

Kratek opis usposabljanja mladega raziskovalca (*Short description of the Young Researcher's training*)

1. Raziskovalna organizacija (*Research organisation*):

UL FAKULTETA ZA ŠPORT

2. Ime, priimek in elektronski naslov mentorja (*Mentor's name, surname and email*):

Prof. dr. Mojca Doupona (mojca.doupona@fsp.uni-lj.si)

3. Šifra in naziv raziskovalnega področja (*Research field*):

5.10. Šport

4. Kratek opis usposabljanja mladega raziskovalca (*Short description of the Young Researcher's training*):

Navedite tudi morebitne druge zahteve, vezane na usposabljanje mladega raziskovalca (npr. znanje tujih jezikov, izkušnje z laboratorijskim delom, potrebne licence za usposabljanje...).

slo:

Program usposabljanja mladega raziskovalca bo usmerjen na raziskovanje dvojne kariere v športu. Področje "dvojne kariere" (DK), ki je opredeljeno kot "kariera s poudarkom na športu in študiju ali delu" je bilo v zadnjem desetletju deležno povečanega zanimanja med raziskovalci po vsem svetu. Raziskovalci dajejo prednost raziskovanju DK v športu in študijskih poteh, s poudarkom na izzivih športnikov DK (npr. Vlaganja v šport in študij, ko poskušajo ohraniti družbeno in zasebno življenje) ter kratkoročnih in dolgoročnih koristi (npr. socialne mreže, razvoj kompetenc za zaposljivost) in potencialnih posledicah (npr. tveganje za izgorelost). Raziskovanje rehabilitacije poškodb pri dvojni karieri je pokazalo še večje težave v izobraževanju ali delu zaradi nezmožnosti učenja ali dela. Zato bi moralo preprečevanje poškodb ali pravilna rehabilitacija imeti ključno vlogo v raziskavah o DK športnika.

Z uporabo obstoječega znanja o delu v praksi s športniki pri kariernih prehodih, bo raziskovalec/ka preučil/a karierne prehode z vidika preprečevanja poškodb ali ustrezne rehabilitacije in kako načrtovati karierni prehod. Med usposabljanjem se bo naučil/a uporabljati kvantitativno in kvalitativno metodologijo, prav tako pa bo mladi/a raziskovalec/ka imel/a možnost sodelovati pri evropskih projektih, v katerih deluje mentorica (WE_care, Empatia, EduMedia) in spoznati tveganje za poškodbe zaradi povečanja obremenitve na treningih ali zaradi trenutne poškodbe, kjer je potreben postopek rehabilitacije. Pritisk zaradi športnih rezultatov bi lahko privedel do odločitve, da bi športnik končal svojo športno kariero zaradi ponavljajočih poškodb ali neozdravljive prve poškodbe. Na tovrstna vprašanja bo raziskovalec/ka iskal/a znanstveno podprte odgovore.

eng:

The young researcher's training program will focus on the study of dual career.

The term "dual career" (DC), defined as "a career with focus on sport and studies or work"

was established during the last decade and interest among researchers has been growing worldwide. Researchers prioritise exploring DC in sport and studies pathway(s) emphasising DC athletes' challenges (e.g., investing into sport and studies while trying to maintain social and private life), and short- and long-term benefits (e.g., broader identity and social network, developing employability competencies) and potential costs (e.g., a risk for burnout). Putting rehabilitation of injuries in a dual career perspective is leading toward even more loss in education or work due to inability to learn or work. This is the reason why injury prevention or proper rehabilitation should have a significant role in the athlete's life and in dual career studies.

To integrate and structure the existing knowledge on applied work with athletes in career transitions, researcher will study career transitions framework as a set of injury prevention or proper rehabilitation and how to plan a career transition intervention. During the PhD programme, he/she will learn how to use quantitative and qualitative methodology in dual career studies. During the training, the young researcher will have the opportunity to participate on European projects in which the mentor works (WE_care, Empatia, EduMedia) and learn about the risk of injury due to load increase on training sessions or due to present injury where athlete is required to go through the process of rehabilitation. A pressure for sport result could lead toward position where athlete could end his sporting career due to repetitive injuries as a result of unhealed first injury. The researcher will look for scientifically supported answers to such questions.