

Veranstaltungs-Titel (DE)	Sportliche Karriereentwicklung und -übergänge (Seminar)		
Module title (EN)	Athletic career development and transitions		
Veranstaltungs-Nummer	471895-FS	Programm	Bachelor
		Credits	5
Voraussetzungen	Major: Abgeschlossenes Propädeutikum Minor 60: Abgeschlossenes Propädeutikum empfohlen		
Erste Durchführung	2022	Letzte Kontrolle	März 2021
Veranstaltungsleitung	Prof. Dr. Noora Ronkainen		
Unterrichtende	Prof. Dr. Noora Ronkainen		
Sprachen	English		
Einführung	<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>		
Lernergebnisse	<p>The students can...</p> <ul style="list-style-type: none"> • Identify the main theoretical models of athletic career and transitions and how to apply them in research and practice • Identify the risk and resilience factors in athletic career transitions • Apply assessment tools that are designed to assist athletes in career transitions • 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 		
Inhalte	<ul style="list-style-type: none"> • Athletic career • Dual career • Junior-to-senior transition • Athletic identity • Athletic retirement • Transferable skills 		
Arbeitsformen	<ul style="list-style-type: none"> • Active participation in the seminar (30h = 1 Credit) • Self-study (60h = 2 Credits) • Written assignment (30h = 1 Credit) • Presentation in a small group (30h = 1 Credit) 		
Bewertung	The overall grade is made up of various partial assessments.		
Unterlagen	Documents and working material on the ILIAS teaching and learning platform		
Literatur	Will be provided in the first Lecture.		