

## 26311 - Theory and history of physical activity and sport

### Syllabus Information

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**Academic Year:** 2020/21

**Subject:** 26311 - Theory and history of physical activity and sport

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 295 - Degree in Physical Activity and Sports Science

**ECTS:** 9.0

**Year:** 2

**Semester:** Annual

**Subject Type:** Basic Education

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

##### **The subject and its expected results respond to the following approaches and objectives:**

The course aims to give students a global idea of what Physical Education and Sport has meant in the past. Knowing the historical bases on which Physical Education is based and its evolution through the centuries, they will understand the importance of this area in the educational system due to the competences it develops and the different currents that have sustained it.

On the other hand, the study of the evolution of the game and physical activity in different civilizations, and especially in Europe, will allow us to know the factors that influence the birth of sport in England in the early nineteenth century and its expansion throughout the world. It will also help them interpret the keys that have allowed sport to become a social phenomenon of the 20th century.

The knowledge through practical cases of the interrelation between the game, the sport and the Physical Education will help the student to flee from the dispersion with which these phenomena are analyzed.

Knowing the main currents of the study of physical activity and sport, from the different sciences of which it is the object of study, being able to apply this knowledge according to the challenges and problems posed.

#### 1.2.Context and importance of this course in the degree

In this subject, as in the rest of the subjects of the Degree, all the general competences (instrumental, personal and interpersonal and systemic relations), which appear in the Degree Report, will be attended.

**BASIC AND GENERAL COMPETENCES** CG01 - Capacity for analysis and synthesis applied to management and organization of physical and sports activities. CG02 - Use of adequate oral and written communication techniques, both in academic contexts - in its various manifestations - and in situations of an informative nature. CG03 - Understanding of scientific literature regarding physical activity and sport in languages of significant presence in said scope, as well as correct expression in the aforementioned languages. CG04 - Application of information and communication technologies (ICT) to the field of Physical Activity and Sports Sciences. CG05 - Organization and planning of own work, itself. CG10 - Recognition of diversity and multiculturalism in professional performance. CG11 - Commitment to the educational and social values of sport and physical activity as characteristic of a culture of peace and democracy. CG12 - Critical reasoning in the analysis and evaluation of alternatives in all those occupations typical of professional performance. CG13 - Develop management, leadership, interpersonal relationships and teamwork skills. CG14 - Ability to integrate into multidisciplinary teams. CG15 - Ability to adapt to new situations and changes in the environment. CG16 - Initiative and coherence in solving problems. CG17 - Positive attitude and sufficient aptitude for autonomous learning. CG18 - Ability to undertake improvements and propose innovations.

**CROSS-CUTTING COMPETENCES:** DIGITAL (tic) competition.

**SPECIFIC COMPETENCES** - Know and apply the behavioral and social principles to the different campos of physical activity and sport.

#### 1.3.Recommendations to take this course

By taking this subject, the aim is for students to know and interpret the recreational, physical and sports manifestations in different cultures throughout history; and in a more particular way, to study the evolution of the game, physical education and sport in Spain, as well as to assess the influence of the ideas of the great currents of thought on the current conceptions of physical activity and sport.

The history of the practice of traditional games, physical activity and sport in Aragon will also be addressed, as well as the evolution of the meaning of the term sport and the definitions and concepts associated with it in today's society and the characteristics of the areas in which that sports practice occurs, and its influence on the development of the human being.

It is intended that students know how to relate the incidence and relationship of sport with education, performance, leisure and free time and health, and to know the evolution of Physical Education in recent centuries.

It is recalled that in this subject correction in the format and wording of all tests and written documents will be required, having an impact on the grade.

It is important to work in the classroom, in the theoretical and practical classes, in the visits to documentary centers, and, outside of it, in the reading of texts, in the research for the realization of works and in the personal contributions to the dynamics group.

It is recommended that the student completes the study of this subject with the recommended bibliography.

Students who have difficulties in frequent attendance of the subject, must express it as soon as possible to the teaching staff. In addition, it is essential a face-to-face tutoring before starting the work of the subject with the teacher.

