

Marco Rathschlag  
Teaching staff  
Cognition in Team Sports  
**Email:** M.Rathschlag@dshs-koeln.de  
**Phone:** +49 221 4982-4861



## Publications

### **Speedreading - Eine effiziente Bewältigung der Informationsflut ohne inhaltliche Abstriche?**

Leuschen, E-R., Rathschlag, M. & Klatt, S., 09.11.2023, In: Zeitschrift für Sportpsychologie. 30, 4, p. 179-181 4 p.

### **Open-Label Placebo Interventions With Drinking Water and Their Influence on Perceived Physical and Mental Well-Being**

Rathschlag, M. & Klatt, S., 06.12.2021, In: Frontiers in psychology. 12, 14 p., 658275.

### **Anxiety reduction and improved concentration in schoolchildren through wingwave® coaching**

Weiland, F. P. G., Rathschlag, M. & Klatt, S., 30.11.2021, In: Children (Basel, Switzerland). 8, 12, 15 p., 1102.

### **Self-Generated Emotions and Their Influence on Sprint Performance: An Investigation of Happiness and Anxiety**

Rathschlag, M. & Memmert, D., 2015, In: Journal of Applied Sport Psychology. 27, 2, p. 186-199 14 p.

### **Top 10 Research Questions Related to Teaching Games for Understanding**

Memmert, D., Almond, L., Bunker, D., Butler, J., Fasold, F., Griffin, L., Hillmann, W., Hüttermann, S., Klein-Soetebier, T., König, S., Nopp, S., Rathschlag, M., Schul, K., Schwab, S., Thorpe, R. & Furley, P., 2015, In: Research Quarterly for Exercise and Sport. 86, 4, p. 347-59 13 p.

### **Reducing anxiety and enhancing physical performance by using an advanced version of EMDR: a pilot study**

Rathschlag, M. & Memmert, D., 01.05.2014, In: Brain and behavior. 4, 3, p. 348-55 8 p.

### **The influence of self-generated emotions on physical performance: An investigation of happiness, anger, anxiety, and sadness**

Rathschlag, M. & Memmert, D., 2014, In: International Journal of Sport and Exercise Psychology. 35, p. 197-210

### **The influence of self-generated emotions on physical performance: an investigation of happiness, anger, anxiety, and sadness**

Rathschlag, M. & Memmert, D., 01.04.2013, In: Journal of Sport & Exercise Psychology. 35, 2, p. 197-210 14 p.

## **Handball**

Rathschlag, M., 2013, *Sport-Das Lehrbuch für das Sportstudium*. Springer Verlag

### **Self-generated emotions and their influence on physical performance**

Rathschlag, M., 2013

## **Sportspiele**

Memmert, D., König, S., Schwab, S., Hagemann, N., Löffing, F., Noel, B., Dicks, M., Furley, P., Pabst, J., Büsch, D., Plessner, H., Schul, K., Kollath, E., Rathschlag, M., Hillmann, W., Götsch, W., Maier, P., Bollmeier, N., Schiefler, B. & Rhus, R., 2013, *Sport : das Lehrbuch für das Sportstudium*. Güllich, A. & Krüger, M. (eds.). Heidelberg: Springer Verlag, p. 549-595 47 p.

### **The influence of self-generated emotions on physical performance**

Rathschlag, M. & Memmert, D., 2012, *Sportpsychologische Kompetenz und Verantwortung. 44. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie (asp)*. Wegner, M., Brückner, J. P. & Kratzenstein, S. (eds.). Feldhaus Edition Czwalina, Vol. 202. p. 24

**Der Einfluss von selbstgenerierten Emotionen auf die Kraftfähigkeit**

Rathschlag, M. & Memmert, D., 2011, *Embodiment: Wahrnehmung - Kognition - Handlung*. Heinen, T., Milek, A., Hohmann, T. & Raab, M. (eds.). Köln: Hundt Druck

**Gezielte Belastungssteuerung mittels Herzfrequenzmessung im Handball-Training**

Rathschlag, M., 2009, In: *Leistungssport*. 6, p. 24-28