Douglas College

EFFECTIVE: MAY, 2008
CURRICULUM GUIDELINES

A.	Division:	**Education**	Effective Date:		May. 2008	
B.	Department / Program Area:	**Sport Science**	Revision	x	New Course	
			If Revision, Section(s) Revised:		F,L,M,N,O,P,Q	
			Date of Previous Revision:			
			Date of Current Revision:			

C: **SPSC 1105** **D**: **Introduction to the Study of Sport** **E:** **3**

Subject & Course No.	Descriptive Title	Semester Credits

F: Calendar Description:
This is an introduction to the study of sport science. Topics include defining sport, physical education, recreation, play, dance and the academic foundations of sport science, the history of sport, philosophy in sport and physical education, issues and ethics in sport, careers in sport science, technology and sport, international physical education and sport, the future for sport science.

G: Allocation of Contact Hours to Type of Instruction / Learning Settings

Primary Methods of Instructional Delivery and/or Learning Settings:

Lecture / Seminar

Number of Contact Hours: (per week / semester for each descriptor)

4

Number of Weeks per Semester:

15

H: Course Prerequisites:

None

I: Course Corequisites:

None

J: Course for which this Course is a Prerequisite:

None

K: Maximum Class Size:

35

L: PLEASE INDICATE**:**

	Non-Credit
	College Credit Non-Transfer
X	College Credit Transfer:

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bctransferguide.ca)

M: Course Objectives / Learning Outcomes

Upon completion of the course, the student will be able to:

1. Define physical education, sport, recreation, play and dance.
2. Define the academic foundations of sport science and identify major topics of discussion in the various disciplines.
3. Identify historical factors that have influenced the development of sport science as a profession.
4. Identify the basic branches of philosophy and how they relate to the practice of sport science.
5. Identify and discuss issues and ethics in sport science.
6. Identify career opportunities in sport science.
7. Identify the impact of technology on the field of sport science.
8. Identify the value of international studies in sport science.
9. Discuss future possibilities for sport science.

N: Course Content:

1. Defining the Field

   1.1 Define physical education, sport, recreation, play and dance.

2. The Academic Foundations of Sport Science

   2.1 Define and identify the major topics of discussion in each of the following sport science disciplines:
   - 2.1.1 sport history
   - 2.1.2 sport philosophy
   - 2.1.3 sport sociology
   - 2.1.4 sport psychology
   - 2.1.5 motor learning
   - 2.1.6 biomechanics
   - 2.1.7 movement pedagogy

3. Historical and Cultural Factors in Sport Science

   3.1 Identify historical factors that have influenced the development of sport science as a profession.

   3.2 Describe sport, recreation and physical education and their role in each of the following ancient societies:
   - 3.2.1 Neolithic societies
   - 3.2.2 Assyrians
   - 3.2.3 Sumerians
   - 3.2.4 Egyptians
   - 3.2.5 Greeks
   - 3.2.6 Romans

   3.3 Describe sport, physical education and recreation in medieval and early modern Europe.

4. Philosophy in Sport Science

   4.1 Define philosophy

   4.2 Identify and discuss the branches of philosophy as they relate to sport science. These will include:
   - 4.2.1 metaphysics
   - 4.2.2 epistemology
   - 4.2.3 axiology
   - 4.2.4 logic

   4.3 Identify and discuss issues in sport philosophy including:
   - 4.3.1 the nature of sport
   - 4.3.2 sport and metaphysical speculation
   - 4.3.3 sport as a meaningful experience
   - 4.3.4 sport and aesthetics
   - 4.3.5 sport and values

4.4 Identify contemporary philosophies of education and physical education including:
- 4.4.1 naturalism
- 4.4.2 idealism
- 4.4.3 realism
- 4.4.4 pragmatism
- 4.4.5 existentialism
- 4.4.6 humanism

5. Issues and Ethics in Sport Science

5.1 Identify and debate problems in physical education, sport and recreation including:
- 5.1.1 drug abuse
- 5.1.2 gender inequity
- 5.1.3 violence
- 5.1.4 overemphasis on school sports
- 5.1.5 verbal and physical abuse
- 5.1.6 overemphasis on winning in children's sport
- 5.1.7 funding
- 5.1.8 parental problems

5.2 Identify strategies to teach ethics in sport.
5.3 Identify what ethics and values should be taught to participants in the field of sport science.

6. Careers in Sport Science

6.1 Identify careers that are available in the field of sport science.
6.2 Gain an understanding of what training is required and available to pursue various careers in sport science.
6.3 Identify what basic qualities are recommended to succeed in various sport science careers.
6.4 Identify some strategies that may be utilized in searching for a specific career in sport science.

7. Technology in Sport Science

7.1 Understand the impact and scope of new technologies in sport science including:
- 7.1.1 fitness tests and measurements
- 7.1.2 skill and performance analysis
- 7.1.3 training programs e.g. virtual reality
- 7.1.4 maintaining training records
- 7.1.5 training sport science professionals
- 7.1.6 answering training questions
- 7.1.7 sport science research and administration

8. International Studies in Sport Science

8.1 Understand the value of comparative studies to the sport science practitioner.
8.2 Identify some international organizations in the field of sport science such as ICHPER, IOC, FIFA and FIEP.
8.3 Identify and discuss some international sports festivals such as the Olympic Games, the Commonwealth Games and the Pan Am Games.
8.4 Gain some understanding of sport and physical education in selected countries including:
- 8.4.1 England
- 8.4.2 Japan
- 8.4.3 Kenya
- 8.4.4 Russia
- 8.4.5 Germany

9. The Future of Sport Science

9.1 Understand the importance of futuristics and planning ahead in sport science.

9.2 Examine some predictions of prominent futurists including:
- 9.2.1 Daryl Siedentop
- 9.2.2 Christopher Edginton
- 9.2.3 John Burt
- 9.2.4 Earle Ziegler

9.3 Identify and discuss some of the latest trends in sport science nationally and internationally.

9.4 Will have an opportunity to speculate and make some predictions regarding the future of sport, physical education and recreation in British Columbia.

O: Methods of Instruction

Lecture
Discussion groups
Guest lectures
Technology assisted learning

P: Textbooks and Materials to be Purchased by Students

Course Pack:	SPSC 1105 An Introduction to the Study of Sport
Required Textbook:	W.H. Freeman Physical Education and Sport in a Changing Society 6th Edition 2006, Allyn & Bacon

Q: Means of Assessment

The selection of evaluation tools for this course is based upon:

1. Adherence to college evaluation policy regarding number and weighing of evaluations, for example a course of three credits or more should have at least three separate evaluations.
2. A developmental approach to evaluation that is sequenced and progressive.
3. Evaluation is used as a teaching tool for both students and instructors.
4. Commitment to student participation in evaluation through such processes as self and peer evaluation, and program/ instructor evaluation.

The following is presented as an example assessment format for this course:

Test #1	20%
Test #2	20%
Test #3	20%
Research Paper	25%
Poster Presentation	15%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Not at this time

Course Designer(s)
Gert van Niekerk

Education Council / Curriculum Committee Representative

Dean / Director

Registrar