

PRELIMINARY International Course Offer – winter semester 2023/2024 (October 2023 – February 2024)

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: Wed, 12:30 am – 2 pm
Location: SR 15 LAA
Type: Seminar
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: 13th/14th of January 2024
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 – 6:30 pm
Location: SR 61
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: 22.11.2023, starting at 10 am
Location: Foyer
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: Tue, 12:30 am – 2 pm
Location: SR 12
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:** Applied Exercise Physiology
Lecturer: Dr. Oliver J. Quittmann
Date/Time: Wed, 2:30 pm – 4 pm
Location: SR 70
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

- 7 Title:** Advanced rescue and safety for sport and outdoor activities in theory and practice
Lecturer: Evelyn Hinz
Date/Time: Thu, 4:30 pm – 6 pm
Location: SR 64
Type: Seminar
Language: English
Description: This seminar aims to enable the students to plan, implement and lead sport activities and tours indoors and outdoors with a special focus on emergency situations. A main part of the course is to understand the medical foundations of the human body and to apply them to advanced first aid scenarios in the outdoors. This includes anatomy, physiology, traumatology, pathology in various fields as well as theory and practice of medical basic diagnostics and advanced first aid techniques. Furthermore, legal aspects in tour guiding, the prevention of emergency situations and proper planning of outdoor activities will be discussed. The students will apply the acquired skills throughout the seminar in various scenarios in order to become competent leaders in Rescue and Safety.
Hours per week: 2 SWS
Credit Points: 2,5
Course Code: 9500000029
- 8 Title:** Fitness and exercise prescription for special populations
Lecturer: Stephanie Paplinskie
Date/Time:
Mon, November 20th 5 pm - 8 pm (SR 63)
Tue, November 21st 5 pm - 8 pm (SR 63)
Wed, November 22th 5 pm - 8 pm (SR 63)
Thu, November 23rd 5 pm - 8 pm (SR 62)

Mon, November 27th 5.30 pm - 8 pm (Ha 07)
Tue, November 28th 5.30 pm - 8 pm (Ha 07)
Wed, November 29th 5.30 pm - 8 pm (Ha 07)
Thu, November 30th 5.30 pm - 8 pm (Ha 07)

Location: SR 62, 63, Ha 05 & 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 select 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

- 9 **Title:** Biomedical Fundamentals
 Lecturer: Dr. Jonas Zacher
 Date/Time: Fri, 11 am – 1 pm, *every other week, starting on the 13th of October*
 Location: SR 15 LAA
 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

Regular course offer (Bachelor/Master) – winter semester 2023/2024 (October 2023 – February 2024)

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: Elisabeth Schlüssel
Date/Time: Wed, 10 am -12 am
Location: SR 02
Type: Seminar
Language: English
Description: 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)
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.
- 2 Title:** Sport specific English – sport in health, prevention and therapy
Lecturer: Elisabeth Schlüssel
Date/Time: Wed, 12 am – 2 pm
Location: SR 20
Type: Seminar
Language: English
Description: 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)
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.

- 3 Title:** Sport specific English – sport and performance
Lecturer: Dr. Axel Knicker (course 1), Dr. Alexandra Pizzera (course 2)
Date/Time: Mon, 2 pm – 4 pm (course 1), Tue, 8 am – 10 am (course 2)
Location: SR 92 (course 1), SR 94 (course 2)
Type: Seminar
Language: English
Description: 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)
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.
- 4 Title:** Sport specific English – sport management
Lecturer: Elizabeth Schlüssel
Date/Time: Mon, 9 am – 11 am (course 1); Tue, 2 pm – 4 pm (course 2); Mon, 11 am – 12:30 am (course 3)
Location: SR 92 (course 1), SR 94 (course 2), SR 92 (course 3)
Type: Seminar
Language: English
Description: 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)
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.

- 5 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
- 6 Title:** Nutrition in Sports
Lecturer: H. Bauhaus, M. Thevis, C. Tuma
Date/Time: Tue, 12 am – 2 pm
Location: SR 96
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
- 7 Title:** Nutrition and Health
Lecturer: Prof. Dr. Dr. Patrick Diel
Date/Time: Wed, 2 pm – 4 pm
Location: SR 96
Type: Seminar
Language: English
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
 - 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:** 2 SWS
Credit Points: 2
Course Code: BA30115005

8 Title: International Sportmanagement Game

Lecturer: Petri Lintumäki

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: Jannis Friedrich

Date/Time: Thu, 8 am – 10 am

Location: SR 91

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

- 10 Title:** International Sport Business
Lecturer: Petri Lintumäki
Date/Time: Wed, 6 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
- 11 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: Wed, 2 pm – 4 pm (lecture 1); Thu, 4 pm – 5 pm (lecture 2)
Location: Hö 3 (lecture 1), Hö 02 (lecture 2)
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: BA40300001 & BA40300002

- 12 Title:** Preventive Doping Research – Uncover new Doping Strategies
Lecturer: J. Breuer, T. Möller, M. Thevis, K. Walpurgis
Date/Time: Mon, 12 am – 1 pm
Location: SR 63
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, also 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
- 13 Title:** Selected bio-analytical aspects of athletic performance
Lecturer: J. Breuer, T. Möller, M. Thevis, K. Walpurgis
Date/Time: Mon, 12 am – 1:30 pm
Location: SR 91
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
- 14 Title:** Fundamentals of Neuroscience
Lecturer: Florian Javelle (course 1), PD Dr. Dr. Sandra Rojas Vega (course 2 & 3)
Date/Time: Mon, 6 pm – 8 pm (course 1); Wed, 4 pm – 6 pm (course 2); Mon, 4 pm – 6 pm (course 3)
Location: SR 94 (course 1), SR 95 (course 2), SR 02 (course 3)
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

- 15 Title:** Alternative Sport Games
Lecturer: Philip Furley (course 1), Fabian Wunderlich (course 2)
Date/Time: Tue, 9:30 am – 11 am (course 1); Thu, 4 pm – 5:30 pm (course 2)
Location: Ha 09, both courses
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