1. **Aims and Objectives**

For the purpose of promoting sports in Africa, Asia, Latin America, the Caribbean and the Caucasus, within the framework of the foreign cultural policy of the Foreign Ministry, the Sports Science Faculty of the University of Leipzig organizes two courses of continuing education studies every year. Each course lasts 5 months. Course concentrations alternate between 4 sports and foreign languages as "International Continuing Educational Courses for Physical Education Teachers and Coaches". These courses of continued studies offer graduated P.E. teachers and coaches from countries of the regions mentioned above the opportunity to update their scientific sports knowledge and perfect their practical experience and sport methodological capacities in their selected sport, in sports for the disabled or as athletic conditioning coach.

On the basis of the Study Regulations valid for this kind of course, the programme comprises fundamental knowledge and profitable findings of the special theory and methodology of the sport in question, topics of the science of training and movements / kinesiology and of sports medicine relevant to sport and training, selected problems of sports pedagogy and sports psychology, a theoretical and practical instruction in sports massage.

The contents of this study programme apply equally to

− the specialization "Sports for the disabled" and are taught in concert with impairment-specific aspects of the training and competitions of sports for the disabled,

− the specialization “Athletic Conditioning Coach” and are taught in concert with the peculiarities of the training of athletic conditioning and general fitness for the development of athletes’ performance capacities.

Through study of and training in sports science and methodology, participants will qualify:

− to work with higher efficiency as physical education teachers or coaches,

− to perform age-related training with athletes and teams in the chosen sport or, as conditioning coach, to prepare their athletes mentally and physically,

− to constructively apply the acquired scientific findings and methodological repertoire in practical training under various conditions,

− to recognize the tendencies of development in their sport and consider them in the training process,
– to apply impairment-specific knowledge, training methods as well as special forms of organisation in their work with disabled people who regularly participate in athletic activities,

– to organize training activities for the preparation of disabled athletes in order to prepare them for national and international competitions, especially for Paralympics and respective world-championships more effectively,

– to work as multipliers of their sport, that is to share their new experience and knowledge in the education and continued education of coaches and P.E. teachers in their native countries.

A permanent principle of these continued academic educational studies consists in the close connection and reciprocal relationship between the scientific knowledge of the basic sport subjects and that of the special sport / specialization.

The Leipzig courses 2008/2009 at a glance

<table>
<thead>
<tr>
<th>Course language</th>
<th>English</th>
<th>French</th>
<th>Spanish</th>
<th>Arabic</th>
</tr>
</thead>
</table>

### 2008

|------------------------|----------------|----------|----------|----------|

### 2009

<table>
<thead>
<tr>
<th>March 2009 – July 2009</th>
<th>Sports for the Disabled</th>
<th>Football</th>
<th>Volleyball</th>
<th>T &amp; F Athletics for women only ²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 2009 – January 2010</td>
<td>Conditioning Coach</td>
<td>Swimming</td>
<td>Basketball</td>
<td>Handball</td>
</tr>
</tbody>
</table>

¹) two courses in English

²) This course will be organized exclusively for women. Therefore, only applications of women will be considered.
2. Study Programme

2.1 Chosen Sport (Specialization) (300 lessons)

Theory
- Training and performance structure, characterization of tendencies of development
- Special features of young talent training, consideration of specific age-related factors
- Complex and accentuated character of the development of performance-determining factors
- Methods for the development of sport-specific
  - coordination-technical performance capacities
  - individual and collective tactical performance capacities
  - athletic conditional performance capacities
- Correction of faults and usable test methods in training and competition
- Planning of training and competition processes
- Preparation, implementation and evaluation of observation of training and competition
- Promotion of athletic talents

Practice
- Practical exercises for the improvement of participant’s own technical and tactical skills and demonstration capacity as well as her/his own athletic conditional and coordinative abilities
- Participants get to know and strengthen training method principles while applying sport-specific means of training for various age and performance groups.
- Pedagogical exercises of participants to perfect their own methodological abilities regarding the development of performance prerequisites and the coaching of athletes and teams
2.2 Sports for the disabled (Specialization) (300 lessons)

