

Veranstaltungs-Titel (DE)	Sportpsychologie und Kultur (Seminar)		
Module title (EN)	Cultural Sport Psychology		
Veranstaltungs-Nummer	471905-HS	Programm	Bachelor
		Credits	5
Voraussetzungen	Major: Abgeschlossenes Propädeutikum Minor 60: Abgeschlossenes Propädeutikum empfohlen		
Erste Durchführung	2021	Letzte Kontrolle	August 2022
Veranstaltungsleitung	Prof. Dr. Noora Ronkainen		
Unterrichtende	Violetta Oblinger-Peters & Helena Hlasova		
Sprachen	English		
Einführung	<p>It has been widely demonstrated that culture shapes our thoughts, feelings, and behaviours. From recreational to elite sport contexts, sport activities bring together individuals with diverse backgrounds in terms of race, ethnicity, nationality, class, gender, religion, sexual orientation, dis/ability, language, and so forth. To effectively operate with different people, sport and exercise psychology professionals need to develop <i>cultural awareness</i> (understanding how culture influences behaviour) and <i>cultural competence</i> (the application of culturally appropriate services, interventions and research methods). This need is further intensified by increasingly multicultural societies and the truly globalised world of sport, where sport and exercise professionals are very likely to interact with people from different cultural backgrounds and with different cultural identities.</p> <p>In this course, we consider how culture shapes athletes' and exercisers' identities, how they are motivated, and what culture-related challenges sport and exercise participants face especially when they transition from one cultural context to another. The students will reflect on their own cultural identity and how it shapes their understanding of sport and exercise. We explore the ways that culture has been studied in sport and exercise psychology and ways to develop cultural competence in sport and exercise psychology research and applied practice.</p>		
Lernergebnisse	<p>The students can...</p> <ul style="list-style-type: none"> • identify the main theoretical perspectives on culture in sport and exercise psychology • recognise their own cultural identity and discuss how it can influence their research and practical work in sport and exercise-related contexts • identify ways that sport and exercise cultures can marginalise minority participants and know strategies that can be used to work towards more inclusive cultures • apply the theoretical model of cultural transition in a practical context to develop ways to support athletes when moving to a new cultural context. <p>Die Studierenden können...</p> <ul style="list-style-type: none"> • die wichtigsten theoretischen Perspektiven der Sportpsychologie auf Kultur identifizieren • ihre eigene kulturelle Identität erkennen und diskutieren, wie diese ihre Forschung und praktische Arbeit in sport- und bewegungsbezogenen Kontexten beeinflussen kann • erkennen, wie Sport- und Bewegungskulturen Minderheiten ausgrenzen können und kennen Strategien, die zu einer inklusiveren Kultur führen • das theoretische Modell des kulturellen Übergangs in einem praktischen Kontext anwenden, um Wege zur Unterstützung von Sportler*innen beim Wechsel in einen neuen kulturellen Kontext zu entwickeln. 		
Inhalte	<ul style="list-style-type: none"> • Cultural Sport Psychology as a field of inquiry • Cultural identity • Cultural diversity, privilege and marginalisation • Transnationalism and cultural transitions • Ways to develop culturally competent research and practice 		
Arbeitsformen	<ul style="list-style-type: none"> • Active participation in the seminar (30h = 1 Credit) • Self-study (60h = 2 Credits) • Reflective journal weekly homework (30h = 1 Credit) • Presentation in a small group (30h = 1 Credit) 		

Bewertung	The overall grade is made up of various partial assessments and active class participation.
Unterlagen	Documents and working material on ILIAS.
Literatur	Will be provided in the first lecture.