## 2. Learning goals

### 2.1. Competences

#### **Upon passing the subject, the student will be more competent to ...**

Know the historical processes in which the history of sport has developed. Interpret the recreational and sporting manifestations of different cultures throughout history.

Achieve a rigorous knowledge of concepts and notions related to sport and the diversity of fields in sports practice.

To value the influence of the ideas of the great currents of thought in the current conceptions of physical activity and sport.

Interrelate the practices of traditional games, sports and their influence on Physical Education. Investigate through different sources, carry out documented work and present them in public.

Use the TIC-TAC as a means of research, preparation and dissemination of subject content and use shared work and inverted class methodology as the principle of basic class work.

Know and apply behavioral and social principles to the different fields of physical activity and sport.

Know motor action as a fundamental object of study in the field of physical activity and sports science.

In this subject, as in the rest of the Graduate's subjects, all the general competences (instrumental, personal and interpersonal and systemic relations) that appear in the Degree Report will be attended.

### 2.2. Learning goals

#### **The student, to pass this subject, must demonstrate the following results ...**

Analyze the influence of the ideas of the great currents of thought in current conceptions of physical activity and sport. It analyzes the characteristics of the areas in which sports practice occurs and its influence on the development of the human being, and relates the incidence and relationship of sport with education, performance, leisure and free time.

Apply study techniques to know the development of physical and sports activity throughout history.

Analyze cases on the causes and consequences of the development of physical and sports activity throughout history

Identifies and interprets in real situations the recreational, physical and sports manifestations in the different cultures throughout history; and in a more particular way the evolution of the game, physical education and sport in Spain.

Know basic fundamental aspects of the History of physical activity and sport.

Apply documentary and historical research techniques to obtain results based on an objective or line of research, which is capable of showing in an exhibition or quality work.

### 2.3. Importance of learning goals

Following the guidelines emanating from the new undergraduate studies, students must be competent and acquire sufficient capacity to carry out well-documented and structured research work, and to be able to present them in public.

In addition to acquiring basic knowledge in Theory and History of Sport, the student will have learned about the sources of research to carry out Social Sciences work applied to the history of play, sport and Physical Education, as well as access these sources. You will also know how to structure the work from a suitable script and, above all, how to present that information in public with clear and concise ideas and with a good organization.

## 3. Assessment (1st and 2nd call)

### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

**The student must demonstrate that they have achieved the expected learning outcomes through the following assessment activities.**

## **CONTINUOUS EVALUATION MODALITY (PRESENTIAL STUDENTS TO THE EVALUABLE PRACTICES):**

Continuous assessment will only be applied to students who attend at least 85% of the practices indicated by the teacher as evaluable in each semester, independently. Theoretical hours will not count for continuous assessment, unless the teacher expressly indicates in which of these periods evaluable theoretical-practical activities will be carried out, in which case they would count. In all evaluable practices, the student must submit, within a period of less than a week after completion, a report or summary work through the platform (moodle, drive, mail, etc.) that the teacher indicates in writing at the beginning of the subject. The teacher will use a digital communication medium (Moodle platform, blog, website, etc.) public that will be known to everyone as a class board and that will reach all the enrolled students via email. If a student does not attend (for a justified or unjustified reason) and decides to present the practices, or does so after the deadline, it is up to the teacher's discretion to evaluate them, and even to count them as a recoverable percentage of hours so as not to lose the right of examination. partial.

Two partial exams will be carried out every semester.

The final grade will be obtained by adding these 3 sections at the end of the course, facing the June evaluation:

### **1. WORK OF THE SUBJECT:**

Carrying out a work (individually or in pairs) on a topic to be agreed with the teacher, which may be presented in class. It is mandatory to do at least an initial tutorial with the teacher and request it from the official email previously. An individualized script can be set for each job. The teacher will present a series of topics to the class, although other topics not covered may be agreed between both parties.

In addition, upon delivery, an individual email will be sent to the teacher that reflects the hours spent in each phase, the operation for its preparation, self-evaluation and other aspects that will be previously defined in writing. This email and the exhibition of the work will count in the qualification of the work. The exhibition in class may be replaced by an individual evaluation interview or an exhibition recorded on video by the student.