Theory
- Sports for the disabled as a special sport for impaired, chronically ill and disabled people
- Didactic programmes of sports for the disabled as leisure sports, competitive sports and top-level sports
- Psychological and sociological peculiarities of sports for the disabled
- The principle ”performance“ in sports for the disabled
- Special features of the development of sports performances with disabled children and youths
- Theoretical fundamentals of special sports for the disabled:
  - gymnastics
  - wheelchair sport
  - swimming/aqua therapy
  - track & field athletics
  - competitive games
- Methodological principles of practical teaching in sports for the disabled
- Current questions of classification in the competitive sport of the disabled
- Competition analysis/technique of obtaining data
- Top-level sports of handicapped athletes and Paralympics: problems, resolutions, examples, observations

Practice
- Practical exercising of motor tasks for the disabled in water, the indoor gym, on the athletic field and in the competitive game
- Learning how to ride a wheelchair, how to run as a blind person, how to walk with assistive aids and how to play competitive games selected for the disabled
- Regular participation (observation) in the sports group of the disabled and integration as assistant/teacher in a sports group with disabled athletes
2.3 **Conditioning Coach**  
(Specialization)  

(300 lessons)

**Theory**
- The significance and special aspects of the training of athletic conditioning and fitness in high-performance sports
- Tendencies of development of the training of conditioning and fitness at the high-performance level
- Fundamental theoretical and practical aspects of special forms of practising and training:
  - strength training
  - endurance training
  - flexibility training
  - training of coordination and speed
  - accelerated regeneration after training
  - sport events for compensation
  - proprioceptive training
  - rehabilitation and build-up training after sports injuries
- How to control the training process
- Structure of training sessions
- Warming-up and cooling-down
- The complexity and accentuation in the development of performance prerequisites
- Fundamentals of performance diagnosis
- Sports-motor tests and controlling methods
- Ergonomics in the training process

**Practise**
- Methodology and forms of organization in strength training
- Working with free weights and with machines
- Methods and forms of movements in endurance training
- Working with cardiac-training devices
- Methods and forms of training in the training of coordination and speed
- Body-awareness / proprioceptive training
- Functional gymnastics / forms of gymnastic exercises
- Minor games
- Sport events for compensation
- Sports-motor tests / controlling measures
2.4 General Science of Training
and Movements / Kinesiology (ABTW) (70 lessons)

- Scientific correlations between sports performance/performance structure and sports training/training structure
- Impact of biological, psychological and motor aspects of ontogenesis on the long-term development of a sport performance
- Principle for the development of performances and principles for the arrangement of load in training; the long-term development of performances
- Process of motor learning/technical training and methodological consequences for training in competitive sports
- Fundamentals and methods of the training of
  - basic endurance capacities
  - strength capacities
  - speed capacities
  - coordinative capacities

  with consequences for competitive sports.

In addition to the specialization ‘Sports for the disabled’:
- Fundamentals of the impairment-specific motor behaviour
- Special methodological aspects for the training with disabled people

2.5 Sports Medicine
Chosen sport / Conditioning Coach (60 lessons)

- Structure and way of how skeletal muscles work (histology, cytology, mechanisms of contraction, types of muscle fibres, training-related forms of adaptation)
- Nervous system and the nerval control of muscle work
- Biochemical reactions in a skeletal muscle under physical load, during compensation and supercompensation
- Histological and functional characteristics of some forms of tissue of the passive apparatus of locomotion (bones, cartilage, ligaments) and aspects of their adaptation relevant for practice
- Functional anatomy of the apparatus of locomotion
- Anatomy and function of supplying systems of the skeletal muscles and characteristics of their adaptation to load (cardio-vascular system, respiratory system)
For the course ‘Sports for the disabled’ (50 lessons)

