



International Course Offer – winter term 2018/19 (October-February)

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, 2-4pm
Location: seminar room 62
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: 12th & 13th of January 2019, 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: Tuesday, 10am-1pm
Location: Velodrome; 1st meeting: Indoor-cycling track, to be announced
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.
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:** Socio-cultural aspects of sport and the Olympic Movement
Lecturer: Prof. Dr. Wassong
Date/Time: Wednesday, 4-5:30pm
Location: seminar room 70 (IG IV)
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

5. **Title:** International Day

Lecturer: G. King

Date/Time: 28th of November 2018 10am-5pm, 29th of October 7-9pm

Location: Senatssaal (IG II), GSU Foyer

Type: seminar and practical course

Credit Points: 2,5

Code (VV-Nr.): Int00000017



Regular course offer (Bachelor/Master) – winter term 2018/19 (October-February)

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: M. Raab, M. Watson
Date/Time: Tuesday, 2-3:30pm (course 1), Tuesday, 4:30-6pm (course 2)
Location: seminar room 14, LAA (course 1), seminar room 20, IG V (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: L. Schlüssel (course 1-3)
Date/Time: Monday, 11am-1pm (course 1), Wednesday, 12-2pm (course 2), Thursday, 11am-1pm (course 3)
Location: seminar room 13, LAA (course 1), seminar room 2, HJZ (course 2), seminar room 1, LAH (course 3)
Type: seminar
Language: English
Credit Points: 2
Code (VV-Nr.): BA20200002
Prerequisites: good English language skills
- 3. Title:** Sport specific English – sport and performance
Lecturer: A. Pizzera (course 1), A. Knicker (course 2)
Date/Time: Tuesday, 4-6pm (course 1 and 2)
Location: seminar room 13, LAA (course 1), seminar room 2, HJZ (course 2)
Type: seminar
Language: English
Credit Points: 2
Code (VV-Nr.): BA20200001
Prerequisites: good English language skills
- 4. Title:** Sport specific English – sport management
Lecturer: L. Schlüssel (course 1-3)
Date/Time: Tuesday, 2-4pm (course 1), Wednesday, 3-5pm (course 2), Thursday, 1-3pm (course 3)
Location: seminar room 1, LAH (course 1), seminar room 15, LAA (course 2), seminar room 2, HJZ (course 3)
Type: seminar
Language: English
Credit Points: 2
Code (VV-Nr.): BA20200004
Prerequisites: good English language skills
- 5. Title:** Sport specific English – sport journalism
Lecturer: L. Schlüssel
Date/Time: Tuesday, 4-6pm



Location: seminar room 1, LAH
Type: seminar
Language: English
Credit Points: 2
Code (VV-Nr.): BA20200006
Prerequisites: good English language skills

6. **Title:** Nutrition in sports
Lecturer: Judith von Andrian-Werburg, H. Bauhaus
Date/Time/Location: Tuesday, 12-2pm, seminar room 13
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
7. **Title:** Nutrition and Health
Lecturer: Prof. Diel
Date/Time/Location: Wednesday, 2-4pm, seminar room 2 (HJZ)
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
8. **Title:** Human Resource Management
Lecturer: B. Lobinger
Date/Time/Location: Friday, 10am-1pm, seminar room 97
Type: Seminar
Language: English
Brief description of content and aims: By attending this seminar students will learn the various instruments of human resource management in order to be able to work out strategies and action plans for employing and developing staff. Furthermore, students will analyse the influence of cultural values and norms in regards to human resource management and will convey measures for an efficient managing diversity concept.
Credit Points: 3
Code (VV-Nr.): BA41010002
Prerequisites: good English language skills; a basic knowledge in sport management would be an asset.
9. **Title:** International Sport Management Game
Lecturer: Dr. Stefan Walzel

Date/Time: Monday, 8th of October, 7:30-9pm & Monday, 3rd of December 7:30-9pm, Excursion: 12th - 16th November to Groningen (The Netherlands)

Location: 8th of October & 3rd of December, seminar room 97

Type: compact seminar

Brief description of content and aims: Sport Management students from seven universities (Aalborg, Denmark; Brussels, Belgium; 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, 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 (event) management exercise. Developing an understanding of diversity management and cultural differences within sport event management is the main objective of the game.