The maximum period for sending the works and the individual mail will be prior to the exhibition in class or, failing that, before the day of the exam of the second part.

The dedication in hours to work will be quantified by the teacher and may be reduced depending on the practices of the portfolio presented, ranging approximately between 50 hours for those who do not present the portfolio in any semester and 12 hours for those who have presented everything in both .

The qualification of the work will suppose 25% of the final grade.

### **1. PORTFOLIO:**

During the theoretical and practical classes, whether online or in person -depending on the health situation at that time-, the student may present in a digital format that will be established at the beginning of class (moodle, drive, mail or similar) a folder that collect the different practical exercises and evaluable class work. Depending on the quality and number of papers presented, each student will be evaluated and graded. The delivery time will be one week after the completion of these classes through the tool proposed by the teacher (moodle, drive, mail or similar).

The portfolio grade will represent up to 25% of the final grade.

### **1. EXAM:**

Each topic on the official agenda may be divided into a maximum of 4 subsections.

The partial exams will contain at least the development of two subsections of topic (to choose between 4 subsections of topic) in a maximum length of one face each subsection and answer a battery of short questions, which in part may be chosen from a list provided by the teacher.

The development of the topics and the answer to the battery of short questions will be the responsibility of the student based on the documents and classes presented by the teacher, and their search for other bibliographic materials or the Internet. Guidelines will be provided for its correct preparation.

The qualification of each partial will be 25% of the final grade. Both partials will have to be approved separately (minimum grade of 5). If a partial exam is suspended, you can go to the June and September exam to recover only the partial failure, with the same percentages as those set in the continuous evaluation, but with different conditions.

## **FINAL RATING OF THE CONTINUOUS EVALUATION:**

To obtain a grade, the work of the subject, the portfolio and each of the partials must be approved separately. If any grade is missing or half the value of each section is not reached, the grade will not be presented.

The partial exams will be one per semester (normally February and May, according to the exam schedule).

If one of these sections is approved (subject work, portfolio, first part, second part) the grade will be saved for the June and September grades of the same school year. For the next academic year, the provisions of the teachers for the new school year will be followed.

In the event that there is a change to online assessment, it will not reflect large changes, maintaining the percentages established in the teaching guide (50% theoretical block, 25% evaluable practices and 25% subject work), but the tools used to its realization. The theoretical classes will be carried out using the GOOGLE MEET tool, maintaining the schedule established at the beginning of the course. In addition, a list will be taken at the beginning of each session to control the percentage required to benefit from continuous assessment in practical classes.

The evaluable practices will be carried out using GOOGLE MEET and the MOODLE platform, being able to hold debates or presentations using this format.

The work of the subject can be monitored via e-mail, arranging all the virtual tutorials that are necessary.

The theoretical control corresponding to the contents of the first and second semester will be carried out ON-LINE through the MOODLE platform and supervised with GOOGLE MEET, modifying the type of exam. Instead of short and development questions, multiple-choice questions will be chosen with a limited time synchronously with all the students.

The criteria of continuous evaluation remain those set in the teaching guide, namely:

- 50% theoretical control (25% each partial).
- 25% of the final grade the portfolio of the practical classes.
- 25% of the final grade for the course work.

## **ASSESSMENT MODALITY GLOBAL TEST JUNE (for students who have not passed a partial, and for approved students who want to raise a grade in one or both partials)**

### **Theoric exam:**

It will consist of the development in writing of 4 subsections of topics of the entire syllabus (without the possibility of multiple choice) and the answer to a battery of short questions (facilitated or not by the teaching staff).

The theoretical exam grade will be 50% of the final grade. The pass will be if half the value of the exam is passed.

Students who wish to upload a grade may be presented in partial terms, with the grade obtained in this last call being the official grade.

### **Job:**

The work for students who have not attended class or delivered the portfolio of practices of the subject, will consist of the delivery of an original work to be agreed with the teacher, on topics related to the program of the subject. A face-to-face tutoring with the teacher will be mandatory before the start of work. In addition, the work may be evaluated through an interview or final tutorial with the student.

The dedication to the work will be approximately 50 hours, although the people who submit portfolio works will be able to present a work with a proportionally smaller dedication of hours. In that case the portfolio documents will also be part of the note of your work.