- Medical problems of impairment (physically/sensory/mentally handicapped)
- Fundamentals of excitation physiology
- Nerve-muscle system
- Functional anatomy of human beings
- System of medical rehabilitation
- Language of the subject/terminology

2.6 Introduction to Sports Massage
   with Practical Exercises (10 lessons)

2.7 Sports Psychology (14 lessons)

Chosen sport / Conditioning coach

- Object, aim and main aspects as well as the profile of psychological requirements of an applied sports psychology
- Psychological aspects and methods for effective motor learning
- Psychological training for optimising one’s mental state, to cope with stress and to increase psychological load tolerance
- How to psychologically work with difficult athletes and injuries in sports
- Successful coaching in individual sports and team sports
- Means and methods of an event-specific, psychological preparation for competitions
- Psychological training methods in sport

Additional special topics for the course ‘Sports for the disabled’:
- Psychological problems of the disabled
- Psychological stress and sport (competition)
- Psycho-regulative procedures in sport
2.8 Sports Pedagogy  

**Chosen sport / Conditioning Coach**
- The object of sports pedagogy, pedagogical problems in high-performance sports
- How to analyse, classify and evaluate conflicts between coaches and athletes
- How to discuss cooperation between coach and athlete and improve their relationship by agreeing upon mutual aims
- Professional ethics of coaches in high-performance sports

**Additional special topics for the course ‘sports for the disabled’**
- Principles of pedagogical guidance of disabled athletes and sports groups of disabled athletes
- Communication and the behaviour of coaches/teachers
- Didactic principles in the sports for the disabled

2.9 Introduction to Strength Training  

**Introduction to Strength Training**
- Introduction to the basic methodology of strength training
- Organisation and arrangement of strength training
- The proper use of machines, free weights and one’s own body as resistance
3. **Examinations**

At the end of the course, the participants have to prove their ability in final examinations held on the basis of the Examination Regulations valid for this form of study.

**Chosen Sport / or Specialization ‘Sports for the disabled’ / Specialization ‘Conditioning Coach’**

**Practical teaching examination**
- The candidates independently prepare training sessions to be conducted with their colleagues acting as the trainees
- A practice session for handicapped athletes is equally performed in the specialization ‘sports for the disabled’.
- For the specialization ‘conditioning coach’, a training session with contents specific for various target groups will be conducted

**Sport practical examination:**
- The candidate demonstrates technical/technical-tactical actions of the special sport which are assessed on the basis of specified fixed criteria.
- In the specialization ‘sports for the disabled’, the candidate demonstrates typical variations of sports movements of disabled people.
- In the specialization ‘conditioning coach’, the candidate demonstrates movements of basic activities in conditioning training which will be assessed on the basis of specified fixed criteria.

**Theoretical examination**
- In an individual oral examination, the candidates prove that they possess the theoretical and methodological knowledge imparted in all the classes.

**General Science of Training and Movements**
- oral examination

**Sports Medicine (Chosen sport / conditioning coach)**
- oral examination

**Medicine and medical problems of impairment (Sports for the disabled)**
- oral examination

In addition to this, each participant has to take a final test in **Sports Psychology** and **Sports Pedagogy**.
According to the Study Regulations / Examination Regulations, no student shall be admitted to the examinations in

- the chosen sport / specialization,
- the subject ‘General Science of Training and Movements’,
- the subject ‘Sports Medicine’,

unless she or he has satisfied the requirement as

- to work successfully and
- to attendance.

After passing all examinations, the participant is awarded a certificate of the University of Leipzig showing the overall mark, the marks of the subjects examined and the number of completed lessons.

If one of the final examinations in either the chosen sport, in the specializations ‘Sports for the disabled’, ‘Conditioning coach’, in the subjects ‘General Science of Training and Movements’ or ‘Sports Medicine’ / ‘Medicine/medical problems of impairment’ is not passed, the student will only get, on the basis of the Examination Regulations, a certificate of her/his attendance in the course.

