

16-18\3  
2021



كلية علوم الرياضة



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# نمط الحياة الصحي والنشاط البدني في ظل جائحة كورونا المؤتمر الدولي الثالث لعلوم الرياضة

تحت شعار  
(مئوية الدولة الأردنية وسيتنية الجامعة الأردنية)





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## Unraveling five-year-collaboration in institutionalized German-Middle East-Maghreb-Partnership

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Dr. Frieder C. Krafft (Ruprecht-Karls-University Heidelberg, Germany)

Dr. Carolin Schulze (Technical University Chemnitz, Germany)

Prof. Dr. Alexander Woll (KIT, Karlsruhe Institute of Technology, Germany))



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## Aims of the DAAD program-lines

<i>Higher educational dialogue with the Muslim World</i>	<i>Healthy learning environments in a period of intercultural diversity – transition in movement.</i>
Establishing a sustainable research network.	Building a sustainable structure of partner universities.
Implementing research cooperations.	Support for qualified staff and working opportunities.
Connection of education and research.	Exchange of aspects on healthy learning environments

Intercultural dialogue  
Subject-specific exchange  
Research cooperation  
Additional value of connection



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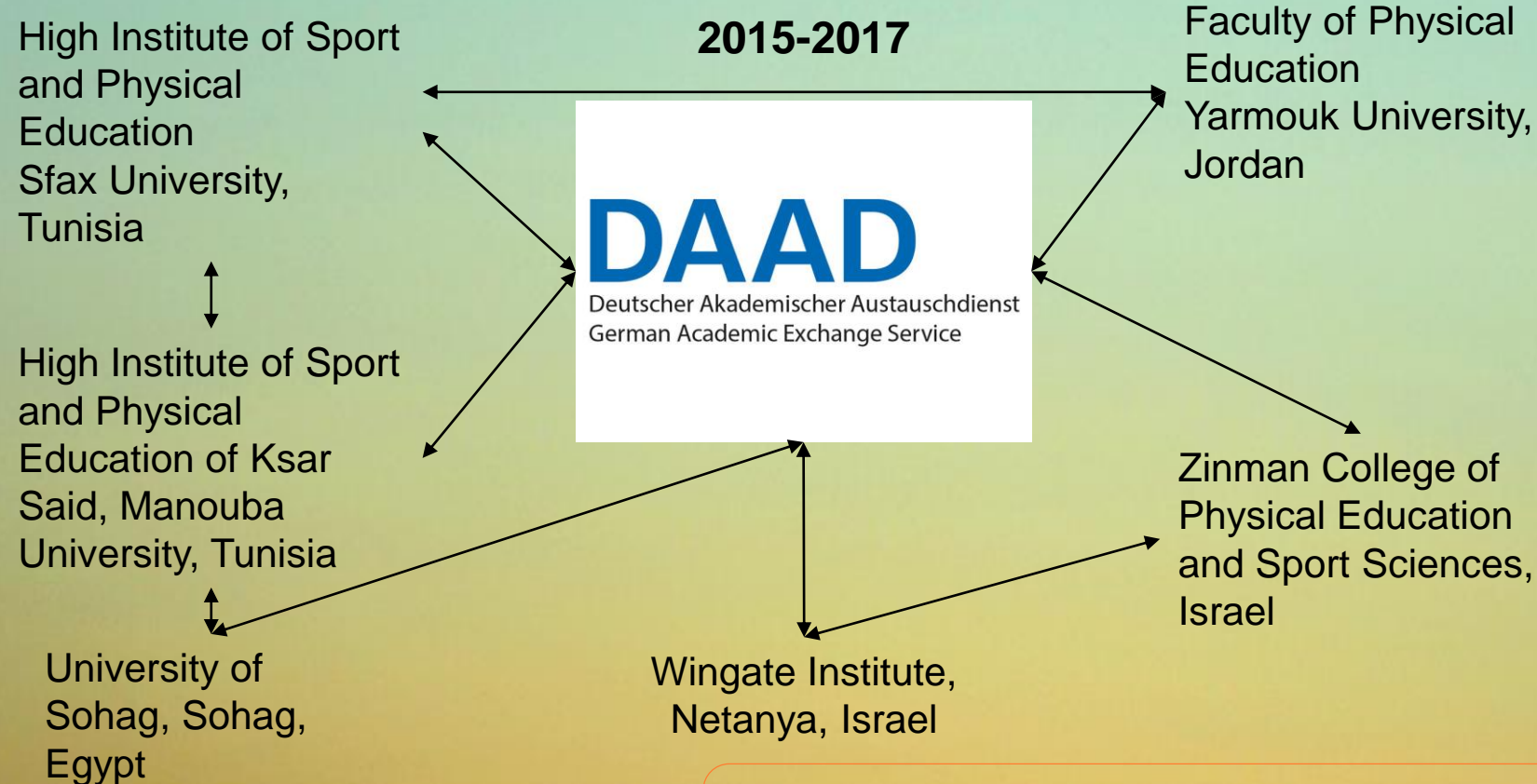


