

PRELIMINARY International Course Offer – summer semester 2023 (April – July 2023)

The following seminars and courses are especially designed for international students and will be taught in English.

- 1 Title:** German Sport Culture
Lecturer: Dr. Gerard King
Date/Time: Thu 11:00 am – 12:30 pm
Location: SR 14 LAA
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 (Track & Field).
Hours per week (SWS): 2
Credit Points: 2.5
Prerequisites: Good English language skills
- 2 Title:** Dance
Lecturer: Margit Franzen
Date/Time: 13th/14th of May 2023
Location: Ha 3
Type: Practical course (compact course, one weekend)
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.
Hours per week (SWS): 2
Credit Points: 2
Prerequisites: Good English language skills
- 3 Title:** Socio-cultural Aspects of the Modern Olympic Movement
Lecturer: Prof. Dr. Wassong
Date/Time: Monday, 5 – 6:30 pm
Location: SR 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.
Hours per week (SWS): 2
Credit Points: 2.5
Prerequisites: Good English language skills

ATTENTION: Room has changed!
- 4 Title:** International Day
Lecturer: Dr. Gerard King
Date/Time: to be announced
Location: to be announced
Type: Seminar and practical course (*date of preparatory meeting still pending*)
Credit Points: 2.5

5 Title: Sport Psychology and Mental Coaching

Lecturer: Dr. Sylvain Laborde

Date/Time: Thu 2:00 pm – 3:30 pm

Location: SR 14 LAA

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 (SWS): 2

Credit Points: 2.5

Prerequisites: Good English language skills

6 Title: Train your Brain: Exercise induced brain changes

Lecturer: Prof. Dr. Lukas Scheef

Date/Time: Tue 3:30 pm – 5 pm

Location: SR 328 (library)

ATTENTION: Room has changed!

Type: Seminar

Language: English

Description: In this seminar, students will learn about the effects of exercise on brain plasticity and how to investigate it. The course will cover how to access changes in brain anatomy and brain function using modern imaging techniques. We will discuss the first findings about brain changes in the adult brain observed in London Taxi drivers. You will learn the current theories on how exercise changes the brain and we will critically discuss the most recent research.

Hours per week (SWS): 2

Credit Points: 2.5

Prerequisites: Good English language skills

7 Title: Applied Exercise Physiology

Lecturer: Dr. Oliver J. Quittmann

Date/Time: Wed 10 – 11:30 am

Location: SR 64

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 (SWS): 2

Credit Points: 2.5

Prerequisites: Good English language skills

- 8 **Title:** Exercise physiology in unique environments / Rescue and Safety for water-based activities in theory and practice

Lecturer: Fabian Möller / Evelyn Hinz

Date/Time: Tuesday, 12 am – 3 pm

Location: Aquatics centre

Type: Seminar and practical course

Language: English

Exercise physiology in unique environments:

Description: This course covers exercise physiology in both theory and hands-on practice. In the laboratory, common methods for the assessment of both peak and regulative performance are discussed, applied and the results evaluated by the students (e.g., spiroergometric measurements, blood lactate sampling, electrocardiography). Basic knowledge is further extended by an introduction to diving physiology and the implications on human performance in altered environmental settings, which includes a practical session of breath-hold and SCUBA-diving. On this basis, the assessment of exercise performance is transferred to methods suitable within the aquatic and underwater environment. All self-obtained data will be prepared, analyzed discussed. No previous experience is necessary, all materials are provided.

The course consists of four blocks, each calculated for 4 teaching units.

Block 1:

Laboratory: Basic exercise physiology and introduction to different methods and exercise tests. Conduction of graded exercise tests by participants. Preparation and evaluation of results.

Block 2:

Pool: Introduction to diving physiology (adaptation to underwater environment and implications for exercise performance). Practical introduction to SCUBA-diving.

Block 3:

Pool: Performance assessment in aquatic environments (post-exercise spiroergometrie, Borg-skales, ECG and respiratory measurements in and underwater).

Block 4:

Preparation and analysis of the obtained data. Interpretation and discussion of environmental and modality-dependent differences for exercise performance. Summary of methods and their application.

Prerequisites: Good English language skills; **Mandatory:** Ability to swim, being comfortable in the water, medically fit to dive, willingness to participate in exercise tests

Rescue and Safety for water-based activities in theory and practice:

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.

Prerequisites: Good English language skills, confident swimmer (this course does not aim to teach basic swimming techniques), bring your own swimming gear (secure fit – must be suitable for jumping; bikinis are not recommended)

Hours per week (SWS) in total: 2

Credit Points in total: 2.5

- 9 **Title:** Biomedical Fundamentals

Lecturer: Dr. Jonas Zacher

Date/Time: Mon 12 am – 2 pm, *every other week, starting on the 3rd of April*

Location: SR 95

Type: Seminar, max. 10 participants

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 (SWS): 1

Credit Points: 2

Prerequisites: Good English language skills

Regular course offer (Bachelor/Master) – summer 2023 (April –July 2023)

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 and Movement Mediation in Leisure and Recreational Sports

Lecturer: E. Schlüssel

Date/Time: Mon, 4-6 pm

Location: SR 11

Type: Seminar

Language: English

Hours per week (SWS): 2

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)

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.

