



**PRELIMINARY International Course Offer – Winter Term 2021/2022 (October-February)**

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:** Tuesday, 4 – 5:30 pm

**Location:** SR 13

**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:** 15<sup>th</sup> – 16<sup>th</sup> of January (Saturday & Sunday), 10 am – 6 pm

**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:** Cycling

**Lecturer:** Prof. Dr. Helmut Lötzerich

**Date/Time:** 8 dates on Monday (1 - 4 pm), starting on the 11<sup>th</sup> of October, possible further dates on one Friday (1 - 4 pm) and/or on the second weekend of the lecturing period (23<sup>rd</sup>/24<sup>th</sup> of October)

**Location:** First meeting in the Velodrome

**Type:** Practical course, **max. 12 participants!**

**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.

**Hours per week (SWS):** 2

**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 and good fitness level required

**4 Title:** Socio-cultural Aspects of the Modern Olympic Movement

**Lecturer:** Prof. Dr. Wassong

**Date/Time:** Monday, 5 – 6:30 pm

**Location:** SR 63

**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

**5 Title:** Sport Psychology and Mental Coaching

**Lecturer:** Dr. Sylvain Laborde

**Date/Time:** Tuesday, 2 – 3:30 pm → ATTENTION! TIME CHANGED!

**Location:** SR 65

**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:** Applied Exercise Physiology

**Lecturer:** Dr. Oliver J. Quittmann

**Date/Time:** Wednesday, 5 – 6:30 pm

**Location:** SR 92 (NaWi-Medi)

**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



**7 Title:** Biomedical Fundamentals

**Lecturer:** Jonas Zacher

**Time:** Wednesday, 12 am – 2 pm, every other week, starting on the 13<sup>th</sup> of October 2021

**Location:** SR 93

**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