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## Establishing a sustainable research network

### *“Higher educational dialogue with the Muslim World”*





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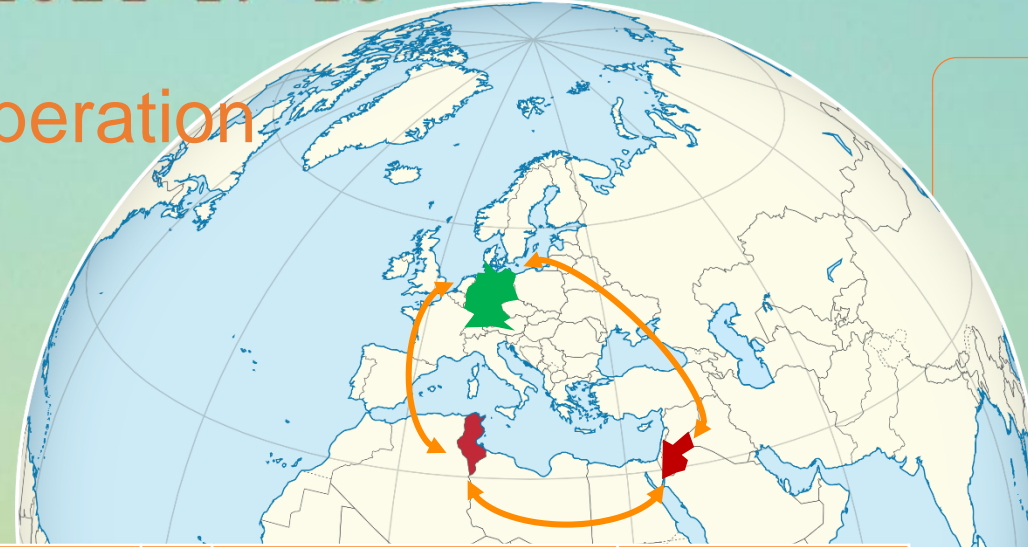
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## Implementing a research cooperation

### Participation of researchers and students at

- Conference in Tunisia
- Conference in Germany
- PhD workshops
- Prolonged scientific exchanges
- FoSS international Master SummerSchool



Event	n	Target group	Number of participants
Scientific workshops (MoMo, soccer)	3	Young Researchers or PhD students	24
PhD Workshop	2	PhD students	20
Staff/guest lecturer exchange	4	(Young) Researchers, University staff	16
Scientific congress	3	Young Researchers or PhD students	24
FoSS Master-SummerSchool	5	Master students	80 + German students



