



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> SPSC-160	<b>Course Title</b> History & Philosophy of Sport & Physical Educ.	<b>ECTS Credits</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring or Fall	<b>Prerequisites</b> None
<b>Type of Course</b> Required	<b>Field</b> Sports History	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 1 <sup>st</sup>	<b>Lecturer</b> Dr Tsouloupas Costas Dr Papadopoulou Fotini
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

## Objectives of the Course:

The aim of this course is to enable students to develop a historical, philosophical, and global perspective of sport through the study of contributions from the ancient Egyptians, Mesopotamians, Greeks, Romans, and other world cultures including Europe particularly and United States, from the colonial period to the present. Class members also analyze the major contributions of important sport philosophers. In addition, this course will emphasise concepts related to developing a philosophy of sport, exercise science, and physical education. It will explore philosophical issues regarding sport, exercise science, and physical education.

## Learning Outcomes:

By the end of the course the students should be able to:

1. Become familiar with ancient civilisation as well as Rome and Greece and the philosophical positions of the two societies on sport.
2. Become familiar with the historical foundation of sport and physical education.
3. Become familiar with the philosophy of sport and physical education during the Middle Ages, Renaissance and the Reformation, the Age of Science, and with the Enlightenment.
4. Become familiar with the philosophical position of the body and the development of Physical Education and the contribution of the Germans, Swedes, and Danes in the Nineteenth Century Europe.
5. Discuss the influences of the Africans on modern sport.
6. Identify games and sports of the American Indians and discuss the influence of these games and sports on modern sport.
7. Examine the Asian influences on sport and physical education.
8. Present, in written and oral forms, some aspects of the political history of the Modern Olympic Games.
9. Become familiar with the changing concepts of sport in Europe and Colonial

- America, the nineteenth centuries.
10. Present, in written and oral forms, some aspect of the history or philosophy of health, sport, or physical education that has personal relevance to them.

**Course Contents:**

- 1. Ancient Civilizations**
- a. History and Philosophy in Sports and Physical Education, Sumer, Egypt, and China
  - b. Ancient Greece & the ancient Olympic Games
  - c. Roman Empire
- 2. From the Spiritual World to the Secular World: Changing Concepts of the Body**
- d. Philosophy, Sports and Physical Education During the Middle Ages 900-1400
  - e. The Renaissance and the Reformation
  - f. Philosophical Positions of the Body and the Development of Physical Education: Contributions of the Germans, Swedes and Danes in Nineteenth-Century Europe
- 3. Historical and Philosophical Development of Sport in Europe and America**
- g. Sport in the Colonial Period
  - h. Changing Concepts of the Body: Sport and Play in Nineteenth-Century in Europe
  - i. Sport in the Twentieth Century
- 4. Modern Olympic Games**
- j. A Selected Political and Social History of the Modern Olympic Games (1896-2004): e.g. 1896-1936, 1948-1968, 1972-2004

**Learning Activities and Teaching Methods:**

Lectures and extensive discussions

**Assessment Methods:**

Midterm Examination, Final Examination, Course work/ presentations / assignments, attendance/participation.

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Mechikoff, Robert A and Estes, Steven G.	History and Philosophy of Sport and Physical Education (3 <sup>rd</sup> Edition).	McGraw-Hill	2004	0-07-297302-1