



International Course Offer – summer term 2017 (April-July)

The following seminars and courses are especially designed for international students and will be taught in English. They are open to all students at the German Sport University.

1. **Title:** German Sport Culture
Lecturer: Dr. Gerard King
Date/Time: Tuesday, 4-5:30pm
Location: seminar room 70 (IG IV)
Type: seminar
Language: English
Brief description of content and aims: 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.
Credit Points: 2.5
Prerequisites: good English language skills
2. **Title:** Dance
Lecturer: Margit Franzen
Date/Time: 24th & 25th of June 2017, Saturday & Sunday 10am-8pm
Location: hall 3
Type: practical course (compact course)
Language: English
Brief description of content and aims: 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.
Credit Points: 2
Prerequisites: good English language skills
3. **Title:** Cycling
Lecturer: H. Lötzerich
Date/Time: Monday, 1-3pm weekly
Location: Velodrome; 1st meeting: Indoor-cycling track, 24th of April 2017
Type: practical course
Language: English
Brief description of content and aims: 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.
Helmets, racing bicycles, mountain bikes and velodrome bikes are provided. You will need to bring an Allen key size 5 and 6 and a cleaning cloth.
Credit Points: 2
Prerequisites: helmets, racing bicycles, mountain bikes and velodrome bikes are provided. You will need to bring an Allen key size 5 and 6 and a cleaning cloth. Good English language skills.
4. **Title:** Cricket/Rugby
Lecturer: John Lambert/James Wallis
Date/Time/Location: Friday, 16th of June 4.30-6pm (seminar room 13), 6-8pm (hall 9)
Saturday, 17th of June 9.30am-12.30pm (hall 9), 1.30-4.30pm (Jahnwiese)
Sunday, 18th of June 9.30-12am (hall 9), 1-4.30pm (LAA outdoor)
Type: Practical course (compact course)
Language: English

Brief description of content and aims: This course aims at developing an understanding of the history, laws, skills and principles of one invasion game (rugby) and one striking/fielding game (cricket) from English-speaking countries. The programme will be delivered mainly through practical sessions.

Credit Points: 2

Code (VV-Nr.): 9907000030

Prerequisites: good English language skills. The course is open to any student at the German Sport University. Some pre-module tasks will be set prior to the course starting so that students have a basic foundation of knowledge about both games.

5. **Title:** Socio-cultural aspects of sport and the Olympic Movement

Lecturer: Prof. Dr. Wassong

Date/Time: Monday, 4-5:30pm

Location: seminar room 61

Type: seminar

Language: English

Brief description of content and aims: 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.

Credit Points: 2.5

Prerequisites: good English language skills

6. **Title:** German History & Politics

Lecturer: E. Hinz & M. Kroll

Date/Time: Wednesdays, 19th of April – 31st of May 2-3:30pm & 26th- 28th of May (excursion to Berlin)

Location: seminar room 12 (hall 10)

Type: seminar & excursion

Language: English

Brief description of content and aims: the seminar focuses on German history (especially World War 2 and its aftermath till the German re-unification as well as on the current political system. After a theoretical introduction the seminar will visit Berlin for a weekend and be shown the historical places as well as the Bundestag (German parliament). The seminar consists of 6 theoretical sessions and a trip to Berlin; costs approx. 200 Euro.

Credit Points: 2,5

Prerequisites: good English language skills

7. **Title:** Neurophysiological aspects of movement skills in athletes

Lecturer: Kazuyuki Kanosue

Date/Time: 3rd, 4th, 6th, 10th, 11th, 13th, 17th, 18th, 20th of July 2017, Mondays, 5:30-7pm, Tuesdays, 6:30-8pm, Thursdays, 5:30-7pm

Location: SR 20

Type: seminar and practical course

Language: English

Brief description of content and aims: Complex motor performance in sports as well as in daily life is accomplished with the elegant function of our central nervous system. For example, even just running with two legs is still a very difficult task for robots. In this lecture, an overview of the neuronal basis of motor control from a simple reflex to cognitive control will be followed by specific aspects of movements in sports, such as coordination of multi-limb movements, accuracy and fluctuation of a movement, and the role of motor imagery. Finally, the special characteristics of an elite athlete will be introduced.

Credit Points: 2,5

Code (VV-Nr.): Int00000017

8. **Title:** Sports Coaching & Skill Acquisition

Lecturer: Sarah Kate Millar

Date/Time: not yet confirmed

Location: not yet confirmed



Type: seminar
Credit Points: 2,5
Code (VV-Nr.):

9. **Title:** International Day
Lecturer: A. Heber/ G. King
Date/Time: not yet confirmed
Location: Senatssaal (IG II), GSU campus (Foyer)
Type: seminar and practical course
Credit Points: 2,5
Code (VV-Nr.): Int00000017



Regular course offer (Bachelor/Master) – summer term 2017 (April-July)

The following courses are recommended offerings within the existing BA degrees. While the International Course Offer is mainly designed by the International Office for the international students, the following suggestions are regular BA courses held in English or in some cases a mixture of English and German, but special support for international students will be provided.

