

## **Chosen Sports**

Football - Basketball - Volleyball - Handball - Track & Field - Weightlifting - Artistic Gymnastics - Swimming - Boxing - Judo - Wrestling - Table Tennis

(300 lessons)

## **Theory**

- Training and performance structure, characterization of development tendencies
- Special features of training with juniors, consideration of age-specific factors
- Complex and emphasized development of performance-determining factors
- Methods for the development of sport-specific
  - coordinative and technical performance prerequisites
  - individual and group/team tactical performance prerequisites
  - conditional performance prerequisites
- Correction of errors, tests and practicable assessment methods for training and competition
- Planning of training and competition processes
- Preparation, execution and evaluation of the observation of training sessions and competitions
- Fostering talent

## **Practice**

- Practical exercises for improving the participant's own technical and tactical skills (technical-tactical demonstration ability) as well as conditional and coordinative abilities
- Introduction of principles of training methodology, application of sport-specific means of training for different age groups and performance levels
- Teaching exercises implemented by the participants to perfect their methodical competencies for developing of the various performance prerequisites and for coaching athletes and teams

## **General Science of Training**

(70 lessons)

- Scientific correlations between sports performance/performance structure and athletic training/training structure
- Influence of special biological, psychological and motor features of ontogenesis on the long-term development of sports performances
- Concept of external and internal load; loading principles; principles of performance development; long-term performance development
- Motor learning process/technical training and methodical consequences for athletic training in competitive sports
- Basics and methodology of athletic training of selected personal performance prerequisites
  - Endurance abilities
  - Strength abilities
  - Speed abilities
  - Coordinative abilities

and their consequences for the training in competitive sports.

## **Sports medicine**

(60 lessons)

- Basics of:
  - Biochemistry
  - Physiology
  - Anatomy
- Clinical physiology
- Pathophysiology (diseases of the heart, the cardiovascular and the pulmonary system)
- Sports physiology
  - Athlete's heart
  - Energy metabolisms in sports
  - Performance diagnostics (ECG, spirometry)
- Sports medicine
  - Internal diseases and sports
  - Sports injuries
  - Overloading

## **Introduction to Sports Management**

(12 lessons)

- Introduction to fundamental aspects of sports management
- Basic principles of sports economy
- Media and sports
- Sports marketing

## **Sports Didactics**

(14 lessons)

## **Sports Psychology**

(14 lessons)

## **Introduction to Strength Training**

(10 lessons)

- Introduction to the basic methodology of strength training
- Organization and arrangement of strength training
- Correct application of machines, barbells, dumbbells and body weight as resistances in strength training

## **Introduction to the German Language**

(60 lessons)

- General vocabulary for communication in everyday life
- Introduction and stabilization of simple grammatical structures
- Development of listening comprehension
- Conversation on specific cultural topics with information on social life in the Federal Republic of Germany, exchange of thoughts on various cultures
- Motivation for further participation in German language classes at Goethe Institutes in the participants' home countries

## **Framework program**

Work shadowing in training sessions and excursions to competitions in the chosen sports discipline or in sports for the disabled are part of the study program and contribute to the participants' expertise in their discipline or specialization.

Furthermore, participants are provided with the opportunity to take part in various sports and leisure activities offered by Leipzig University.