The grade of the work will be 50% of the final grade.

The work for the students who want to raise grade, will keep the grade obtained in the continuous assessment work and in the portfolio presented during the course.

It will be essential to pass the two sections (work and final exam) separately to mediate the grade.

The assignment of Honor Registrations will require at least a grade higher than 9 points (out of 10 maximums), it can be awarded to the best grades in June, including those of the continuous evaluation, and according to regulations of the University of Zaragoza. To defend and justify the merit of the Matricula de Honor, a tutorial can be requested at which the level of assimilation of the student's content will be assessed through an interview.

In the event that there is a change to online evaluation, it will not reflect large changes, maintaining the established percentages. The theoretical control corresponding to the contents of the first and second semester will be carried out ON-LINE through the MOODLE platform and supervised with GOOGLE MEET, modifying the type of exam. Instead of short and development questions, multiple-choice questions will be chosen with a limited time synchronously with all the students.

The criteria of the global evaluation remain those set in the teaching guide, namely:

- 50% theoretical control.
- 50% of the final grade for the course work.

## **EVALUATION MODALITY PARTIAL TEST JUNE**

**(For students who have passed a partial and have suspended the other after showing up or were unable to attend a partial due to lack of attendance).**

They will take an exam in June or September of only the part that remains to pass. The exam will consist of developing two subsections of topics (not being able to choose) and the development of a battery of short questions. The grade will be 25% of the total grade and will be added to that obtained in the portfolio and the works presented during the course.

The work for students who have attended both partials will keep the mark obtained in the continuous evaluation. (25% work, 25% portfolio and 25% each partial exam).

Students who have missed class in a single part will be asked for an equivalent complementary work in hours, up to 30 total hours of individual effort, with the same conditions as for the work of the subject. The qualification will be: 15% portfolio of the partial attended, 35% value of the final work presented.

In the event that there is a change to online evaluation, it will not reflect large changes, maintaining the established percentages. The evaluation planned for those students who opt for this modality will be ON-LINE according to the date and time established in the Faculty exam calendar.

The theoretical control corresponding to the contents of the first and second semester will be carried out ON-LINE through the MOODLE platform and supervised with GOOGLE MEET, modifying the type of exam. Instead of short and development questions, multiple-choice questions will be chosen with a limited time synchronously with all the students.

### **GLOBAL SEPTEMBER test evaluation mode:**

Students with an approved partial in the continuous evaluation will keep the grade, having to take only the suspended partial exam and the values and percentages obtained in the continuous evaluation of the work and the portfolio. The exam will consist of the development of the parts still pending (first or second), developing two subsections of topics of each part still pending, in a maximum face, without the possibility of choosing and joined to a battery of short questions of each part suspense. The qualification will be over 25% maximum, to add to the grade of the partial approved in June or 50% maximum, not being necessary to overcome both partials separately. If the sum of the grade for the June exam combined with that for September gives a grade greater than half of the total for both exams, this section will be considered approved.

The works and portfolio, if any, will maintain their value from the continuous evaluation. If the student has not been able to attend the classes, they will present a work equivalent to 30 hours (if they have passed a partial) and they will be rated on 15% portfolio and 35% work or 50 hours if they have not attended either part, with a maximum value of 50%.

#### **Students with the two suspended partials:**

##### **Theoric exam:**

It will consist of the development in writing of 4 subsections of topics of the entire agenda (without the possibility of multiple choice) and the answer to a battery of short questions (facilitated or not by the teaching staff)

The theoretical exam grade will be 50% of the final grade. The pass will be if half the value of the exam is passed.

##### **Job:**

The work for students who have not attended class or delivered the portfolio of practices of the subject, will consist of the delivery of an original work to be agreed with the teacher, on topics related to the program of the subject. A face-to-face tutoring with the teacher will be mandatory before the start of work. In addition, the work may be evaluated through an interview or final tutorial with the student. (may be individual or group).

The dedication to the work will be approximately 50 hours, although the people who submit portfolio works will be able to present a work with a proportionally smaller dedication of hours. In that case the portfolio documents will also be part of the note of your work.

