International Course Offer – winter term 2013/2014 (October-April)

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:** Tuesday, 14:30-16h  
   **Location:** Seminar room 63 (SR 63)  
   **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.  
   **Credit Points:** 2.5  
   **Prerequisites:** Good English language skills

2. **Title:** Dance  
   **Lecturer:** Margit Franzen  
   **Date/Time:** 17.-19.01.14  
   **Location:** Friday, 13-20h Mu09 (MuFo), Saturday and Sunday 9-20h Sports hall 3 (Ha03)  
   **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.  
   **Credit Points:** 2  
   **Prerequisites:** Good English language skills

3. **Title:** Cycling  
   **Lecturer:** Prof. Dr. Helmut Lötzerich  
   **Date/Time:** Tuesday, 9-12h, Velodrom; 1st session: 22.10.13  
   **Location:** Bike-Storage-Room (Radkeller)  
   **Type:** Practical Course  
   **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.  
   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.  
   **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

4. **Title:** Fitness Boxing  
   **Lecturer:** Christian Buddrus  
   **Date/Time:** Friday, 18-19:30h  
   **Location:** sports hall 9 (Ha 09)  
   **Type:** Practical Course  
   **Language:** English
Brief description of content and aims: Fitness boxing is a mixture of different martial arts like boxing, kick boxing, karate, taekwondo and Tai Chi in connection with physical fitness elements. Versatile arm and leg combinations combine the best elements of martial arts with an intense cardiovascular training. Within the different techniques coordination, physical fitness, strength, speed and balance will be combined and trained. Students are supposed to learn basic techniques (with and without punch pads), error correction, use of aids, the structuring of a course as well as methodology and didactics of teaching.

Credit Points: 2
Prerequisites: Good English language skills

5. Title: Theory & Practice of Exercise Physiology
Lecturer: Christian Buddrus
Date/Time: Friday, 15:30-17h
Location: sports hall 9 (Ha 09) & seminar room 12 (SR 12)
Type: Seminar
Language: English

Brief description of content and aims: This seminar is focused on the study of physiological functions and regulatory activities of the body during exercise and physical performance. This is an introductory level course intended for Physical Education and Exercise Science majors. The basic aim is to provide the student with an understanding of the role of body systems in maintaining homeostasis and adapting the demands placed upon them during exercise and training.

Credit Points: 2
Prerequisites: Good English language skills.

6. Title: Winter sports
Lecturer: Adrian Haasner
Date/Time: 2. Januar Woche
Location: Winterberg
Type: Excursion
Language: English

Brief description of content and aims: Students will practically engage in selected winter sport activities during a three days trip to Winterberg (e.g. downhill skiing, cross-country skiing, ice-skating, snow shoeing).

Credit Points: 2
Code (VV-Nr.): 9907000028
Prerequisites: Good English language skills

7. Title: Sport and International Development
Lecturer: Nico Schulenkorf
Date/Time: 07.-14.12.13, 17-20h
Location: Monday-Thursday auditorium 5 (Hö 05), Friday auditorium 3 (Hö 03)
Type: Seminar
Language: English

Brief description of content and aims: The seminar focuses on examining current sport development issues and contemporary approaches to their successful resolution. Issues include the development of sport, sport-for-development, sport policy, future patterns of sport delivery, and the relationship between elite sport and mass participation. Opportunities and challenges in managing international sport development projects will be discussed, and practical examples will be combined with relevant theory to evaluate roles and responsibilities of various actors in the sport development world.

Credit Points: 3
Prerequisites: Good English language skills.
8. Title: German History & Politics  
   Lecturer: E. Hinz & C. Djurkic  
   Date/Time: Wednesday, 15:30-17h, Berlin: 24.-26.01.14  
   Location: seminar room 512 (SR 512, main building); Berlin: 24.-26.01.14  
   Type: Seminar & excursion  
   Language: English  
   Brief description of content and aims: The seminar focuses on German history (especially World War 2 and its aftermath till the German re-unification as well as on the current political system. After a theoretical introduction the seminar will visit Berlin for a weekend and be shown the historical places as well as the Bundestag (German parliament).  
   Credit Points: 3  
   Prerequisites: Good English language skills.

