

# BPHY207 Sports Sociology and the Historical Development of Physical Education

ECTS Value: 3 ECTS  
Self-Study Hours: 36

Contact Hours: 15  
Assessment Hours: 24

## Overall Objectives and Outcomes

The aim of this module is to introduce sociological theories, concepts and approaches in order to understand and appreciate sports as a societal and global institution. Moreover, the historical and philosophical characteristics that have left an impact on the sphere of sport and Physical Education (PE) throughout time will also be explored. This will make participants aware of both the sociological and historical development of PE and thus apply them during their teaching career.

By the end of this module, the learner will be able to:

### Competences

- create activities which channel the sociological and historical aspects of sport to contemporary society;
- adopt lessons which link sports sociology to leisure time activities which contribute to healthy behaviours;
- demonstrate examples of current societal issues like: multiculturalism, age and ability, gender concerns including sexual orientation, the impact of co-education in different sports, leisure time & sports, social class and sports & religion.

### Knowledge

- understand the dynamic functions of sport which develop and evolve through time.
- value the diverse functions of sport and the influence which it brings upon people and those who study it.
- appreciate historical periods and their implications on sports culture;
- value the philosophy of Olympism and the Olympic movement as a catalyst in building peace by educating youth through sport.

### Skills

- use a goal setting strategy for a self- or teacher-assigned task and work to achieve the goal that is set with the guidance of the teacher and peers;
- manifest resilience and self-efficacy throughout most of the situations and show how more control is required in some situations;
- create and enhance emotions in the learning process;
- apply problem solving and decision making to a host of physical activities.

## Assessment Methods

This module will be assessed through: Assignments, critical discussions

## Suggested Readings

### Core Reading List:

1. Coakley, J. (2015). *Sports in Society, Issues and Controversies*. (11<sup>th</sup> edition) McGraw-Hill.
2. Smith, E. (2010). *Sociology of Sport and Social Theory*. Human Kinetics.
3. Delaney, T., Madigan, T. (2015). *The Sociology of Sports: An Introduction* (2<sup>nd</sup> edition) McFarland and company Inc. Publishers.
4. Mechikoff, R.A. (2010). *A History and Philosophy of Sport and Physical Education* (5<sup>th</sup> edition): McGraw-Hill.
5. Craig, P., Beedie, P. (2010). *Sport Sociology* (2<sup>nd</sup> edition). Learning Matters.

### Supplementary Reading List:

1. Jones, RL., Potrac, P., Cushion, C., Ronglan, TR. (2011) *The Sociology of Sports Coaching*: Routledge.