2. Title: Sport specific English – sport in health, prevention and therapy

Lecturer: E. Schlüssel (course 1 & 2)

Date/Time: Mon, 12-2 pm (course 1); Wed, 12-2 pm (course 2)

Location: SR 02 (course 1), SR 95 (course 2)

Type: Seminar

Language: English

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA20200002

Prerequisites: Good English language skills

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 and performance

Lecturer: A. Knicker (course 1), A. Pizzera (course 2), J. Friedrich (course 3)

Date/Time: Wed, 12-2 pm (course 1); Tue, 12-2 pm (course 2); Wed, 8-10 am (course 3)

Location: SR 13 (course 1), SR 65 (course 2), SR 02 (course 3)

Type: seminar

Language: English

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA20200003

Prerequisites: good English language skills

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 management

Lecturer: E. Schlüssel (courses 1 & 2)

Date/Time: Wed, 10-12 am (course 1); Thu, 12-2 pm (course 2)

Location: SR 50 HJZ (course 1), SR 60 (course 2)

Type: Seminar

Language: English

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA20200004

Prerequisites: Good English language skills

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.

5. **Title:** Basics of Nutrition

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

Date/Time/Location: Thu, 4-6 pm, Hö 3

Type: Lecture

Language: *slides in English, language German!*

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

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA30115001

Prerequisites: Good English language skills, German language skills useful

6. **Title:** Nutrition in Sports

Lecturer: H. Bauhaus, M. Thevis, C. Tuma

Date/Time/Location: Tue, 12-2 pm, SR 97

Type: Seminar

Language: English

Brief description of content and aims: 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 (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA30115004

Prerequisites: Good English language skills

7. **Title:** Nutrition and Health

Lecturer: P. Diel

Date/Time/Location: Wed, 2-4 pm, SR 64

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)

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA30115005

Prerequisites: Good English language skills

8 . Title: International Sportmanagement Game

Lecturer: Dr. Stefan Walzel

Date/Time: Introductory event on Monday 3rd April (6:30 – 8pm), SR 60;
The seminar will take place in Groningen, The Netherlands, from Monday, 17th April until Friday, 21st April 2023

Type: Compact Seminar

Language: English

Brief description of content and aims: 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 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 140 Euro per person.

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA41010001

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

9 . Title: Intercultural Management

Lecturer: J. Friedrich

Date/Time/Location: Tue, 8-10 am, SR 11

Type: Seminar

Language: English

Brief description of content and aims:

- 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

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA41010002

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

10. **Title:** International Sport Business

Lecturer: Dr. Stefan Walzel

Date/Time/Location: Wed, 6-8 pm, SR 10

Type: Seminar

Language: English

Brief description of content and aims:

- 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

Hours per week (SWS): 2

Credit Points: 2

Code (VV-Nr.): BA41010004

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

11. **Title:** Fundamentals of Management & Applications in Management (**PLEASE NOTE: These two lectures belong together and have to be taken jointly!**)

Lecturer: T. Quansah

Time: Thu, 10-12 am & Mon, 11-12 am

Location: both courses in Hö 3

Type: lectures

Language: English

Brief description of content and aims:

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 (SWS): 2 + 1 → 3 altogether

Credit Points: 3 (if you take and pass the final exam: 6 CP altogether)

Code (VV-Nr.): BA40300001 & BA40300002

Prerequisites: Good English language skills

12. **Title:** Preventive Doping Research – Uncover new Doping Strategies
Lecturer: A. Thomas, M. Thevis, J. Breuer, T. Möller
Date/Time/Location: Mon, 1-2:30 pm, SR 92
Type: Applied training course
Language: English
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.
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): 9902000011
13. **Title:** Selected bio-analytical aspects of athletic performance
Lecturer: M. Thevis, A. Thomas, J. Breuer, T. Möller
Date/Time/Location: Mon, 1-2:30 pm, SR 91
Type: Applied training course
Language: German/English
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.
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): 9902000010
14. **Title:** Fundamentals of Neuroscience
Lecturer: F. Javelle (course 1), S. Rojas Vega (course 2 & 3)
Date/Time/Location: Wed, 2-4 pm, SR 10 (course 1); Wed, 10-12 am, SR 11 LAA (course 2); Thu, 2-4 pm, SR 13 (course 3)
Type: Seminar
Language: German/English
Brief description of content and aims:
- 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 (SWS):** 2
Credit Points: 2
Code (VV-Nr.): BA70400003

15. **Title:** Alternative Sport Games

Lecturer: P. Furley (course 1), F. Wunderlich (course 2)

Time/Location: Thu, 9:30-11 am, Hall 9 (course 1); Thu, 4-5:30 pm, Hall 9 (course 2)

Type: Practical course

Language: German/English

Brief description of content and aims: 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 (SWS): 2

Credit Points: 2

Code (VV-Nr.): LB10000097