

26311 - Theory and history of physical activity and sport

Syllabus Information

Academic year: 2024/25

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

The subject: Theory and history of physical activity and sport, its main objective is that students know what physical education and sport have meant in the past which has led us to how we understand these concepts today.

The aim is to study the evolution of the game and physical activity in different civilizations, especially in Europe, which will allow us to know the factors that influenced the birth of sport in England at the beginning of the 19th century and its expansion throughout the world.

The subject will allow students to interpret and relate the keys that have allowed sport to become a social phenomenon of the twentieth century, as well as the analysis and study of the Modern Olympics.

We will investigate the role of women throughout the history of physical education and sport, the inequalities that existed and how, by studying this subject, it will help us to build a fairer society, trying not to repeat the mistakes of the past.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda for Sustainable Development Agenda (<https://www.un.org/sustainabledevelopment/es/>).

Specifically with the objectives:

Goal 5: Gender Equality.

Goal 10: Reduction of Inequalities

Goal 16: Peace, Justice and Strong Institutions

2. Learning results

- Improvement in the rigor of students' thinking thanks to a better knowledge and assimilation of the methodology of humanities and social sciences, through the study of academic works on the history of sport.
- Understanding of the importance of the study of sources, of the criticism of their reliability and of rigor in historical explanation.
- Study of some interpretations on the history of the sport that can contribute to its explanation.
- Transmission of fundamental knowledge of the history of the sport.
- Comment on and critically evaluate the role of women throughout history.
- Work as a team, constructively criticizing the opinions of others, sharing information and knowledge with their peers to find joint solutions

3. Syllabus

UNIT I.- THEORY OF P.A.F.A. AND THE SCIENCES OF STUDY.

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

Topic 2. The sciences that study PA and Sport.

UNIT II.- SPORT IN ANTIQUITY

Topic 3. The origin of sport.

Topic 4. Physical activity in prehistoric times.

Topic 5. Sport in Greece.

Topic 6. The Ancient Olympic Games.

Topic 7. Physical activity in Rome.

Topic 8. Games in pre-Columbian America.

UNIT III.- THE MIDDLE AND MODERN AGES.

Topic 9. Physical activity in the Middle Ages (5th-15th century).

Topic 10. PA in the Modern Age (15th - 18th century).

Topic 11. DFA in the 18th and 19th c. XVIII and XIX.

Topic 12. The emergence of modern sport.

Topic 13. Physical Education and Modern Gymnastics.

Topic 14. The Modern Olympic Games.

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

Topic 16. The History of Physical Education in Spain.

UNIT IV.- SOCIOLOGICAL ASPECTS OF SPORT, PA and PE.

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

Topic 18. Current Physical Education

4. Academic activities

- **Lectures:** sessions with the lecturer in which the subject will be explained: 48 hours.
- **Problems and cases:** sessions to solve practical cases posed by the lecturer, practical sessions: 42 hours.
- **Teaching assignments and other activities:** Practical sessions: 36 hours.
- **Evaluation tests:** 9 hours
- **Personal study and work:** 90 hours

5. Assessment system

The student can choose between two forms of evaluation:

A) CONTINUOUS EVALUATION: Students must attend the compulsory practicals (they can miss 15% of the total number of practicals) and present the weekly assignments.

The final grade will be the sum of the following sections:

The student who chooses the Evaluation mode must attend at least 85% of the practicals.

1) EXAMINATIONS PER QUARTERLY (40%): At the end of each term, the student will take a written exam consisting of three parts:

- a) multiple choice questions: 30%.
- b) short questions: 30%
- c) essay questions: 40%.

2) PORTFOLIO OF THE PRACTICES (20%): The student will have to do a series of works throughout the course in relation to the practices that are compulsory.

3) FINAL WORK OF THE COURSE (30%): A work (individual or in pairs) on a topic to be agreed with the teacher, which may be presented in class. This work will be graded with a rubric that the student will have in the Moodle of the subject.

4) ATTENDANCE/PARTICIPATION IN THE PRACTICES (10%): The student must attend the practices of the subject as well as participate actively in its realization.

There will be a partial every four-month period, the final (with the failed parts or if they wish to raise their marks) and in July.

B) GLOBAL EVALUATION: The student does not fulfil the requirement of doing the compulsory practicals and handing in the weekly assignments.

Their grade is obtained from:

1) SUBJECT EXAM (70%): The exam will deal with the syllabus and will consist of 20 written questions to be developed. The exam will take place in June and in case of failure in July.

2) FINAL WORK (30%): Work (individual or in pairs) on a topic to be agreed with the teacher, which may be presented in class. This work will be graded with a rubric that the student will have in the Moodle of the subject.

6. Sustainable Development Goals

3 - Good Health & Well-Being

5 - Gender Equality

9 - Industry, Innovation and Infrastructure