Details on the preparation and conduct of the examinations are stipulated by the Examination Regulations which will be explained to every participant.

4. Extra-curricular programme

Observation of training sessions and special excursions to important national and international competitions in the sport in question are organized within the framework of the special training. This applies equally to ‘sports for the disabled’.

In addition to this, the participants may also utilize the rich sporting and leisure-time programme of the University of Leipzig.
## Course Offers and Dates

<table>
<thead>
<tr>
<th>Course Offer</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1st course in 2008</strong></td>
<td>03/03/2008</td>
<td>31/07/2008</td>
</tr>
<tr>
<td>Football</td>
<td>Arabic</td>
<td></td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>English</td>
<td></td>
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<tr>
<td>Handball</td>
<td>French</td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td>Spanish</td>
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<tr>
<td><strong>Deadline of application:</strong></td>
<td>01/11/2007</td>
<td></td>
</tr>
<tr>
<td><strong>Expected Arrival:</strong></td>
<td>27/02/2008 - 02/03/2008</td>
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<tr>
<th>Course Offer</th>
<th>Start Date</th>
<th>End Date</th>
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</thead>
<tbody>
<tr>
<td><strong>2nd course in 2008</strong></td>
<td>01/09/2008</td>
<td>31/01/2009</td>
</tr>
<tr>
<td>(with two courses in English!)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>English</td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>English</td>
<td></td>
</tr>
<tr>
<td>Conditioning Coach</td>
<td>French</td>
<td></td>
</tr>
<tr>
<td>Sports for the Disabled</td>
<td>Spanish</td>
<td></td>
</tr>
<tr>
<td><strong>Deadline of application:</strong></td>
<td>01/05/2008</td>
<td></td>
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<tr>
<td><strong>Expected Arrival:</strong></td>
<td>27/08/2008 - 31/08/2008</td>
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<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1st course in 2009</strong></td>
<td>02/03/2009</td>
<td>31/07/2009</td>
</tr>
<tr>
<td>Track &amp; Field *</td>
<td>Arabic</td>
<td></td>
</tr>
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<td>English</td>
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<tr>
<td><strong>Deadline of application:</strong></td>
<td>01/11/2008</td>
<td></td>
</tr>
<tr>
<td><strong>Expected Arrival:</strong></td>
<td>25/02/2009 - 01/03/2009</td>
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<tbody>
<tr>
<td><strong>2nd course in 2009</strong></td>
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<td><strong>Deadline of application:</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Expected Arrival:</strong></td>
<td>26/08/2009 - 30/08/2009</td>
<td></td>
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</tbody>
</table>

*) This course will be organized exclusively for women. Therefore only applications of women will be considered
6. Admission Qualifications

- The 5-month continuing educational studies are open to applicants from Africa, Asia, Latin America, the Caribbean and the Caucasus who have completed higher education in the fields of physical education and sports or to those applicants who can prove an adequate qualification.

- Applicants should have personal experience as active athletes or as physical education teachers/coaches in the chosen sport or in the sports for the disabled.

- If the language of the chosen course is not their mother tongue, applicants must prove a fluent command of the respective language or German (in speaking and writing).

- Applicants should not be over 40 years.

- Applicants must submit the results of a medical examination showing their physical and psychological aptitudes and load-bearing capacity as well as of the absence of internal and infectious diseases, including HIV and hepatitis.
  The reports must be completed not more than three months prior to the application deadline.

7. Participants’ Own Contribution

- The costs for travelling [including a health & accident insurance] to Leipzig (student hostel) and back to the country of origin as well as for the transport of luggage must be borne by the participant or their native countries.

- Applicants themselves must pay the costs for the medical examination in their home countries.

- Participants are responsible for their personal gear for training sessions (e.g. athletic shoes).

