

### International Course Offer

The following seminars and courses are specifically designed for international students and are taught in English.

- 1 Title:** German Sport Culture  
**Lecturer:** Dr Gerard King  
**Date/Time:** Fri, 9:30 – 10:15 am  
**Location:** SR 62  
**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:** Sat, 23.01. & Sun, 24.01.2027, 9 am – 5 pm  
**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, 5:00 – 6:45 pm  
**Location:** SR 93  
**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:** Wed, 18.11.2026, 9 am – 5 pm  
**Location:** Foyer, main entrance GSU  
**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:** Wed, 2 – 3:45 pm  
**Location:** SR 10  
**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 Fitness and Exercise Prescription for Special Populations**  
**Lecturer:** Stephanie Paplinskie  
**Date/Time:** 23.11. – 26.11. and 30.11. – 03.12.2026, 6 – 8 pm  
**Location:** SR 14 / 06 (1<sup>st</sup> meeting in the seminar room)  
**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 selected 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

- 7 **Title:** German History and Politics  
**Lecturer:** Dr Jan Hecker-Stampehl  
**Date/Time/**  
**Location:** Session 1: Fri, 30.10.2026 / 4 – 8 pm / SR 60  
Session 2: Sat, 31.10.2026 / 10 am – 2 pm / SR 60  
Session 3: Fri, 13.11.2026 / 4 – 8 pm / SR 60  
Session 4: Sat, 14.11.2026 / 10 am – 2 pm / SR 60  
**Session 5: Sat, 12.12.2026 & Sun, 13.12.2026 / Field trip in the Cologne/Bonn region**  
**Language:** English  
**Description:** In this course we will cover the main features of German history and political development. The historical focus will be on the period since the creation of a German nation state in 1871 and the most important events of the 20th century. From the German Empire to the First World War and the first German democracy (the Weimar Republic), we will trace Nazi Germany/World War II and the division of Germany during the Cold War. We will recapitulate the emergence of modern democracy in West Germany and its transformation over the decades from the Bonn Republic to the unification of the two German states in 1990 and today's Berlin Republic. We will also examine the most important political developments and take a closer look at the federal system that characterises Germany. Furthermore, we will also address the more recent major challenges the democratic system in Germany faces through globalisation, demographic change, migration and the emergence of new, partially anti-constitutional and openly racist parties.  
**The course will be accompanied by a two day study trip to historical sites in Cologne and the old West German capital Bonn (with one overnight).**  
**Hours per week:** 2 SWS  
**Credit Points:** 2.5  
**Course Code:** 9500000032
- 8 **Title:** Applied Exercise Physiology  
**Lecturer:** Nils Flüthmann  
**Date/Time:** N.N.  
**Location:** N.N.  
**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

- 9   **Title:**                   Selected Aspects of Performance in Sport – Bioanalytical Considerations  
     **Lecturer:**             Esther Fußhöller, Dr Andreas Thomas, Lisa Borschel  
     **Date/Time:**         Mon, 3:15 – 5 pm  
     **Location:**          SR 63  
     **Type:**               Applied training course  
     **Language:**         German/English  
     **Description:**       Factors such as amino acids and proteins in general, as well as haemoglobin, 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
- PLEASE NOTE:** The courses “Selected Aspects of Performance in Sport” and “Preventive Doping Research” belong together and take place during the same time slot. Please clarify details with the lecturer.

### **Regular course offer (English-taught Bachelor courses)**

The following courses are recommended within the existing BA degree programmes. Whilst the International Course Offer is designed by the International Office specifically for international exchange students, the following suggestions are regular courses taught in English, or in some cases a mixture of English and German, but with special support for international students.

- 10 Title:** English for Sport-Specific Purposes – Sport and Movement Mediation in Leisure and Recreational Sports (SBV)
- Lecturer:** group 1: Dr Elisabeth Schlüssel / groups 2 & 3: Philip Furley
- Date/Time:** group 1: Fri 11 am – 12:45 pm / group 2: Wed, 8:45 – 10:30 am / group 3: Mon, 12:15 – 2 pm
- Location:** group 1: SR 92 / group 2: SR 91 / group 3: SR 62
- Type:** Seminar
- Language:** English
- Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-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.

- 11 Title:** English for Sport-Specific Purposes – Sport in Health, Prevention and Therapy (SGP)
- Lecturer:** group 1 & 2: Dr Elisabeth Schlüssel / group 3: Michel Brinkschulte
- Date/Time:** group 1: Thu, 10:15 am – 12 pm / group 2: Thu 12 – 1:45 pm / group 3: Tue, 12:15 – 2 pm
- Location:** group 1: SR 62 / group 2: SR 62 / group 3: SR 63
- Type:** Seminar
- Language:** English
- Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-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.

