

Transdisciplinary Case Study of Health and Physical Activity in Old Age

SENIORS IN MOTION – Transdisciplinary Approaches to Physical Activity Promotion for Older People

Email Template to participants prior course start

Dear participants,

we hope you enjoyed your semester break and return with good intentions to this new semester.

In this course you will get first insights on how to design and theoretically conduct transdisciplinary research projects. Before you work on your actual project, in the first two weeks you have the chance to deepen and apply transdisciplinary concepts and methods within a transdisciplinary case study dealing with the physical activity promotion for older people in a city in Bavaria, Germany.

Based on the information provided in the case description, you as a researcher will be asked to develop a fictitious transdisciplinary project together with your research team.

As a preparation for the first course session on the **(date)**, please thoroughly read the **Case Study Description** itself and the following **papers on transdisciplinary research**:

- [Lang et al. \(2012\): Transdisciplinary research in sustainability science: practice, principles, and challenges](#)
- [Bammer \(2019\): What makes a researcher transdisciplinary? A framework to identify expertise](#)

In the construction of a transdisciplinary project, you as a researcher have a crucial impact. Therefore, it is important to be aware of what you bring into the development of the transdisciplinary project concerning your character, interests, and competencies. Before the seminar, please **reflect on skills that you have and topics you are interested in** e.g., things you learned from your formal and informal education, social competencies and perhaps some concepts and topics that you know and like.

We are looking forward to your contributions and to the Case Study work.

[A Link to the ZOOM-Meeting for **(date of the first session)** will be sent to you prior the course start.]

Many greetings!