The grade of the work will be 50% of the final grade.

The works and portfolios presented by the students in the continuous evaluation or in June approved, will maintain their grades in September, with the same percentages.

To pass the subject in September, you must pass the value of the exams and the works separately.

NOTE: The passing of all the exams, assignments and portfolios referred to here will always be obtained by exceeding half the total value of each instrument.

In the event that there is a change to online evaluation, it will not reflect large changes, maintaining the established percentages. The global assessment planned for those students who opt for this modality or have not passed the continuous assessment (according to the teaching guide) will be ON-LINE according to the date and time established in the Faculty exam calendar.

The theoretical control corresponding to the contents of the first and second semester will be carried out ON-LINE through the MOODLE platform and supervised with GOOGLE MEET, modifying the type of exam. Instead of short and development questions, multiple-choice questions will be chosen with a limited time synchronously with all the students.

## **4.Methodology, learning tasks, syllabus and resources**

### **4.1.Methodological overview**

The methodology followed in this course is oriented towards the achievement of the learning objectives.

Students are expected to participate actively in the class throughout the course.

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials, including a discussion forum.

Further information regarding the course will be provided on the first day of class.

It is intended that students acquire a series of skills that help them in reading, interpreting, discussing and researching the topics developed. To do this they will have theoretical classes (expository, text commentary and discussion and debate), practical classes and group tutoring. Cooperative work through TIC is incorporated as a fundamental method and the use of the flipped classroom as a fundamental element of class work.

In the event that there is a change to online evaluation, it will not reflect large changes, maintaining the established percentages. The annual work of the subject will be reviewed and tutored ON-LINE, through emails using the university's corporate accounts and using GOOGLE MEET as appropriate.

## 4.2. Learning tasks

This is a 9 ECTS course organized as follows:

INDIVIDUAL OR PAIR'S WORK (compulsory attendance) (1 ECTS: 15 hours).

PRACTICE SESSIONS (compulsory attendance) (3.5 ECTS: 35 hours).

THEORETICAL SESSIONS (4.5 ECTS: 50 hours)

The theory sessions and seminars will be held online using the Google Meet application. These classes will be recorded and hang for students who have not been able to connect have them at their disposal.

The practical classes will be carried out in person or online following the safety instructions that are necessary.

## 4.3. Syllabus

The course will address the following topics:

### SECTION I. AFD THEORY AND STUDY SCIENCES.

Topic 1. Basic concepts of theory of Physical Activity and Sport and History of sport.

Topic 2. The sciences that study FA and Sport.

### SECTION II. SPORT IN ANTIQUITY

#### **Topic 3. The origin of sport**

#### **Topic 4. Physical activity in prehistory.**

Topic 5. Sport in Greece.

Topic 6. The ancient Olympic Games.

Topic 7. Physical activity in Rome.

Topic 8: Games in pre-Columbian America.

### SECTION III. THE MIDDLE AND MODERN AGE.

Topic 9. AFD in the Middle Ages. (s. V- XV)

Topic 10. FA in the Modern Age (XV - XVIII century)

### SECTION 4. THE CONTEMPORARY AGE.

Topic 11. The AFD in XVIII and XIX's.

Topic 12. The Emergence of Modern Sports.

Topic 13. Physical Education and Modern gymnastics.

Topic 14. The Modern Olympic Games.

Topic 15. The appearance of sport in Spain and Aragon.

Topic 16. The History of Physical Education in Spain.

### SECTION VII: SOCIOLOGICAL ASPECTS OF SPORT, AF and EF.

Topic 17. The current dimension of sport in our society.

Topic 18. Current Physical Education

## 4.4. Course planning and calendar

COURSE CALENDAR: 1 and 2 SEMESTER (According to official academic calendar published for each academic year)

CLASSROOM DYNAMICS AND WORKSHOPS: River Isuela Pavilion

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sports Sciences website.

## 4.5. Bibliography and recommended resources

BASIC BIBLIOGRAPHY:

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- Sports initiation and school sports* / directed by Domingo Blázquez Sánchez; Collaborating authors, Fernando Amador Ramírez ... [et al.]. 4th? ed. Barcelona: INDE Publications, 1999.
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