- Each participant preparing for courses scheduled for winter months (November to March) must bring clothing appropriate for temperatures below 0°C.
8. **Study and Living Conditions**

- This course is a kind of formal classroom education with the duty of attendance.
- Classes are taught by experienced teachers of the Sports Science Faculty. Experts are invited to lecture on special topics.
- Lessons are translated by qualified interpreters into the course languages Arabic, English, French or Spanish.
- Participants get instructional material translated into the course languages.
- Each participant receives a monthly allowance of € 410,00 which covers basic everyday necessities; a **proportionate monthly fee** (20-25% of the monthly grant) is deducted to pay the student hostel room rent as well as to cover health and accident insurance. A health insurance taken out in the participant’s home country cannot be accepted.
- Each participant is offered accommodation (twin-bed rooms) in a student hostel. Private rooms are not available and cannot be arranged for.
- **Accommodation for members of the participants’ family cannot be arranged.**
- Participants can have lunch at reduced prices in the cafeteria run by the Student Administration of Leipzig.
- The responsibility of the University of Leipzig for the participants’ stay in Germany, the health and accident insurance policy, and accommodations in the student hostel all expire when the course ends. - From that time on, the participant is required to leave her/his room in the student hostel.
9. Discontinuation of Studies before Course is Completed

According to the Study Regulations (§ 10), a participant may be dismissed from the programme before completing the course if:

− there are facts which might have caused a refusal of registration at the university,
− the application provably contains false or incomplete information,
− the participant does not meet the physical, academic or language requirements for participation in the course in any way,
− the participant engages in behaviour that violates the university’s study order and disciplinary rules, is absent in classes without an excuse or permission or commits a criminal offence,
− the respective participant suffers from an illness which either might endanger other students’ health seriously or disturb a proper way of running the programme or if it cannot be covered by the health insurance any more.

The course can be discontinued by mutual agreement with the participant if severe personal and family problems prevent the participant from completing the course.

We would like to point out to this fact: If a participant interrupts or abandons the programme of his or her own accord and without valid reason, the University of Leipzig (in coordination with the Foreign Office) will determine to what degree the participant is liable for the expenditures on his or her behalf.
10. Application Details

Applications for continuing education studies must be submitted only to the Embassy of the Federal Republic of Germany in the applicant’s native country well in time (see: the deadline of application).

Applications sent by the applicant directly to the Sports Science Faculty at the University of Leipzig cannot be considered.

The application includes:

- the application form filled out in the language of the chosen course (!)
- authenticated copies of certificates of academic education
- authenticated copies of certificates of training as a physical education teacher/coach/trainer
- certified proof of proficiency in the course language or the German language
- medical examination report filled out completely in combination with attached original laboratory test results completed not more than 3 months prior to the deadline of application
- a certification or recommendation of the sending body (federation, institution, school or similar) stating the interest of the graduate's service as a coach/teacher/instructor according to the aims of the programme on completion of the course
- four passport photographs

The Embassies of the Federal Republic of Germany will forward the application documents for decision on admission directly to

**Universität Leipzig**
Sportwissenschaftliche Fakultät
GB Internationale Beziehungen
Herrn Dr. Feldmann

Jahnallee 59
04109 Leipzig

DEUTSCHLAND
The German Embassies are asked to notify the University of Leipzig of the day and time of arrival of participants admitted to the programme.

Incomplete or late applications will not be considered.

An entry visa for the Federal Republic of Germany can be granted only with proof of a return flight ticket valid for at least 6 months.

Only in urgent, exceptional cases or in case a reserve candidate has been chosen at short notice, the University of Leipzig will ask the Immigration Office in Leipzig to give their consent regarding a visa before the future participant has applied for it.

If you wish to obtain further information, you can reach us:

Telephone: ++341 - 97 31 690 / 692 / 693
Fax: ++341 - 97 31 695
e-mail: feldmann@rz.uni-leipzig.de
ttp://www.itk.uni-leipzig.de