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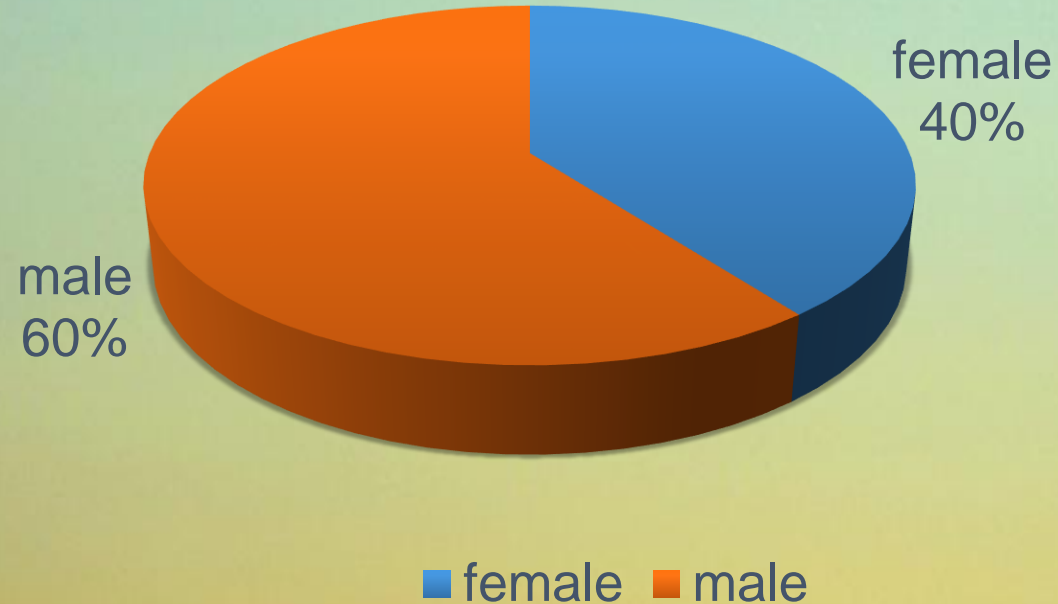


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Connection of education & research: e.g. gender

In total 164 participants in 17 events



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## Building a sustainable structure of partner universities

***“Healthy learning environments in a period of intercultural diversity – transition in movement”***

2019-2021



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## FoSS Master-SummerSchool before 2019

- 5 international FoSS Master-SummerSchools in presence in Karlsruhe (Germany) since 2015.
- Over 80 master students from Jordan, Egypt, Tunisia, and Israel.
- Mixed seminar with German master students for a week.
- Main topic: didactics and communication.



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day	date	time	content	lecturer	place/notes
Friday	20.09.2019		arrival day, Frankfurt International Airport		
		free time			
		14:00	visiting Karlsruhe Castle (optional for earlier arrivals)		
Saturday	21.09.2019		free time		
		14:00	city tour (including trip to Karlsruhe Turmberg)		Marktplatz
Sunday	22.09.2019	10:00 - 16:00	canoe tour* (trip by canoe through the nature of Karlsruhe)		
			(starts around 9am from center to location - we go together by tram)		
Monday	23.09.2019	8:30 - 9:00	welcome, get to know & organisational matters		SR 102
		9:15 - 10:00	Sfax University		
		10:00 - 10:45	University of Jordan		
		11:00 - 11:45	Mannouba University		
		11:45 - 12:30	Yarmouk University		
		12:30 - 13:30	lunch break		
		13:30 - 15:00	European Fitness Badge*	Katja Klemm	gym 2
Tuesday	24.09.2019	9:00 - 9:30	welcome		auditorium
		9:30 - 10:30	case example didactics and communication (setting kindergarden)	presentations of german KIT sport students (Tim, Ann-Kathrin, Nina)	
			kick off speech kindergarden and discussion & workshop climbing	Michael Schuhmann	
		11:00 - 12:30	lunch break		
		12:30 - 13:30	lunch break		
		13:30 - 15:00	kick off speech children sport school and discussion	Matthias Mörike	

day	date	time	content	lecturer	place/notes
Wednesday	25.09.2019	9:00 - 10:30	case example didactics and communication (setting children sport school)	presentations of german KIT sport students (Hanna, Michelle, Lisa, Tamara, Ann-Kristin, Franziskus)	auditorium
		10:30 - 11:30	practical lesson with kindergarden kids	for guests from Jordan and Tunisia	FoSS-LAB
		10:45 - 12:30	case example didactics and communication (setting sport club)	presentations of german KIT sport students (Simone, Sarah, Florian, Markus)	
		12:30 - 13:30	lunch break		
		14:00 - 15:30	"How to deal with reviewers' comments" (Workshop)	Claudio Nigg (interesting for Aida, Yaser, Hamdi, Imen, Mariem, Oussama)	SR 103
		13:30 - 15:00	kick off speech sport club and discussion	Philip Knauf	
		15:30 - 17:00	How to learn Juggling	Fabian	foyer
		evening	sneak preview at cinema Schauburg 9pm		
Thursday	26.09.2019	9:00-10:30	case example didactics and communication (setting competitive sport)	presentations of german KIT sport students (Jonathan, Tom, Nikolai, Annika)	auditorium
		10:45-12:15	kick off speech competitive sport and discussion	Philip Knauf	
		12:15-13:00	lunch break		
		13:00-14:30	case example didactics and communication (setting full-time school)	presentations of german KIT sport students (Carina, Julia, Rabea, Sue)	
		14:30 - 15:00	reflection and closing		
		evening	good bye dinner		
Friday	27.09.2019		departure day, Frankfurt International Airport		







