

You may apply for our online further education courses if you are an active coach, P.E. teacher or are employed at an association or university, hold an academic degree in the field of sports and currently reside in a DAC-listed country. The course is funded by the German Federal Foreign Office and the Saxon State Ministry of Science, Culture and Tourism which allows us to offer the courses without a participation fee.

The courses are also open to all graduates of ITK.

We currently offer two courses. You can apply for one course per course period. The number of places per course is limited to 20. If you are admitted to a course, you will receive a confirmation e-mail after the application deadline. Please note that an application alone does not guarantee participation.

All applicants who are not ITK alumni are asked to prepare a copy of their university degree certificate. If you are selected for one of the courses, you will receive a request to send the certificate digitally via e-mail.

Thank you for your interest in our courses. Please do not hesitate to send us your application - we look forward to welcoming you to our courses soon!



application form



DAC-list of the German Foreign Office

**Application deadline:
15 February 2025**



Auswärtiges Amt

STAATSMINISTERIUM
FÜR WISSENSCHAFT
KULTUR UND TOURISMUS



2025 - summer term

March to June 2025

Course 2025_01:
Neuro-centred and Cognitive Training

Course 2025_02:
Training Planning for Team Sports

Course 2025_3:
Training in Sports for People with Disabilities

Course 2025_04:
Leadership und Management

COURSE PERIOD AND TECHNICAL REQUIREMENTS

1st course period: March 31 - May 11, 2025

Course 2025_03: Wednesday from 11 am to 1 pm*
Dates: 02.04., 09.04., 16.04., 30.04. and 07.05.2025

Course 2025_04: Monday from 11am to 1pm*
Dates: 31.03., 07.04., 14.04., 28.04. and 05.05.2025

2nd course period: May 12 - June 22, 2025

Course 2025_01: Tuesday from 11 am to 1 pm*
Dates: 13.05., 20.05., 27.05., 03.06. and 17.06.2025

Course 2025_02: Monday from 11 am to 1 pm*
Dates: 12.05., 19.05., 26.05., 02.06. and 16.06.2025

*all indicated times refer to CEST

The time required for each course is approx. 25 hours:

- 5 online seminars, 2 hours each
- Guided self-study
- Assignment to be completed and submitted at the end of the course

Technical requirements:

- Stable internet connection that allows for use of camera
- The seminars take place via Zoom
- For the courses "Training Planning for Team Sports" and "Leadership and Management" you will need MS Excel.

Funded by German Federal Foreign Office and the Free State of Saxony



UNIVERSITÄT
LEIPZIG

Sportwissenschaftliche Fakultät

Deutschland / Germany

INTERNATIONALER TRAINERKURS INTERNATIONAL COACHING COURSE

In 4 Sprachen
In 4 languages

- ▶ Englisch / English
- ▶ Französisch / French
- ▶ Spanisch / Spanish
- ▶ Arabisch / Arabic

2025

Course 1: Neuro-centred and Cognitive Training

The online course "Foundations of Neuro-centred and Cognitive Training" is aimed at professionals from the fields of sport, prevention and therapy who want to better understand sensory and cognitive approaches and integrate them into their practice.

The aim is to provide a basic understanding of the visual, vestibular and proprioceptive systems. Particular emphasis is placed on how these systems are connected to cognitive abilities such as perception and decision-making processes.

Building on this, specific exercises will be developed and other related training approaches will be presented in order to better understand and practically apply their potential in sports performance training or rehabilitation.

Course 2: Training Planning in Team Sports:

The online course "Training Planning in Team Sports" is aimed at participants who want to learn about planning, organising and executing training sessions for teams. The focus is on the balance between goals for individual development of players and team requirements.

We will cover differences between youth training and high-performance sport as well as how to structure and organise training with regard to technique, tactics, strength and conditioning and coordination using a practical approach.

Course 3: Training in Sports for People with Disabilities

Training in Paralympic Sport focuses on the special needs and challenges of athletes with disabilities. The aim of the online course is to create an understanding of individual adaptations, accessible training methods, specific control of training load and long-term performance development.

We will focus on systematic training planning, methodical approaches and building resilience.

Course 4: Leadership and Management:

This course is aimed at participants who are in charge of management and organisational tasks in sport. The purpose of the course is to provide a basic understanding of the subtopics leadership, good governance, change management and financial management. The course aims to strengthen participants' planning skills, use of systematic and methodical approaches, analytical abilities and results-oriented action.



! **Application deadline**
15 February 2025

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