9. Title: Adventure/Outdoor Education - Winter  
   Lecturer: E. Jakob  
   Date/Time & Location: 09.02.-14.02.14, Black Forest, Southern Germany (Schwarzwald)  
   Type: Compact course / practical course  
   Language: German and English  
   Credit Points: 2  
   Code (VV-Nr.): LB10000042  
   Prerequisites: German or English skills

10. Title: Statistics  
    Lecturer: O. Quittmann  
    Date/Time & Location: Thursday, 16:30-18h, seminar room 14 (SR 14)  
    Type: Seminar/tutorial  
    Language: German and English  
    Credit Points: 2  
    Prerequisites: German or English skills

11. Title: German Language for beginners  
    Lecturer: C. Djurkic  
    Date/Time & Location: Thursday, 13:30-15h, seminar room 512 (HG SR 512/main building)  
    Type: Seminar/tutorial  
    Language: English  
    Credit Points: 2  
    Prerequisites: English skills
Regular course offer (Bachelor/Master) – winter term 2013/2014 (October-April 2013)
The following courses are recommended offerings within the existing BA degrees. While the International Course Offer (1-8) is mainly designed by the International Office for the international students, the following suggestions are regular BA courses held in German or English, but special support for international students will be provided.

12. Title: Professional Foreign Language – English  
Lecturer: V. Sevdalis  
Date/Time & Location: Monday, 11-13h, seminar room 2 (SR 02)  
Type: Seminar  
Language: English  
Credit Points: 2  
Code (VV-Nr.): BA20200001  
Prerequisites: Good English language skills

13. Title: Basics of Nutrition  
Lecturer: H. Braun, W. Schänzer, Prof. Dr. Diel  
Date/Time & Location: Wednesday, 14-16h, auditorium 3 (Hö 03)  
Type: Lecture  
Language: German, slides in 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)  
Credit Points: 2  
Code (VV-Nr.): BA30115001  
Prerequisites: Good English and basic German language skills

14. Title: Nutrition in sports  
Lecturer: N. Hoerner  
Date/Time & Location: Thursday, 16-18h, seminar room 63 (SR63)  
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)  
Credit Points: 2  
Code (VV-Nr.): BA30115004  
Prerequisites: Good English language skills

15. Title: Nutrition and Health  
Lecturer: Prof. Dr. Diel  
Date/Time & Location: Tuesday, 12-14h, seminar room 63 (SR63)  
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)

Credit Points: 2
Code (VV-Nr.): BA30115005
Prerequisites: Good English language skills

16. Title: International Sport Management Game (a)
   Lecturer: Dr. Stefan Walzel
   Introduction session: October, 17th 2013, 6:00-7:00 pm, Auditorium 3
   Date/Time: November 24th – 28th 2013
   Location: Groningen, The Netherlands
   Type: Compact Seminar
   Language: English
   Brief description of content and aims: Sport Management students from six universities (Brussels, Belgium; Bournemouth, England; Cologne, Germany; Coventry, England; Groningen, The Netherlands; Madrid, Spain) participate in the seminar. Students are placed in mixed groups with 5-7 members from the participating universities. Each group works as consulting team and is asked to help the football club management of Westham United in solving different problems in managing a football club. 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 management exercise. Developing an understanding of diversity management and cultural differences within sport management is the main objective of the sport management game.
   Important information: The costs for the transfer to Groningen and back (appr. 50 Euros) are not covered by the university and need to be paid by the participants. Students can stay overnight at Dutch students' houses without extra charge or can book any other accommodation at their own expenses (appr. 25 Euros per night and person in a hostel).
   Credit Points: 2
   Prerequisites: Good English language skills; a basic knowledge in sport management would be an asset.