- 12 Title:** English for Sport-Specific Purposes – Sport and Performance (SUL)  
**Lecturer:** group 1: Dr. Igor Komnik / group 2: Dr. Laura Will  
**Date/Time:** group 1: Mon, 4:15 – 6 pm / group 2: Thu, 4 – 5:45 pm  
**Location:** group 1: SR 95 / group 2: SR 13  
**Type:** Seminar  
**Language:** English  
**Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-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.
- 13 Title:** English for Sport-Specific Purposes – Sport Management (SMK)  
**Lecturer:** groups 1 & 2: Dr Elizabeth Schlüssel / group 3: to be announced  
**Date/Time:** group 1: Fri, 9 – 10:45 am / group 2: Thu, 4:45 – 6:30 pm /  
group 3: Mon, 10:15 am – 12 pm  
**Location:** group 1: SR 92 / group 2: SR 91 / group 3: SR 20  
**Type:** Seminar  
**Language:** English  
**Description:** Students of this course are expected to participate actively in the class and giving a 15-minute presentation on a sports-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.

- 14 Title:** Diversity-Competence  
**Lecturer:** Dr Elizabeth Schlüssel  
**Date/Time:** Mon, 10:30 am – 12:15 pm  
**Location:** SR 92  
**Type:** Seminar  
**Language:** English  
**Description:** Students acquire knowledge about social (in)equality and participation; critically analyse power structures, (in)equality, as well as exclusion and inclusion processes in sports; reflect on their personal attitude and identity in a diverse society and learn skills for dealing with social diversity in groups and organisations in sports.  
**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:** BA20200005
- 15 Title:** Nutrition in Sports  
**Lecturer:** Chiara Tuma, Pinar Erdogan, Prof Dr Mario Thevis  
**Date/Time:** Tue, 12:15 – 2 pm  
**Location:** SR 95  
**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
- 16 Title:** Nutrition and Health  
**Lecturer:** Prof Dr Patrick Diel  
**Date/Time:** Wed, 2:15 – 4 pm  
**Location:** SR 02  
**Type:** Seminar  
**Language:** English  
**Description:** Basics in nutrition and nutrition science, application in a sport- and health-related context. 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

- 17 Title:** International Sport Management Game  
**Lecturer:** Dr Stefan Walzel  
**Date/Time:** (A) preparatory meeting: Mon, 19.10.2026, 6:30 – 8 pm  
(B) excursion to Groningen: 23.11. – 27.11.2026  
(C) wrap-up session: Mon, 07.12.2026, 6:30 – 8 pm  
**Location:** (A) & (C): GSU (exact location to be announced);  
(B) The main part of the seminar will take place in Groningen, Netherlands  
**Type:** Compact Seminar  
**Language:** English  
**Description:** The international Sport Management Game is a compact seminar that takes place at the Hanze University in Groningen (Netherlands). Students from several European universities work in mixed teams on one case study. The students have to work on various strategic and operational management tasks and solve them in an intercultural team environment. The aim is to develop and expand the students' intercultural management skills.  
**Important:** The seminar will take place in Groningen, The Netherlands, starting on Monday, 23rd Nov 2025, at 12:00 (lunch time) and finishing on Friday, 27th Nov 2025, at 13:00. The traveling to Groningen and return has to be organised by the participants themselves. For all students, the accommodation in a hostel is booked. **The costs for participating in the International Sport Management (excluding travelling costs, including accommodation) are around 180 Euro per person.** The exact amount will be announced and charged in the end of October 2026. The mandatory introduction for this field trip will take place on Monday, 19th Oct 2026, 18:30-20:00. In case of any issue, please contact Dr. Stefan Walzel (walzel@dshs-koeln.de).  
**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:** BA41010001
- 18 Title:** Intercultural Management  
**Lecturer:** Jannis Friedrich  
**Date/Time:** Thu, 8 – 9:45 am  
**Location:** SR 96  
**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

- 19 Title:** International Sport Business  
**Lecturer:** Dr Stefan Walzel  
**Date/Time:** Wed, 8 – 9:45 am  
**Location:** SR 96  
**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
- 20 Title:** (A) Basics of management & (B) Application management  
**(PLEASE NOTE: These two lectures belong together and have to be taken jointly!)**  
**Lecturer:** Nils-Hendrik Weustenfeld  
**Date/Time:** (A) Thu, 1 – 2:45 pm, (B) Thu, 2:45 – 3:45 pm  
**Location:** (A) & (B) Hö 03  
**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:** (A) BA40300001; (B) BA40300002

### Regular course offer (Practical Bachelor Courses)

The following recommendations are regular BA practical courses taught in German. Experience has shown that the following courses are perfectly feasible for exchange students, even though they are taught in German. This is partly because the lecturers and fellow students in these courses are happy to provide good support in English, and partly because the language barrier is easier to overcome during the physical practice.