Important information: The costs for the transfer to Groningen and return (appr. 50 Euros 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 cost for participating in the International Sport Management Game (including accommodation; excluding travelling costs, meals etc.) is 125 Euro per person.

Credit Points: 3

Code (VV-Nr.): BA41010001

Prerequisites: good English language skills; a basic knowledge in sport management would be an asset.

10. Title: Fundamentals of management - sociological **AND** economic **AND** psychological perspective

Lecturer: F. Boronczyk

Date/Time/Location: Monday, 1-3pm, lecture hall 3

Type: lecture

Language: English

Brief description of content and aims: keypoints:

economic perspective: 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.

Sociological perspective: system theory - organization und environment - organizational structure - differentiation and integration - corporate culture - organizational change.

Psychological 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.

Credit Points: 2

Code (VV-Nr.): BA40300001 **and** BA40300002

11. Title: Fundamentals of management - exercise

Lecturer: F. Boronczyk

Date/Time/Location: Tuesday, 11am-12pm, lecture hall 3

Type: lecture

Language: English

Brief description of content and aims: keypoints:

Students should be able to

- apply and evaluate various management concepts, models and frameworks from
- develop an understanding for evidence-based management,

Scope of Application in Management

- risk management, change management, decision-making, and intercultural management, lecture contents are discussed in more detail

Credit Points: 1

Code (VV-Nr.): BA40300003

11. Title: International empirical Studies on PE lessons

Lecturer: Dr. Stefan Meier & Dr. Sebastian Ruin



Date/Time & Location: Preliminary discussion (only the German students) Friday, 05th of October 2018, 5-6:30pm, R 109 (Container, opposite of gym 01/02),
Wednesday to Friday, 07th of November – 09th of November 2018, Cologne,
Wednesday to Friday, 12th of December – 14th of December 2018, Groningen (NED)

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 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

12. Title: Preventive Doping Research – Uncover new Doping Strategies

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

Date/Time/Location: Monday 12:30-2pm, seminar room 14 (LAA)

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

13. Title: Selected bio-analytical aspects of athletic performance

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

Date/Time/Location: Monday 12:30-2pm, seminar room 50

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 Coaching

Lecturer: Dr. Laborde

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

Type: seminar room 93

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: Wednesday, 10:30am–12pm, Auditorium 3

Type: seminar/lecture

Language: English

Credit Points: 2

Code (VV-Nr.): MA70400001

Prerequisites: for Master students only

14. Title: Contemporary Choreography

Lecturer: S. Howahl

Date/Time & Location: Wednesday, 8:30 – 10am, ha 3

Type: practical course

Language: German/English

Brief description of content and aims: In the practical course 'contemporary choreography' students are acquainted with different approaches to choreography: choreography with stilebound motives, choreography departing from human gestures, and choreography comprising the entire range of human movement. Students choreograph three small dances, a duett, trio and a group-dance. One of them is performed in a public performance which takes place at the end of the Semester."

Code (VV-Nr.): BA 60800007

Courses in English and German

15. Title: Grundlagen der Ernährung / Basics of Nutrition

Lecturer: H. Braun, P. Diel, A. Heck, M. Thevis, A. Thomas

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: Friday, 12-2pm

Location: seminar room 20 (IG V)

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: 4th - 9th of February 2019, meeting for information 15th October 5-6pm, lecture hall 2

Location: Nordic Center Notschrei (Schwarzwald)

Type: compact course / practical course / excursion

Language: English and Germany

Prerequisites: German or English skills, Outdoor clothes, 300€ (including outdoor material and accommodation), transportation needs to 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: Tuesday, 5-7pm, sports hall 9

Type: practical course



Language: German, but internationals are very welcome

Credit Points: 2

Code (VV-Nr.): LB10000097

Prerequisites: basic German language skills