

<b>Veranstaltungs-Titel (DE)</b>	<b>Sportliche Karriereentwicklung und -übergänge (Seminar)</b>		
<b>Module title (EN)</b>	Athletic career development and transitions		
<b>Veranstaltungs-Nummer</b>	471895-FS	<b>Programm</b>	Bachelor
<b>Voraussetzungen</b>	Major: Abgeschlossenes Propädeutikum Minor 60: Abgeschlossenes Propädeutikum empfohlen		
<b>Erste Durchführung</b>	2022	<b>Letzte Kontrolle</b>	März 2022
<b>Veranstaltungsleitung</b>	Prof. Dr. Noora Ronkainen		
<b>Unterrichtende</b>	Prof. Dr. Noora Ronkainen, Michael Schmid & Helena Hlasova		
<b>Sprachen</b>	German and English		
<b>Einführung</b>	<p>Studies on athletes' career development and transitions of athletes emerged in the 1960s as a response to observations that many athletes experienced distress when retiring from sport. Since then, there has been an expansion of literature and the consideration of 'whole career' and 'whole person' perspective. One important task of applied sport psychology practitioners is to support athletes in career planning and career transitions so that they can flourish during and after their careers in sport. Specifically, researchers have recently emphasised the need for support athletes in constructing a 'dual career' (the combination of sport and education), awareness of diversity of athlete development pathways and understanding the specific challenges of athletes who come from underprivileged backgrounds.</p> <p>In this course, we explore the evolution and current state of knowledge on athletes' career development and transitions. We consider the risk and protective factors that influence athletes' adaptation to transition within their careers and the retirement from sport. Secondly, we consider the career assistance programmes that have been developed across the world and learn about practical tools that sport psychology practitioners can use when supporting athletes in career planning and transition. Finally, we explore whether and how high-performance athletes maintain a physically active lifestyle after athletic retirement and how they can be supported in this respect.</p>		
<b>Lernergebnisse</b>	<p>The students can...</p> <ul style="list-style-type: none"> <li>• Identify the main theoretical models of athletic career and transitions and how to apply them in research and practice</li> <li>• Identify the risk and resilience factors in athletic career transitions</li> <li>• Apply assessment tools that are designed to assist athletes in career transitions</li> <li>• Analyse the role of different factors (e.g., education, transferable skills and other personal and cultural factors) in shaping athletes' psychological response to athletic retirement and transition to work career</li> </ul>		
<b>Inhalte</b>	<ul style="list-style-type: none"> <li>• Athletic career</li> <li>• Dual career</li> <li>• Junior-to-senior transition</li> <li>• Athletic identity</li> <li>• Athletic retirement</li> <li>• Transferable skills</li> </ul>		
<b>Arbeitsformen</b>	<ul style="list-style-type: none"> <li>• Active participation in the seminar (30h = 1 Credit)</li> <li>• Self-study (60h = 2 Credits)</li> <li>• Written assignment (30h = 1 Credit)</li> <li>• Presentation in a small group (30h = 1 Credit)</li> </ul>		
<b>Bewertung</b>	The overall grade is made up of various partial assessments.		
<b>Unterlagen</b>	Documents and working material on the ILIAS teaching and learning platform		
<b>Literatur</b>	Literature on the ILIAS teaching and learning platform		