17. Title: International Sport Management Game (b)
   Lecturer: Dr. Stefan Walzel
   Introduction session: October, 17th 2013, 6:00-7:00 pm, Auditorium 3
   Date/Time: March 30th – April 3rd 2014
   Location: Cologne, Germany
   Type: Compact Seminar
   Language: English
   Brief description of content and aims: Sport Management students from four universities (Bournemouth, England; Cologne, Germany; Coventry, England; Groningen, The Netherlands) participate in the seminar. Students are placed in mixed groups with 5-7 members from the participating universities. Each group works as Start-up Company and is asked to identify an innovation in the business of sport. During the days the groups work out a business plan for their identified innovative idea and will present their plans on the last days in the front of business angels. The management game aims to develop skills of teamwork through the execution of an applied sport management exercise. Developing an understanding of diversity management and cultural differences within sport management is the main objective of the sport management game.
   Credit Points: 2
   Prerequisites: Good English language skills; a basic knowledge in sport management would be an asset.
18. **Title:** Human Ressource Management (a)  
   **Lecturer:** Dr. Babett Lobinger  
   **Date/Time:** Friday, 10:00-12:00 am  
   **Location:** Seminar room 65  
   **Type:** Seminar  
   **Language:** English  
   **Brief description of content and aims:** tba  
   **Credit Points:** 2  
   **Code (VV-Nr.):** BA41010002  
   **Prerequisites:** Good English language skills; a basic knowledge in sport management would be an asset.

19. **Title:** Human Ressource Management (b)  
   **Lecturer:** Dr. Babett Lobinger  
   **Date/Time:** Tuesday, 02:00-04:00 pm  
   **Location:** Seminar room 4  
   **Type:** Seminar  
   **Language:** English  
   **Brief description of content and aims:** tba  
   **Credit Points:** 2  
   **Code (VV-Nr.):** BA41010002  
   **Prerequisites:** Good English language skills; a basic knowledge in sport management would be an asset.

20. **Title:** Sport Event Management (a)  
   **Lecturer:** Dr. Kirstin Hallmann  
   **Dates/Times/Locations:**  
   - Saturday October 19th 2013/11:30-18:00/seminar room 64  
   - Sunday October 20th 2013/09:00-17:00/seminar room 64  
   - Saturday October 26th 2013/11:30-18:00/seminar room 64  
   - Sunday October 27th 2013/09:00-17:00/seminar room 64  
   **Type:** Compact Seminar  
   **Language:** English  
   **Brief description of content and aims:** The seminar aims to develop knowledge, skills and techniques to plan, organise, lead, control and evaluate a regional, national or international sports event. At the end of the seminar successful students should be able to critically appraise technical, human, conceptual and personal skills/knowledge/issues involved in the process of managing sports events as well as to use effective decision making in preparing, analysing and defending proposals on the selection and sanctioning of a sports event.  
   **Credit Points:** 2  
   **Code (VV-Nr.):** BA41010003  
   **Prerequisites:** Good English language skills; a basic knowledge in sport management would be an asset.

21. **Title:** Sport Event Management (b)  
   **Lecturer:** Dr. Stefan Walzel  
   **Date/Time:** Tuesday, 10:00-12:00 am  
   **Location:** Seminar room 64  
   **Type:** Seminar  
   **Language:** English  
   **Brief description of content and aims:** The seminar aims to develop knowledge, basic skills and techniques to plan, organise, lead, control and evaluate a regional, national or international sports event. At the end of the seminar successful students should be able to critically appraise technical, human, conceptual and personal skills/knowledge/issues involved in the process of managing sports events as well as to use effective decision making in preparing, analysing and defending proposals on the selection and sanctioning of a sports event.  
   **Credit Points:** 2  
   **Code (VV-Nr.):** BA41010003  
   **Prerequisites:** Good English language skills; a basic knowledge in sport management would be an asset.
22. Title: Fundamentals of Management - Economic perspective  
Lecturer: K. Hallmann  
Date/Time & Location: Thursday, 9-10h, auditorium 2 (Hö 02); and Friday 18.10., 25.10., 8.11. 12-17h  
Type: Lecture  
Language: English  
Brief description of content and aims: In this module students will be introduced to the central aspects of management as science. It will be taught from an interdisciplinary standpoint including the economic, sociological and psychological perspective. In the seminar students will be introduced to applied issues of management with particular emphasis on the sports context. 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  
Credit Points: 1  
Code (VV-Nr.): BA40300001

