (B) Fri, 10 am – 11 am  
**Location:** Hö 2 (both lectures)  
**Type:** Lectures  
**Language:** English  
**Description:** Fundamentals of Management:
- Management as science; effectiveness; efficiency and viability; shareholder; stakeholder or market orientation; mission; strategic management; operational planning; scarcity; restriction and opportunism in management; economic approaches to management (Economic Perspective)
  - System theory; organization und environment; organizational structure; differentiation and integration; corporate culture; organizational change (Sociological Perspective)
  - Behaviour by individuals; behaviour in groups; teambuilding; group dynamics and decisions; leadership in organizations; leadership types and styles; theoretical approaches to leadership; organizational development (Psychological Perspective)
- Applications in Management:
- Risk management, change management, decision-making, and intercultural management, lecture contents are discussed in more detail
- Hours per week:** 2 + 1 → 3 SWS altogether  
**Credit Points:** 3 (if you take and pass the final exam: 6 CP altogether)  
**Course Code:** (A) BA40300001; (B) BA40300002

- 14 Title:** Preventive Doping Research – Uncover new Doping Strategies  
**Lecturer:** Dr. Andreas Thomas  
**Date/Time:** Mon, 12 pm – 1:30 pm  
**Location:** SR 96  
**Type:** Applied training course  
**Language:** English  
**Description:** The course will provide an overview about selected strategies of doping in sports and their counter-measures and detection options in drug testing. Besides scientific topics, recent trends and imminent hazards are investigated, and the newest methods for uncovering the misuse are presented and discussed.  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** 9902000011
- 15 Title:** Selected aspects of performance in sport – bioanalytical considerations  
**Lecturer:** Dr. Andreas Thomas  
**Date/Time:** Mon, 12 pm – 1:30 pm  
**Location:** SR 63  
**Type:** Applied training course  
**Language:** German/English  
**Description:** Factors such as amino acids and proteins in general, as well as hemoglobin, oxygen, erythropoietin, insulin and growth hormone are investigated by means of bioanalytical tools inclusive of potential modifications.  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** 9902000010
- 16 Title:** Fundamentals of Neurosciences  
**Lecturer:** (1) Florian Javelle; (2) Dr. Dr. Sandra Rojas Vega  
**Date/Time:** Several options: (1) Thu, 6 pm – 8 pm or (2) Thu, 4 pm – 6 pm  
**Location:** (1) SR 95; (2) SR 96  
**Type:** Seminar  
**Language:** English  
**Description:**
- Anatomical basics, nerve and muscle, nerve-muscle interaction
  - Preconditions for the excitation process and neuromuscular transmission; coupling of excitation and contraction
  - Anatomy of the spinal cord and brain; motor system, functional examination of the motor system; motor cortex, cerebellum, basal ganglia and motivational areas (including the limbic system); motor learning
  - Biological control and regulation processes
  - Neuroendocrine regulation; anatomical basics and functional aspects of the neuroendocrine system; types of hormones and modes of action of hormones; neuroendocrine regulation and physical stress
  - Hypothalamo-hypophyseal-adrenal and -gonadal system; effects of exercise on it
  - Pathology of the neuroendocrine system in competitive sports, especially in women; regulation of energy metabolism and fluid balance
  - Influence of endogenous opioids/neurotransmitters on pain, psyche and central fatigue
- Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** BA70400003

- 17 Title:** Trend Sport: Alternative Games  
**Lecturer:** Dr. Philip Furley  
**Date/Time:** Tue, 9:30 am – 11 am  
**Location:** Ha 09  
**Type:** Practical course  
**Language:** German/English  
**Description:** In dealing with sports that go beyond the canon of more "classical" compulsory school sports, new possibilities of movement, diverse technical and conditional basics, sports equipment and materials, methodical approaches as well as framework conditions and forms of organisation are taught.  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code:** LB10000097
- 18 Title:** Strength and power in sport  
**Lecturer:** Dr. Vera Abeln  
**Date/Time:** Wed, 12 pm – 1 pm  
**Location:** until 29.05.2024 Ha 15 SZ Gym, from 05.06.2024 Ha 06  
**Type:** Practical course  
**Language:** English  
**Description:** Students will be able to characterise and differentiate between the various strength-training methods. They will be able to carry out, instruct strength training on strength machines and strength training with free weights, and use other methodological aids appropriately. They will be able to describe and carry out the determination of the 1 RM as a simple diagnostic procedure. Students will be able to describe health and sports medicine aspects of strength training.  
**Hours per week:** 1 SWS  
**Credit Points:** 1  
**Course Code:** BA10300002
- 19 Title:** Endurance capability  
**Lecturer:** Dr. Vera Abeln  
**Date/Time:** Wed, 10 am – 12 pm, every other week (starting April 17, 2024)  
**Location:** SRK 12  
**Type:** Practical course  
**Language:** English  
**Description:** Students will be able to differentiate between endurance training methods and name their specific characteristics. Students will be able to interpret important parameters of endurance performance and take these adequately into account in training planning and control. They are able to compare and contrast simple methods of performance management and diagnostics. Students will be able to name the alternative forms of endurance training presented in the course, describe their movement technique and have a basic command of them.  
**Hours per week:** 1 SWS  
**Credit Points:** 1  
**Course Code:** BA10300004

### Regular course offer (Practical Bachelor Courses)

The following recommendations are regular BA practical courses taught in German. Experience has shown that the following courses are perfectly feasible for exchange students, even though they are taught in German. This is partly because the lecturers and fellow students in these courses are happy to provide good support in English, and partly because the language barrier is easier to overcome during the physical practice.