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## FoSS Master-SummerSchool before 2019

- Save place to present own research works.
- International standard (presenting in English).
- Learning of innovative methods (e.g. design thinking).
- Experiencing team-teaching.
- Exchange of scientific and social experiences.
- Knowledge improvement in fields of PE, sports, and sport science.
- Impact on intercultural dialogue.
- Benefit for social competencies.



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## Exchange of aspects of healthy learning environments

### FoSS Master-SummerSchool before 2019

- Teaching and learning out of the classroom (PYD)
- Getting to know new types of sport
- Teamwork
- Social communication



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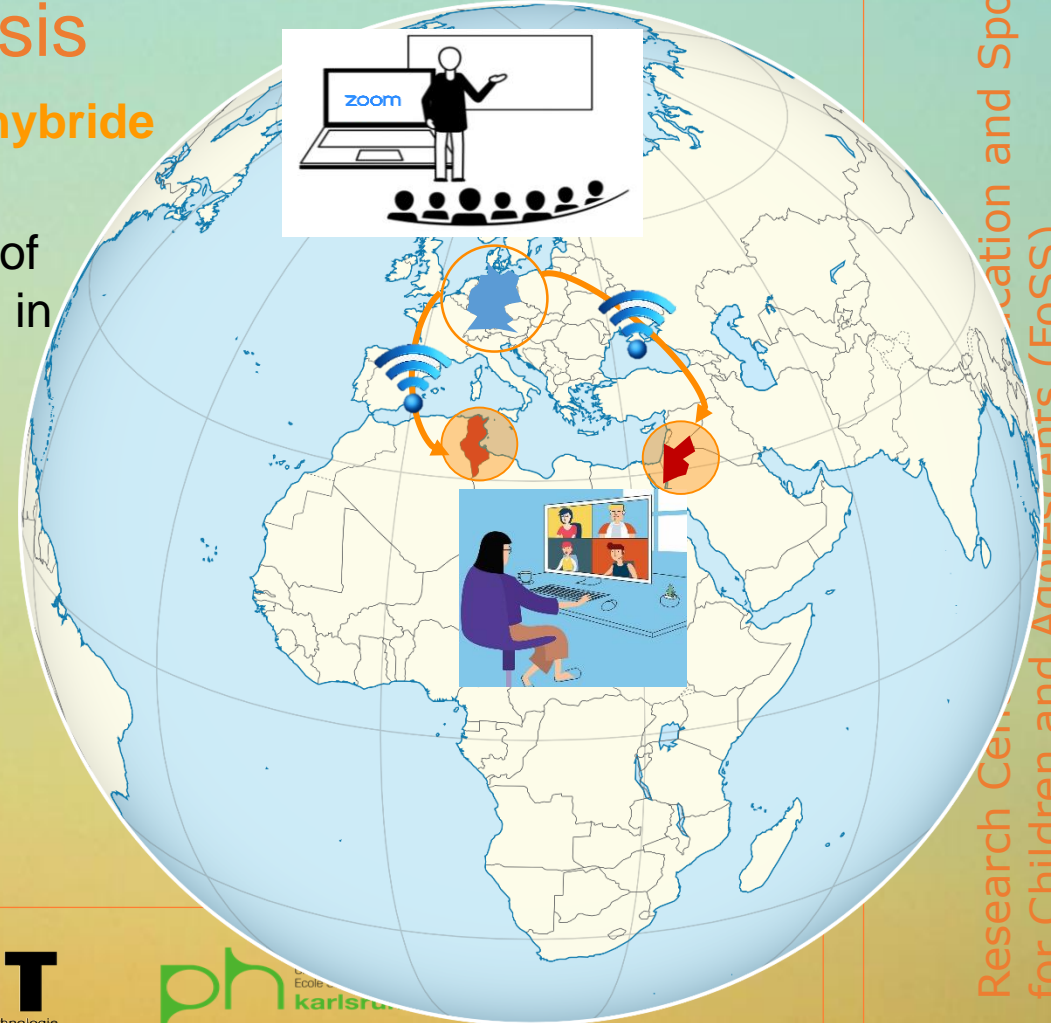
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## Support for qualified staff and working opportunities: event during 2020 pandemic crisis

