



International Course Offer – Winter Term 2019/2020 (October-January)

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: Mi 2-3:30 pm

Location: SR 13, 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: 11th - 12th January 2020, 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.

Hours per week (SWS): 2

Credit Points: 2

Prerequisites: Good English language skills

3. **Title:** Cycling

Lecturer: Prof. Dr. Helmut Lötzerich

Date/Time: Tuesday, 10am (sharp!) - 1pm (sharp!), starting on the 8th of October; additional dates pending (probably 12th/13th of October or 19th/20th of October, weather dependent)

Location: First meeting at the bicycle cellar

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: Tuesday 4-5:30pm
Location: SR 50 (IG II)
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:** International Day
Lecturer: G. King
Date/Time: 20th November, 10-5pm (*date of preparatory meeting still pending*)
Location: Main entrance hall
Type: Seminar and practical course
Credit Points: 2.5
- 6. Title:** Sport Psychology and Mental Coaching
Lecturer: Dr. Sylvain Laborde
Date/Time: Wednesday 3:30-5 pm (*still to be confirmed*)
Location: SR 93, Nawi-Medi (*still to be confirmed*)
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
- 7. Title:** Biomedical Fundamentals
Lecturer: Jonas Zacher
Time: Friday 1-3pm, every other week, starting on the 18th of October 2019
Location: SR 65
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



8. **POTENTIALLY AVAILABLE**

Title: Applied skill acquisition and coaching

Lecturer: Dr. Sarah-Kate Millar

Date/Time/Location: *still to be clarified* – if available, the module will take place in a compact form in November 2019

Type: Seminar and practical course

Language: English

Description: This course is designed to provide you with opportunities to further your understanding of skill acquisition, through the use of a constraints-led approach. A constraints-led approach is multi-dimensional, focussing on the learner, their context and the skill involved. It integrates and explores the physical, emotional and social dimensions of acquiring skills in order to meet a learner's needs. This course will help you to understand your role in shaping the learning of others. The focus is on you as the learner, developing your knowledge and skills through experiencing a variety of learning activities. This will allow you to explore and manipulate a range of different learning tasks and situations leading to understanding the skill learning of others. You will be challenged to look at skill acquisition through the eyes of the learner.

Credit Points: 2.5

Prerequisites: Good English language skills



Regular course offer (Bachelor/Master) – winter term 2019/2020 (October-January)

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: E. Schlüssel (course 1 &2)

Date/Time: Tuesday, 2-4pm (course 1); Thursday, 4-6pm (course 2)

Location: SR 96 (course 1), SR 1 (course 2)

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 1-3)

Date/Time: Wednesday, 5-6:30pm (course 1); Tuesday, 4-6pm (course 2); Wednesday, 3-5pm (course 3)

Location: SR 50 (course 1), SR 96 (course 2), SR 50 (course 3)

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. Pizzera (course 1), A. Knicker (course 2)
Date/Time: Friday, 10-11:30am (course 1); Tuesday, 12-2pm (course 2)
Location: SR 90 (course 1), SR 62 (course 2)
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: *still to be specified*
Date/Time: Monday, 10-12am (course 1); Tuesday, 6-8pm (course 2); Monday, 1-3pm (course 3)
Location: SR 62 (course 1), SR 93 (course 2), SR 61 (course 3)
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:** Sport specific English – sport journalism
Lecturer: *still to be specified*
Date/Time: Thursday, 2-3:30pm
Location: SR 97
Type: Seminar
Language: English
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): BA20200006
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.



6. **Title:** 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: *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

7. **Title:** Nutrition in Sports

Lecturer: J. von Andrian-Werburg, H. Bauhaus

Date/Time/Location: Tuesday, 12-2pm, SR 90

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

8. **Title:** Nutrition and Health

Lecturer: Prof. Dr. Diel

Date/Time/Location: Wednesday. 2-4pm, SR 91

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



9. **Title:** International Sport Management Game

Lecturer: Dr. Stefan Walzel

Date/Time: 1pm on 18th Nov 2019 – 1pm on 22nd Nov 2019

Introduction session: Monday, 7th of October 2019, 6:30-8pm, SR 90

Wrap up session: Monday, 2nd of December 2019, 6:30-8pm, SR 90

Location: Groningen, The Netherlands (Excursion) and GSU, Cologne (Introduction and Wrap up session)

Type: Compact Seminar

Language: English

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 130 Euro per person.

Hours per week (SWS): 3

Credit Points: 3

Code (VV-Nr.): BA41010001

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

10. **Title:** Human Resource Management

Lecturer: Dr. Babett Lobinger, L. Bröker

Date/Time: Tuesday, 9:30-12am

Location: SR 94

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.