- 1** **Module:** BAS3 – Practical application of basic concepts in training science  
**Course offers:** Endurance capability; Coordination training; Strength and power in sport; Playing ability  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical courses  
**Language:** German  
**Description:** The students acquire a sports practical and theoretical expertise in training science and physiological performance aspects as well as sports-spreading bases of the ability to play.  
**Hours per week:** 1 SWS  
**Credit Points:** 1 per discipline  
**Course Codes :** → see LSF
  
- 2** **Title:** BAS4 – Movement and expression  
**Course offers:** Movement and creation II  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical course  
**Language:** German  
**Description:** With a movement-improvisational-exploratory activity students are challenged and encouraged in their functionally creativity of movement and are put in a position to develop and teach problem-specific movements for learning and training.  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Code :** BA10400002
  
- 3** **Title:** BAS5 – Theory and practice of sport disciplines and areas of movement  
**Course offers:** **both semesters:** Martial arts, combat sports and self defense; Cycling; Sports climbing; Diving sports; Technically compiled sport disciplines  
**only SuSe:** Canoeing; Rowing  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical courses  
**Language:** German  
**Description:** In this module students are able to get an insight into more untypical sports. They will learn the basics as well as security and emergency cases in some courses.  
**Prerequisites:** Some courses require own equipment and/or are combined with an excursion where you need to cover the costs on your own. Please get in touch with the respective lecturer to get more information.  
**Hours per week:** 4 SWS  
**Credit Points:** 4 per discipline  
**Course Codes :** → see LSF

- 4 Title:** BAS6 – Games in sport  
**Course offers:** Badminton; Basketball; Soccer; Handball; Hockey; Tennis; Table tennis; Volleyball  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical courses  
**Language:** German  
**Description:** The students acquire a comprehensive sports game competence in practice. They should be enabled to actively perform sports games in their complex field of action, which will provide an appropriate basic level in this specific area.  
**Hours per week:** 2 SWS  
**Credit Points:** 2 per discipline  
**Course Codes :** → see LSF
- 5 Title:** BAS7 – Apparatus gymnastics - Swimming - Track & Field Athletics  
**Course offers:** Track and field; Swimming; Gymnastics  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical courses  
**Language:** German  
**Description:** Students will gain insight into the content areas of the core sports of gymnastics, swimming as well as track and field. They know basic sport-specific techniques and are able to demonstrate them appropriately.  
**Hours per week:** 2 SWS  
**Credit Points:** 2 per discipline  
**Course Codes :** → see LSF
- 6 Module:** SBV4 – Play and play culture  
**Course offers:** Alternative sport games  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical course  
**Language:** German  
**Description:** In the sports practical course, students learn alternative target shooting and rebounding games, end zone, hitting and throw-off games. Furthermore, they will practically use current alternative game concepts.  
**Hours per week:** 1 SWS  
**Credit Points:** 1  
**Course Codes :** BA90400003
- 7 Module:** SBV6 – Individual and team sports  
**Course offers:** **WiSe:** Badminton; Soccer; Hockey; Martial arts; Swimming; Table tennis  
**SoSe:** Basketball; Handball; Track and field; Tennis; Gymnastics; Volleyball  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical courses  
**Language:** German  
**Description:** This module is an extension to the module BAS6 (see above). Students will broaden their basic skills in one of the above mentioned courses and get an insight into different variations of the specific sport.  
**Prerequisites:** Basic knowledge and skills of the selected sport is needed  
**Hours per week:** 3 SWS  
**Credit Points:** 3 per discipline  
**Course Codes :** → see LSF



- 8 Module:** PE2.13 – Golf beginner  
**Course offers:** Golf  
**Lecturer/Date/**  
**Time/Location:** Several options → see LSF  
**Type:** Practical courses  
**Language:** German  
**Description:** Students learn the basics of golf in practice.  
**Hours per week:** 4 SWS  
**Credit Points:** 4  
**Course Codes :** BA30213001
- 9 Module:** PE2.31 – Canoeing  
**Course offers:** Canoeing (practical training)  
**Lecturer/Date/**  
**Time/Location:** → see LSF  
**Type:** Practical courses  
**Language:** German  
**Description:** Students gain their own experience regarding the profile of requirements in canoeing. They should get to know aspects of paddling as a form of locomotion and to apply them on different levels and in different areas of the training process.  
**Prerequisites:** This course will take place outside the campus on a lake that is approximately 17 km away from GSU.  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Codes :** BA30231001