### International FoSS Master-SummerSchool in **hybride** format

- Seminars and talks as well as demonstrations of didactics in PE in Germany (English language) in presence with German Master students → live broadcasting to the participants of Tunisia and Jordan.
- → interaction live broadcasted (e.g. Jordan presenters tell how to play a game, Germans reenact the game and receive feedback 😊)
- 43 participants (18 females, 25 males)
- → all participants nearly on the same level concerning hybride format (learning by doing)



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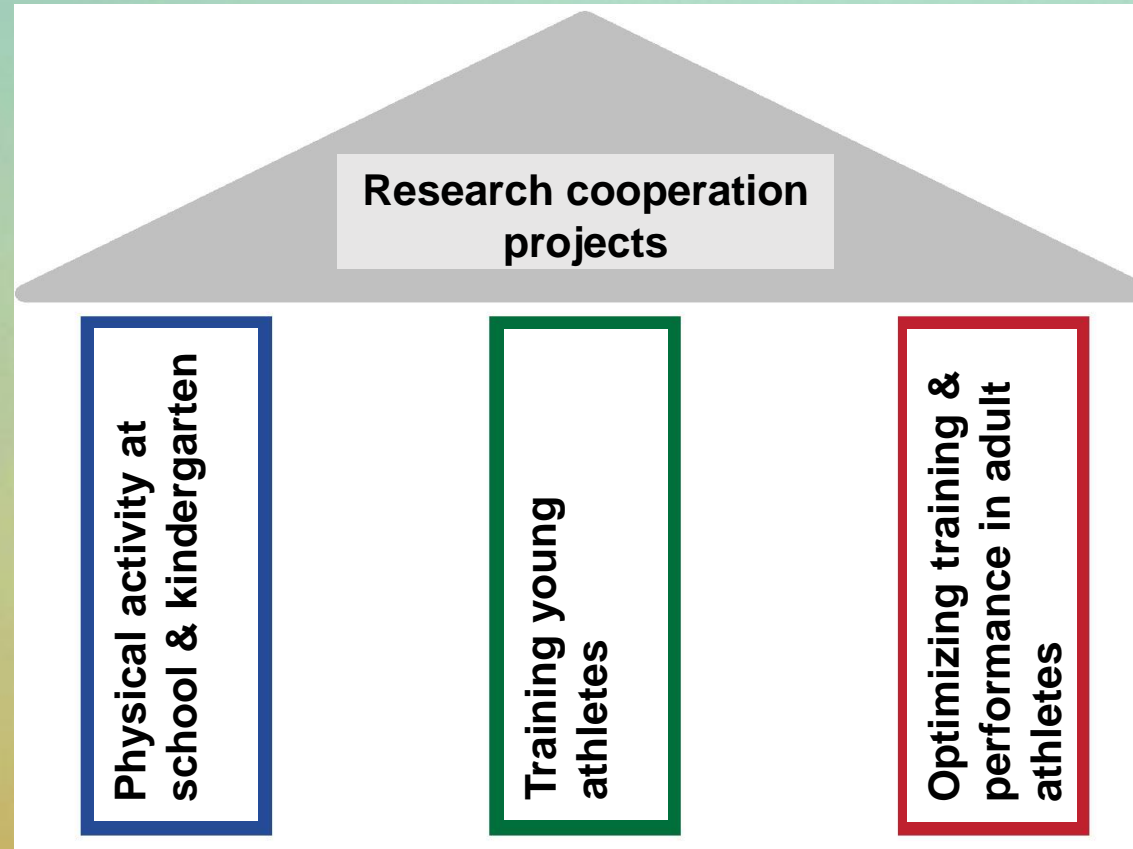
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## Research Cooperation



