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Sport Science at the University Alliance Ruhr

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By Tuulia Hokkanen, Germany, May 24, 2017: The [22nd annual Congress](#) of the **European College of Sport Science** in Metropolis Ruhr is hosted by the University Alliance Ruhr (UAR). The UAR is an alliance between Ruhr-University Bochum, TU Dortmund University, and the University of Duisburg-Essen, which are the three strongest universities in Germany's thriving Ruhr Area.

In total, more than 110,000 students (15,000 international students), and well over 8,000 researchers study and work within the UAR universities.

When combined, the three universities have 800 partnerships with universities in more than 130 countries, and a combined annual budget of close to 1,2 billion euros – which provides our students and researchers with virtually unlimited possibilities for exchange and resources for development.

Our congress is guided by four key topics – Identification, Inactivity, Individuality, and Inclusion, unifying selected research interests in the different sport science institutes of the UAR.

Football is the most important sport in Metropolis Ruhr and traditionally a crucial link for the people's identification with their region. Beyond multiple football clubs of different size, the most popular clubs are Borussia Dortmund and Schalke 04.

Several close relations exist between the football clubs and our sport-scientific institutes in the field of talent research, performance testing, training monitoring and recovery management ("REGman") (for more information, please contact alexander.ferrauti@rub.de).

University Alliance Ruhr: Inactivity is one of the main public health problems in modern societies, and is one of the risk factors for diseases of civilization.

"MiSpEx" is a research project at the Ruhr-University Bochum that is working on the development, evaluation and transfer of a function-related diagnostics, prevention, and therapy for back pain in elite athletes as well as in the society as a whole (for more information, please contact petra.platen@rub.de).

The diverse possibilities to do sports in a metropolitan area offer people a high potential to express their individuality. The analysis and optimization of individual movement behaviour is one research focus at the TU Dortmund University.

The project "SpoSeNs" aims at the development of mobile technologies that support individual performance development from recreational to elite sports as well as in working environments (for more information, please contact thomas.jaitner@tu-dortmund.de).

Inclusion in and through (school) sports is one of the most important social challenges in the 21st century. “DoProfiL” is a research project at the TU Dortmund University that is focusing on the teacher education system, and is searching for factors influencing PE teachers’ development of inclusion competence (for more information, please contact **elke.grimminger@tu-dortmund.de**).

To enhance the inclusion into sports, the “Open Sunday Project” at the University of Duisburg-Essen aims at motivating children, who don’t have the possibility to become members at sport clubs or play outside and be active, to move and do sporting activities (for more information, please contact **ulf.gerken@uni-due.de**).