- 1. Title:** Sport specific English – sport, adventure and movement
Lecturer: A. Pizzera, M. Raab
Date/Time: Monday, 9-11am (course 1), Monday, 12am-2pm (course 2)
Location: seminar room 65 (course 1), seminar room 50 (course 2)
Type: seminar
Language: English
Credit Points: 2
Code (VV-Nr.): BA20200001
Brief description of content and aims: students of this course are expected to participate actively in the class and give a 15 minute presentation on a sport-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)
- 2. Title:** Sport specific English – sport in health, prevention and therapy
Lecturer: R. Mürkens (course 1+2)
Date/Time: Monday, 2-4pm (course 1), Tuesday, 2-4pm (course 2)
Location: seminar room 64 (course 1), seminar room 1 LAH (course 2)
Type: seminar
Language: English
Credit Points: 2
Code (VV-Nr.): BA20200002
Prerequisites: good English language skills
- 3. Title:** Sport specific English – sport management and communication
Lecturer: R. Mürkens
Date/Time: Monday, 2-4pm (course 1), Tuesday, 2-4pm (course 2), Tuesday, 4-6pm (course 3), Wednesday, 4-6pm (course 4)
Location: seminar room 64 (course 1), seminar room 1, LAH (course 2), seminar room 64 (course 3), seminar room 1, LAH (course 4)
Type: seminar
Language: English
Credit Points: 2
Code (VV-Nr.): BA20200004
Prerequisites: good English language skills
- 4. Title:** Nutrition in sports
Lecturer: L. Kadlec
Date/Time/Location: Tuesday, 12am-2pm, seminar room 1
Type: seminar
Language: English
Brief description of content and aims:
basics in nutrition and nutrition science, application in a sports-related context, understanding of fundamental nutrition-related aspects such as macronutrients, vitamins and minerals, fluid balance and assessment of the nutrition status -Basal knowledge in sport-related topics, such as the importance of carbohydrates, protein, fat, hydration, and supplements , sport-specific nutritional requirements
Credit Points: 2
Code (VV-Nr.): BA30115004
Prerequisites: good English language skills

5. **Title:** Nutrition and Health
Lecturer: Prof. Diel
Date/Time/Location: Wednesday, 2-4pm, seminar room 1
Type: Seminar
Language: English
Brief description of content and aims:
-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
-basal knowledge in sport-related topics, such as the importance of carbohydrates, protein and hydration
-sport-specific nutritional requirements
-understanding about the importance of nutrition in the pathogenesis and therapy of nutrition-related diseases (diabetes, obesity/adiposity, eating disorders)
Credit Points: 2
Code (VV-Nr.): BA30115005
Prerequisites: good English language skills
6. **Title:** Human Resource Management
Lecturer: B. Lobinger
Date/Time/Location: Friday, 9-12am, seminar room 61
Type: Seminar
Language: English
Brief description of content and aims: to be announced
Credit Points: 2
Code (VV-Nr.): BA41010002
Prerequisites: good English language skills; a basic knowledge in sport management would be an asset.
7. **Title:** International Sport Management Game
Lecturer: Dr. Stefan Walzel
Date/Time: 13th of April 11am-1pm & 28th of April 3-8pm & 17th-21st of April (excursion to Groningen)
Location: 13th & 28th of April, SR 50
Type: compact seminar
Brief description of content and aims: sport management students from six universities (Aalborg, Denmark; Brussels, Belgium; Cologne, Germany; Coventry, England; Groningen, The Netherlands; Madrid, Spain) participate in the seminar. Students are placed in mixed groups with 5-7 members from the participating universities. Each group works as consulting team and is asked to help the football club management of Westham United FC in solving different managerial problems. This includes planning, marketing, management, organization, 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 management exercise. Developing an understanding of diversity management and cultural differences within sport management is the main objective of the sport management game.
Important information: The costs for the transfer to Groningen and back (appr. 50 Euros) are not covered by the university and need to be paid by the participants. Students can stay overnight at Dutch students' houses without extra charge or can book any other accommodation at their own expenses (appr. 25 Euros per night and person in a hostel).
Credit Points: 2
Code (VV-Nr.): BA41010001
Prerequisites: good English language skills; a basic knowledge in sport management would be an asset.
8. **Title:** Fundamentals of management - sociological **AND** economic perspectives
Lecturer: Dr. Kirstin Hallmann
Date/Time/Location: Wednesday, 10-12am, Auditorium 3
Type: lecture

Language: English

Brief description of content and aims: in this module students will be introduced to the central aspects of management as science. It will be taught from an interdisciplinary standpoint including the economic, sociological and psychological perspective. In the seminar students will be introduced to applied issues of management with particular emphasis on the sports context. The content includes 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; System theory; organization und environment; organizational structure; differentiation and integration; corporate culture; organizational change.