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## Research Cooperation Physical activity at school & kindergarten

**12 Weeks of Kindergarten-Based Yoga Practice Increases Visual Attention, Visual-Motor Precision and Decreases Behavior of Inattention and Hyperactivity in 5-Year-Old Children**

Article Full-text available March 2019 · Frontiers in Psychology

Sana Jarraya · Matthias Wagner · Mohamed Jarraya · Florian Engel



Source

**Kindergarten-based progressive muscle relaxation training enhances attention and executive functioning in 5-year-old children: A randomized controlled trial**

Sana Jarraya<sup>1</sup>, Mohamed Jarraya<sup>1</sup> and Florian A. Engel<sup>2</sup>

*Under revision  
Perceptual and Motor Skills*



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## Research Cooperation - Training young athletes

### High-Intensity Interval Training Performed by Young Athletes: A Systematic Review and Meta-Analysis

Article Full-text available July 2018 · Frontiers in Physiology

Florian Engel · Alexander Ackermann · Hamdi Chtourou · Billy Sperlich



Source

### Effects of Ramadan Observance on Dietary Intake and Body Composition of Adolescent Athletes: Systematic Review and Meta-Analysis

Article Full-text available June 2020 · Nutrients

Khaled Trabelsi · Achraf Ammar · Omar Boukhris · [...] · Hamdi Chtourou



Source

### Repeated Sprint Training vs. Repeated High-Intensity Technique Training in Adolescent Taekwondo Athletes-A Randomized Controlled Trial

Article Full-text available June 2020 · International Journal of Environmental Research a...

Ibrahim Ouergui · Hamdi Messaoudi · Hamdi Chtourou · [...] · Florian Engel



Source

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## Research Cooperation - Optimizing training & performance in adult athletes

### Effects of the 5-m Shuttle Run Test on Markers of Muscle Damage, Inflammation, and Fatigue in Healthy Male Athletes

Article Full-text available June 2020 · International Journal of Environmental Research a...

Omar Boukhris · Khaled Trabelsi · Raouf Abdessalem · [...] · Hamdi Chtourou



Source

### Effect of Different Running Exercise Modalities on Post-Exercise Oxidative Stress Markers in Trained Athletes

Article Full-text available May 2020 · International Journal of Environmental Research an...

Wajdi Souissi · Mohamed Amine Bouzid · Farjallah Mohamed Amine · [...] · Zouheir Sahnoun



Source

### Effects of Ramadan Fasting on Recovery Following a Simulated Soccer Match in Professional Soccer Players: A Pilot Study

Article Full-text available December 2019 · Frontiers in Physiology

Mohamed Amine Bouzid · Abd-Elbasset Abaidia · Mustapha Bouchiba · [...] · Hamdi Chtourou



Source



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## Research Cooperation - Optimizing training & performance in adult athletes

### Nap Opportunity During the Daytime Affects Performance and Perceived Exertion in 5-m Shuttle Run Test

Article Full-text available June 2019 · Frontiers in Physiology

Omar Boukhris · Raouf Abdessalem · Achraf Ammar · [...] · Hamdi Chtourou



Source

### Diurnal Variation of Short-Term Repetitive Maximal Performance and Psychological Variables in Elite Judo Athletes

Article Full-text available October 2018 · Frontiers in Physiology

Hamdi Chtourou · Florian Engel · Hassen Fakhfakh · [...] · Billy Sperlich



Source

Find the full texts on research gate:  
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## Conclusion on Research Cooperation

- Almost ten articles in highly-ranked peer-reviewed journals published
- Some more articles to come...
- Definitely implemented a sustainable research cooperation
- Benefits beyond the research: improving communication skills and project management skills
- Made some friends

Take home message: *Build yourself a sustainable network to benefit from synergy effects in your research!*

A big **thank you** to all participants for the productive and successful cooperation in the research projects!



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## From **five-year-collaboration** to the **future!**

*Higher educational dialogue with the  
Muslim World (2015-2017)*



*Healthy learning environments in a period  
of intercultural diversity – transition in  
movement (2019-2021)*



Intercultural dialogue  
Subject-specific **exchange**  
Research cooperation  
Additional value of connection



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