



Master Thesis

Seeking Assistance for a Research Project



„Stress management with the help of the diving reflex in sport-specific situations“

The Institute of Psychology of the German Sport University Cologne is looking for students who are looking for experience in conducting scientific research and are potentially looking to write their Bachelor or Master thesis in this topic. This project will run from December 2019 until July 2020. As an assistant, you will have flexible working hours.

What is the Diving Reflex:

The diving reflex is a set of physiological responses to face immersion that overrides the basic homeostatic reflexes, and is found in all air-breathing vertebrates.

Background Information:

This scientific project seeks to understand how the Diving Reflex influences:

1. Penalty shooting in soccer.
2. Shooting performance with an air gun



Both disciplines have stress level as a common factor, and can lead to negative outcomes on performance. With the use of speedometers, heart rate monitors, and other equipment, the goal of this project is to investigate whether the diving reflex can help athletes reduce stress and improve performance.

This study will primarily be taking place at the German Sport University. If you would like to receive more information and learn how to be involved, feel free to contact us.

Qualifications:

- Interest in (Sport-) Psychology and scientific research.
- Dedicated, reliable and responsible.
- Strong Communication Skills

Contact Person:

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