23. Title: Fundamentals of Management - Sociological aspects of management  
Lecturer: K. Hallmann  
Date/Time & Location: Thursday, 8-9h, auditorium 2 (Hö 02)  
Type: Lecture  
Language: English  
Brief description of content and aims: In this module students will be introduced to the central aspects of management as science. It will be taught from an interdisciplinary standpoint including the economic, sociological and psychological perspective. In the seminar students will be introduced to applied issues of management with particular emphasis on the sports context. System theory; organization und environment; organizational structure; differentiation and integration; corporate culture; organizational change  
Credit Points: 1  
Code (VV-Nr.): BA40300002

24. Title: Fundamentals of Management - Psychological aspects of management  
Lecturer: Prof. Dr. Raab  
Date/Time & Location: Friday, 8-9h, auditorium 1 (Hö1)  
Type: Lecture  
Language: English  
Brief description of content and aims: In this module students will be introduced to the central aspects of management as science. It will be taught from an interdisciplinary standpoint including the economic, sociological and psychological perspective. In the seminar students will be introduced to applied issues of management with particular emphasis on the sports context. Behaviour by individuals; behaviour in groups; teambuilding; group dynamics and decisions; leadership in organizations; leadership types and styles; theoretical approaches to leadership; organizational development  
Credit Points: 1  
Code (VV-Nr.): BA40300003

25. Title: Mental Coaching  
Lecturer: P. Furley  
Date/Time & Location: Monday, 10-11:30h; seminar room 1 (SR01, LAH)  
Type: Seminar  
Language: English & German  
Credit Points: 2  
Code (VV-Nr.): BA70961001
26. Title: Behavioural and socio-scientific aspects of sports (B.Sc. Sport and Performance)
   Lecturer: V. Sevdalis
   Date/Time & Location: Monday, 16-18h, seminar room 13 (SR 13, LAA)
   Type: Seminar
   Language: English & German
   Credit Points: 2
   Code (VV-Nr.): BA10200008

27. Title: Fundamentals of neurosciences
   Lecturer: S. Rojas Vega
   Date/Time & Location: Group 1: Monday, 10-12h, seminar room 14 (SR 14); Group 3: Wednesday, 16-18h, seminar room 13 (SR 13)
   Type: Seminar
   Language: English
   Brief description of content and aims: Within this seminar the main principles of exercise neuroscience will be covered. Beside basic principles of motor control, the central and peripheral nervous system, imaging technologies and the neurotransmitter and hormonal system, a main emphasis will be laid on experimental procedures how to assess exercise induced changes in brain cortical activity and central blood flow, using highly sophisticated experimental approaches.
   Credit Points: 2
   Code (VV-Nr.): BA70400003
   Prerequisites: Good English language skills

28. Title: Fundamentals of neurosciences
   Lecturer: A. Mierau
   Date/Time & Location: Group 4: Tuesday, 9:30-11h, seminar room 61 (SR 61); Group 5: Friday, 10-12h, seminar room 62 (SR 62)
   Type: Seminar
   Language: English
   Brief description of content and aims: Within this seminar the main principles of exercise neuroscience will be covered. Beside basic principles of motor control, the central and peripheral nervous system, imaging technologies and the neurotransmitter and hormonal system, a main emphasis will be laid on experimental procedures how to assess exercise induced changes in brain cortical activity and central blood flow, using highly sophisticated experimental approaches.
   Credit Points: 2
   Code (VV-Nr.): BA70400003
   Prerequisites: Good English language skills