Hours per week (SWS): 3

Credit Points: 3

Code (VV-Nr.): BA41010002

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



11. **Title:** Fundamentals of Management – Economic & Social & Psychological perspective
Lecturer: Felix Boronczyk
Time: Tuesday, 10-12am
Location: lecture hall 2
Type: lecture
Language: English
Brief description of content and aims:
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
System theory; organization und environment; organizational structure; differentiation and integration; corporate culture; organizational change
Behaviour by individuals; behaviour in groups; teambuilding; group dynamics and decisions; leadership in organizations; leadership types and styles; theoretical approaches to leadership; organizational development
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): BA4030001 & BA4030002
Prerequisites: Good English language skills
12. **Title:** Fundamentals of Management – Exercise
Lecturer: Felix Boronczyk
Time: Thursday, 5-6pm
Location: lecture hall 1
Type: lecture
Language: English
Brief description of content and aims:
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
Hours per week (SWS): 1
Credit Points: 1
Code (VV-Nr.): BA40300003
Prerequisites: Good English language skills
13. **Title:** Preventive Doping Research – Uncover new Doping Strategies
Lecturer: A. Thomas, K. Walpurgis
Date/Time/Location: Monday, 12:30-2pm, SR 60
Type: Applied training course
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.
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): 9902000011



- 14.** **Title:** Selected bio-analytical aspects of athletic performance
Lecturer: A. Thomas, K. Walpurgis
Date/Time/Location: Monday, 12:30-2pm, SR 60
Type: Applied training course
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.
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): 9902000010
- 15.** **Title:** Fundamentals of Neuroscience
Lecturer: S. Rojas Vega (course 1), K. Brixius (course 2), K. Knaepen (course 3)
Date/Time/Location: Thursday, 9-11am, SR 50 (course 1); Tuesday, 12-1pm, SR 63 (course 2); Thursday, 3-5pm, SR64 (course 3)
Type: Lecture
Language: English
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): BA70400003
- 16.** **Title:** Alternative Sport Games
Lecturer: F. Wunderlich (course 1), P. Furley (course 2)
Time/Location: Wednesday, 10-11:30am, Hall 9 (course 1); Thursday, 8-9:30am, Hall 9 (course 2)
Type: Practical course
Language: German/English
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): LB10000097
- 17.** **Title:** Stress and strain in individual sports
Lecturer: A. Knicker
Time: Monday, 2-3:30pm
Location: SR 94
Type: Seminar
Language: German/English
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): BA30204001
- 18.** **Title:** Stress assessment and movement analysis
Lecturer: A. Knicker
Time: Thursday, 8-9:30am
Location: SR 65
Type: Seminar
Language: German/English
Hours per week (SWS): 2
Credit Points: 2
Code (VV-Nr.): BA30204002



Courses in Spanish

Title: Physiological and medical aspects of human performance in high performance, recreational- and therapeutic/rehabilitative sports.

Lecturer: Dr. Dr. Sandra Rojas Vega

Date/Time & Location:

- BA 30520001 once weekly at Thursday, 16-18:00h, seminar room 70

- BA 30520002 compact course* (see data below), Laboratory LAA

Type: Seminar

Language: Spanish

Brief description of content and aims:

The module includes two courses:

1. Exercise testing and prescription (4 CP; BA 30520002)

2. Biological adaptations to physical activity (2 CP; BA 30520001)

1. Exercise testing and prescription: Theoretical and practical course. Principles & Guidelines for exercise testing, interpretation and prescription. Including individually practical sessions with computerized measurements of athletic performance in laboratory.

Code (VV-Nr.): BA 30520001

2. Biological adaptations to physical activity: Fundamentals of exercise and health. Physiological fundamentals of exercise limitation, comprehensive background of common and not so common pathophysiological disorders leading to exercise intolerance. Health risks during sport. Practical sessions on handling accidents and emergencies (first aids & rescue methods) in sport excursions. Doping and exercise. Detailed practical information about the effects of exercise on structure and function of brain and its implications in mental health.

Code (VV-Nr.): BA 30520002

Hours per week (SWS): 6

Credit Points: 6

*Date/Time & Location compact course BA 30520002

compact course I: 26.10.2019 8-17 h (saturday) & 27.10.2019 10-17:00 h (sunday)

compact course II: 02.11.2019 8-17h (saturday) & 03.11.2019 10-17:00 h (sunday)

compact course III: 11.01.2020 8-17 h (saturday) & 12.01.2020 10-17:00 h (sunday)

compact course IV: 25.01.2020 8-17 h (saturday) & 26.01.2020 10-17:00 h (sunday)