Credit Points: 2

Code (VV-Nr.): BA40300002 and BA40300001

9. **Title:** Psychological perspective of management

Lecturer: M. Raab

Date/Time/Location: Tuesday, 12am-1pm, Auditorium 3

Type: lecture

Language: English

Brief description of content and aims: in this module students will be introduced to the central aspects of management as science. It will be taught from an interdisciplinary standpoint including the economic, sociological and psychological perspective. In the seminar students will be introduced to applied issues of management with particular emphasis on the sports context. The content includes Behaviour by individuals; behaviour in groups; teambuilding; group dynamics and decisions; leadership in organizations; leadership types and styles; theoretical approaches to leadership; organizational development.

Credit Points: 1

Code (VV-Nr.): BA40300003

Prerequisites: good English language skills

10. **Title:** Preventive Doping Research – Uncover new Doping Strategies

Lecturer: M. Thevis, K. Walpurgis, A. Thomas

Date/Time/Location: Monday 12:30-2pm, seminar room 61

Type: Seminar

Language: English / German

Brief description of content and aims: 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, also recent trends and imminent hazards are investigated and the newest methods for uncovering the misuse are presented and discussed.

Credit Points: 2

Code (VV-Nr.): 9902000011

11. **Title:** Selected bio-analytical aspects of athletic performance

Lecturer: M. Thevis, K. Walpurgis, A. Thomas

Date/Time/Location: Monday 12:30am-2pm, seminar room 61

Type: Seminar

Language: English / German

Brief description of content and aims: 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.

Credit Points: 2

Code (VV-Nr.): 9902000010

12. **Title:** Sport psychology and mental training

Lecturer: Dr. Laborde

Date/Time/Location: Tuesday, 5-7pm

Type: seminar room 2

Language: English



Description: 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.

Credit Points: 2

Code (VV-Nr.): BA70500002

Prerequisites: good English language skills

13. Title: Olympic Governance and Olympic Policy in Transition

Lecturer: J. Krieger, S. Wassong

Date/Time/Location: Thursday, 8:30–10am, Auditorium 3

Type: seminar/lecture

Language: English

Credit Points: 2

Code (VV-Nr.): MA70400001

14. Title: Swimming (BAS7)

Lecturer: P. Wollseiffen

Date/Time: Wednesday, 9:30-11pm

Location: Aquatic Centre DSHS

Type: practical course

Language: English

Brief description of content and aims:

- basics in swimming, application in an exercise-related context
- understanding of fundamental physiology and biomechanics of the medium water
- sport-specific insight in core sport swimming
- understanding about the structure of the movements with their mechanical conditions
- acquiring teaching and coaching skills in the area of performance sport

Code (VV-Nr.): BA10700001

Prerequisites: good English language skills

Courses in English and German

15. Title: Grundlagen der Ernährung / Basics of Nutrition

Lecturer: H. Braun, P. Diel, A. Heck, W. Schänzer

Date/Time/Location: Thursday, 4-5:30pm, lecture hall 3

Type: lecture

Language: presentations in English, discussion in German (or English)

Credit Points: 1.5

Code (VV-Nr.): BA3011500

Prerequisites: German and English

16. Title: Grundlagen der Neurowissenschaft / Fundamentals of Neurosciences

Lecturer: K. Brixius

Date/Time: Tuesday, 2-4pm

Location: seminar room 61

Type: seminar

Credit Points: 2

Code (VV-Nr.): BA70400003

Prerequisites: German or English according to amount of international students

17. Title: Adventure/Outdoor Education

Lecturer: E. Jacob, S. Mühl

Date/Time: 5th - 11th of August, 1st meeting for information will be announced by the lecturer

Location: Jugendherberge Schwerin

Type: compact course / practical course / excursion

Language: English and German

Prerequisites: German or English skills, 300€ (including all outdoor material), transportation needs to be paid apart; carpools might be prepared if it will be of note.

Teaching units: knowledge and skills how to guide adventure oriented school trips in consideration of guidelines for outdoor activities in North-Rhine-Westfalia. The activity program contains mostly activities in nature focusing on experiential education.