- 1**    **Module:**                    BAS3 – Practical application of basic concepts in training science  
**Course offers:**            Endurance capability; Coordination training; Strength and power in sport; Playing ability  
**Lecturer/Date/**  
**Time/Location:**        several options, please see regular Bachelor course catalogue  
**Recommendation:** if applicable, prefer Dr Vera Abeln  
**Type:**                        Practical courses  
**Language:**                German  
**Description:**            The students acquire a sports practical and theoretical expertise in training science and physiological performance aspects as well as sports-spreading bases of the ability to play.  
**Hours per week:** 1 SWS  
**Credit Points:**        1 per discipline  
**Course Codes :**        see regular Bachelor course catalogue
- 2**    **Module Title:**        BAS4 – Movement and expression  
**Course offers:**        Movement and creation II  
**Lecturer/Date/**  
**Time/Location:**        several options, please see regular Bachelor course catalogue  
**Type:**                        Practical course  
**Language:**                German  
**Description:**            With a movement-improvisational-exploratory activity, students are challenged and encouraged in their functionally creativity of movement and are put in a position to develop and teach problem-specific movements for learning and training.  
**Hours per week:** 2 SWS  
**Credit Points:**        2  
**Course Code :**        BA10400002
- 3**    **Module Title:**        BAS5 – Theory and practice of sport disciplines and areas of movement  
**Course offers:**        **both semesters:** Martial arts, combat sports and self defense; Cycling; Sports climbing; Diving sports; Technically compiled sport disciplines  
**only summer semester:** Canoeing; Rowing  
**Lecturer/Date/**  
**Time/Location:**        several options, please see regular Bachelor course catalogue  
**Type:**                        Practical courses  
**Language:**                German  
**Description:**            In this module, students are able to get an insight into more untypical sports. They will learn the basics as well as security and emergency cases in some courses.  
**Prerequisites:**        Some courses require own equipment and/or are combined with an excursion where you need to cover the costs on your own. Please get in touch with the respective lecturer to get more information.  
**Hours per week:** 4 SWS  
**Credit Points:**        4 per discipline  
**Course Codes :**        see regular Bachelor course catalogue

- 4 Module Title:** BAS6 – Games in sport  
**Course offers:** Badminton; Basketball; Soccer; Handball; Hockey; Tennis; Table tennis; Volleyball  
**Lecturer/Date/**  
**Time/Location:** several options, please see regular Bachelor course catalogue  
**Type:** Practical courses  
**Language:** German  
**Description:** The students acquire a comprehensive sports game competence in practice. They should be enabled to actively perform sports games in their complex field of action, which will provide an appropriate basic level in this specific area.  
**Hours per week:** 2 SWS  
**Credit Points:** 2 per discipline  
**Course Codes :** see regular Bachelor course catalogue
- 5 Module Title:** BAS7 – Apparatus gymnastics - Swimming - Track & Field Athletics  
**Course offers:** Track and field; Swimming; Gymnastics  
**Lecturer/Date/**  
**Time/Location:** several options, please see regular Bachelor course catalogue  
**Type:** Practical courses  
**Language:** German  
**Description:** Students will gain insight into the content areas of the core sports of gymnastics, swimming as well as track and field. They know basic sport-specific techniques and are able to demonstrate them appropriately.  
**Hours per week:** 2 SWS  
**Credit Points:** 2 per discipline  
**Course Codes :** see regular Bachelor course catalogue
- 6 Module Title:** SBV4 – Play and play culture  
**Course offers:** Alternative sport games  
**Lecturer/Date/**  
**Time/Location:** several options, please see regular Bachelor course catalogue  
**Type:** Practical course  
**Language:** German  
**Description:** In the sports practical course, students learn alternative target shooting and rebounding games, end zone, hitting and throw-off games. Furthermore, they will practically use current alternative game concepts.  
**Hours per week:** 1 SWS  
**Credit Points:** 1  
**Course Codes :** BA90400003
- 7 Course Title:** WBF – options available in various areas of activity  
**Lecturer/Date/**  
**Time/Location:** several options, please see regular P.E. course catalogue  
**Type:** Practical courses  
**Language:** German  
**Description:** Courses available in the following fields:  
Climbing & Bouldering  
Martial Arts  
Psychomotor Skills  
Trampoline Gymnastics  
Trend Sport: HIP HOP & Breaking  
**Hours per week:** 2 SWS  
**Credit Points:** 2  
**Course Codes :** see regular P.E. course catalogue