

Interdisciplinary Sport Science

A position paper on the philosophy of the doctoral program

Sports science is a discipline oriented around sports related problems, and thus inspired by societal problems. The complexity of the problems which are encountered in sports science generally require interdisciplinary approaches. Single disciplinary perspectives are often not sufficient to fully grasp the practical problems encountered in sport, considering the multifaceted nature of such problems.

Striving for scientific knowledge, however, supports a monodisciplinary approach, because scientific knowledge requires a theoretical reconstruction of a pre-scientific subject. This defined perspective, which is usually associated with a particular sub-discipline in sports science, leads to reduced complexity. Taking a particular perspective makes it possible to see the observed phenomenon "sharper", but at the same time, other aspects are hidden. In order to see them, it is necessary to take a different perspective.

The interdisciplinary approach is not about a mere side by side comparison of single perspectives. However, it is also necessary to warn against a non-reflected mix of different disciplinary perspectives. If one attempts to face problems of sport in an interdisciplinary manner, then it is first and foremost a question of dealing with perspective. Such an approach is characterized by orientation according to the following ten rules:

1. Take a defined perspective!
2. Accept alternative perspectives!
3. Keep in mind that perspectives come from conventions!
4. Be content - if appropriate - with your perspective!
5. Follow developments in other sub-disciplines!
6. Include - if helpful - other perspectives!
7. Resist unauthorized reduction!
8. Observe maternal scientific trends!
9. Consider sports science needs!
10. Think problem-oriented interdisciplinary!

The scientific standards of the various disciplines of sport science are - and should be - different. Nevertheless, for pragmatic reasons, it does not seem wrong to speak of sport science in the singular, indicating that there is a scientific community that combines the different subsections of sport science, and also summarizes them institutionally and in terms of teaching. An interdisciplinary and problem-oriented approach should enable sport science to achieve a high social and scientific impact. Interdisciplinarity is then understood as a cooperation between representatives of various disciplines, which is characterized by reflected perspectivity on the basis of a pronounced readiness and ability for conversation of all people involved.