Credit Points: 2

Code (VV-Nr.): LB10000042

18. Title: Trend sport: alternative games (for schools/PE)

Lecturer: H. Heinz

Date/Time/Location: Monday, 3-5h, sports hall 9 (Ha 09)

Type: practical course

Language: German, but internationals are very welcome

Credit Points: 2

Code (VV-Nr.): LB10000097

Prerequisites: basic German language skills

19. Title: Sport Management

Lecturer: Felix Boronczyk

Date/Time: Friday, 10-12am (course 1), Friday, 12am-2pm (course 2)

Locations: seminar room 1, LAH (course 1), seminar room 64 (course 2)

Type: seminar

Language: English

Brief description of content and aims: in this module students will be introduced to the central aspects of management as science. It will be taught from an interdisciplinary standpoint including the economic, sociological and psychological perspective. In the seminar students will be introduced to applied issues of management with particular emphasis on the sports context. The content includes Application of economic, sociological and psychological management issues to the sports context, Particularities in sport management.

Credit Points: 2

Code (VV-Nr.): BA40300005

Prerequisites: German and English, *good German language skills necessary*

20. Title: International empirical Studies on PE lessons

Lecturer: Dr. Stefan Meier & Dr. Sebastian Ruin

Date/Time/Location: preliminary discussion (only the German students) Thursday, 27th of April, 6-8pm, room 409 (IG 1, 4th floor), 10th – 12th of May, room 409 (IG 1, 4th floor), 31st of May – 02nd of June, Groningen (NED), excursion

Type: seminar

Language: English

Brief description of content and aims:

-basics in methods of social science

-reflection of PE lessons in an inclusive setting

-understanding about the differences of Inclusion and PE Lessons in the Netherlands and in Germany

Requirements:

- attendance

- creating an observation sheet (in groups)

- classroom observation in Cologne and Groningen (in groups)

- poster presentation (in groups)

- own arrival and placing at students

Code (VV-Nr.): LB10000089

Prerequisites: good English language skills

For further information please contact s.meier@dshs-koeln.de or s.ruin@dshs-koeln.de.

Courses in Spanish

21. **Title:** Adaptaciones biológicas al ejercicio físico

Lecturer: S. Rojas

Date & Time: Tuesday 12.30-2pm,

Location: seminar room 70, IG IV

Type: seminar

Language: Spanisch

Brief Description of contents and aims:

Adaptaciones biológicas a la actividad física: Fundamentos de ejercicio y la salud. Ejercicio como eje de la prevención primaria y secundaria de enfermedades cardiovasculares. Fundamentos fisiológicos de la limitación del ejercicio. Enfermedades y alteraciones patofisiológicas comunes y no tan comunes que conducen a intolerancia al ejercicio. Riesgos de salud durante la práctica deportiva. Sesiones prácticas sobre manejo de accidentes y emergencias (primeros auxilios y métodos de rescate) en excursiones deportivas. Dopaje y ejercicio. Detallada información práctica sobre los efectos del ejercicio sobre la estructura y función del cerebro y sus implicaciones en la salud mental.

Biological adaptations to physical activity: Fundaments of exercise and health. Physiological fundaments of exercise limitation, comprehensive background of common and no so common pathophysiological disorders leading to exercise intolerance. Health risks during sport. Practical sessions on handling accidents and emergencies (first aids & rescue methods) in sport excursions. Doping and exercise. Detailed practical information about the effects of exercise on structure and function of brain and its implications in mental health.

Credit Points: 2 CP

Code (VV-Nr.): BA 30105201

Prerequisites: basic Spanish knowledges

22. **Title:** Diagnóstico médico-deportivo y métodos de testeo en las ciencias del entrenamiento

Lecturer: S. Rojas

Date/Time/Location: once weekly at Wednesday 14-16h, seminar room 70 (IG IV)

and compact practical course date/time/location will be announced at the first meeting

Brief Description of contents and aims: Métodos para la valoración y prescripción del ejercicio. curso teórico-práctico para determinación del nivel del fitness. Principios y Guías para la ejecución de pruebas de valoración del fitness, su análisis, interpretación y prescripción de ejercicio a partir de estos datos. Incluye sesiones de prácticas individualizadas con mediciones computarizadas del rendimiento deportivo en el laboratorio.

Exercise testing and prescription: Theoretical and practical course. Principles & Guidelines for exercise testing, interpretation and prescription. Including individually practical sessions with computerized measurements of athletic performance in laboratory.

Type: seminar

Language: Spanish

Credit Points: 4 CP

Code (VV-Nr.): BA 30105202

Prerequisites: basic Spanish knowledges