29. Title: Fundamentals of neurosciences
   Lecturer: K. Brixius
   Date/Time & Location: Group 2: Wednesday, 15:30-15h, seminar room 64 (SR 64)
   Type: Seminar
   Language: English
   Brief description of content and aims: Within this seminar the main principles of exercise neuroscience will be covered. Beside basic principles of motor control, the central and peripheral nervous system, imaging technologies and the neurotransmitter and hormonal system, a main emphasis will be laid on experimental procedures how to assess exercise induced changes in brain cortical activity and central blood flow, using highly sophisticated experimental approaches.
   Credit Points: 2
   Code (VV-Nr.): BA70400003
   Prerequisites: Good English language skills
30. Title: Preventive Doping Research – Uncover new Doping Strategies  
   Lecturer: M. Thevis  
   Date/Time & Location: R. 720 IG I  
   Type: Seminar  
   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.  
   Credit Points: 2  
   Code (VV-Nr.): 9902000011

31. Title: Selected aspects of performance in sport - bioanalytical considerations  
   Lecturer: M. Thevis  
   Date/Time & Location: R. 720 IG I  
   Type: Seminar  
   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.  
   Credit Points: 2  
   Code (VV-Nr.): 9902000010

32. Title: Load and stress in individual sports  
   Lecturer: Dr. Axel Knicker  
   Date/Time & Location: Tuesday, 16-18h, seminar room 65 (SR 65)  
   Type: Seminar  
   Language: English (if international participants attend)  
   Credit Points: 2  
   Code (VV-Nr.): BA30204001  
   Prerequisites: Good English language skill

33. Title: Load and movement analysis  
   Lecturer: Dr. Axel Knicker  
   Date/Time & Location: Monday, 8-10h, auditorium 3 (Hö 03)  
   Type: Seminar  
   Language: English (if international participants attend)  
   Credit Points: 2  
   Code (VV-Nr.): BA30204002  
   Prerequisites: Good English language skill

34. Title: Endurance capability  
   Lecturer: Prof. Dr. Diel  
   Date/Time & Location: Thursday, 15-16:30h (biweekly), seminar room 12 (SR12)  
   Type: Seminar  
   Language: German and English  
   Brief description of content and aims:  
   Credit Points: 2  
   Code (VV-Nr.): BA10300004  
   Prerequisites: German or English skills

35. Title: Bioscientific basics and theories of aging  
   Lecturer: Prof. Dr. Zijlstra  
   Date/Time & Location: Wednesday, 13-14:30h, seminar room 20 (SR 20)  
   Type: Seminar
Language: German (or English on request), literature in English
Credit Points: 2
Code (VV-Nr.): MA10100001
Prerequisites: German or English skills

36. Title: Olympic Governance and Olympic Policy in Transition
Lecturer: J. Krieger
Date/Time & Location: Friday, 8-9:30h, seminar room 15 (SR 15) & Thursday, 9.1.14, 15:30-16:30h
Type: Seminar
Language: English
Credit Points: 3
Code (VV-Nr.): MA70600001 (M.Sc. Sport Management)
Prerequisites: Good English skills

37. Title: Breakdance
Lecturer: F. Frost
Date/Time/Location: Thursday, 16:30-18h, musisches Forum (Mu09)
Type: Practical course
Language: German, but internationals are welcome and examinations/assignments can be done in English
Credit Points: 2
Code (VV-Nr.): LB10000096
Prerequisites: Basic German Skills

38. Title: Alternative games (for schools/PE)
Lecturer: H. Heinz
Date/Time/Location: Thursday, 15-17h, sports hall 9 (Ha 09)
Type: Practical course
Language: German, but internationals are very welcome
Credit Points: 2
Code (VV-Nr.): LB10000097
Prerequisites: Basic German Skills