San José State University
CASA/Department of Kinesiology
KIN 160, History of Sport & Physical Education, Spring 2017

Instructor: Dr. Vernon Andrews
Office Location: SPX 173D
Telephone: (530) 514-3943 (Canvas email is best)
Email: Canvas please (or vernon.andrews76@gmail.com)
Office Hours: Tuesdays 3:00 – 5:00 pm
Class Days/Time: Tuesday and Thursday, 12:00-1:15
Classroom: SPX 151

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on Canvas Learning Management System course login website at http://sjsu.instructure.com

Course Description
This course will offer a historical re-conceptualization and analysis of physical education and sport from early cultures and societies through Greek and Roman periods to the 21st centuries. We will also look at the development of sport, physical education and recreation in North America, with a particular examination of factors affecting their growth, development and evolution in our contemporary landscape.

Course Goals
Upon completion of this course, students will be able to:

- explain the significance of events in the history of human performance and identify their influences in our current era.
- display understanding of and insight into the customs and mores of various countries, including the effect they have had on the development, creation and cultural sustainability of sport and physical activity.
- describe the contributions of leaders in kinesiology and sport around the world.
- explain in detail how sport and physical cultures developed in North America.
- provide evidence of understanding the history, philosophy, ethical and socio-political significance of the Olympic Games (ancient and modern) and other sport and physical activity organizations or practices through the use of multimedia technologies.

Required Texts
Other Readings
Bean Bags to Bod Pods: A History of 150 Years of San Jose State University’s Dept. of Kinesiology. Dr. Shirley Reekie (can be found online on CANVAS page).

Course Requirements and Assignments: Kinesiology 160 Essay
You are to write an essay about some aspect of physical education and/or sport that is covered in our text. While your entire essay should not be comprised of materials from the Mechikoff text, the seed of your essay should reside there. Such that if you want to write about horse competitions in contemporary Olympics, you need to reference chariot racing as mentioned in the book as a starting point.

Your essay should also have both a contemporary and historical approach in your literature review. That is, a minimum of 20% (two pages or so) should relate to some component of history – for our purposes here, “history” can be pre-1500. You can, of course, write up to 80% on the historical component, but must have at least 20% of your essay as contemporary (post-1500).

1. The topic you choose should be one readily available with much research done in and around the topic. Esoteric topics can be hard to research, so choose wisely. No essays will be allowed that detail the medical field (or concussions) in modern or ancient times. An introduction to your paper can include your general interest in the topic and what you will cover specifically. What fascinates you about this subject? Where are you going in this study? What is the question you will answer? What will you argue for or against? One page is plenty. Your best writing should be in your introduction and conclusion. Be as clear and succinct as possible.

Some popular topics have been:
- Modern and ancient stadiums and arenas
- Modern and ancient wheel sports
- Modern and ancient martial arts
- Women in past and present Olympics
- The role of coaches in past and present sports
- Drugs and their influence in ancient and modern sport
- Cheating in past and contemporary Olympics (or other sports)
- General care and treatment of athletes in Greece, Rome and contemporary America
- Bread and Circuses (politics) in ancient and modern sport

1. Please follow these instructions below:
   - Part of your grade is how well you follow instructions
   - Submit essay on canvas one hour BEFORE class on due date
   - No hard copies will be accepted
   - Have also have a max of 2 pages for your bibliography
   - Therefore, you can turn in max 10 pages (including photos). Not 11.

Your references must include:
- Author (APA Style preferred for your essay)
- Date of publication
- Title of publication
- Title of journal or book (in italics)
- Journal issue and page numbers
Content: Educate and entertain your reader

- Weave your story and include a historical component
- Not necessary to have “50%” history; 20% or more is fine
- 12 (academic) bibliographic references – not from Mechikoff
- 6 citations – from Mechikoff (you can use 10-point type for bibliography if space is a concern)
- Any other relevant citations from any source can be used (ESPN, Newsweek) (see next line)
- Have an “additional references” section for non-academic references in bibliography
- Make your story relevant, interesting
- You can include brief personal component (“why this interests me”)
- Have section headings to break-up your text (please, no 1-page paragraphs)
- These section headings can match your (new or old) outline
- Have introduction and conclusion sections to your essay
- Watch sentence structure (have another set of eyes review your essay, like professors do)
- Watch spelling; Get your essay at least proofread by a friend
- Take extreme pride in your work
- Can insert up to 1 page of photos in your entire text
- No coversheets needed for this submission on canvas
- You will be graded as if this is the best possible work you can produce

There are many common errors students make; here is some help below:

2. Have a caption that says something about your photo, if you choose to use a photograph or two. Your caption should be in boldface.
3. Too few citations. Many of you will just quit after 7 or 8 academic citations, opting to either forget to add them or substitute with Time or Newsweek articles. You must have 12 academic citations, minimum. Academic citations are from academic journals and academic books. Any additional citations are fine, but 12 is your baseline.
4. Some of you will forget to cite Mechikoff in your text and in your bibliography, figuring it is not necessary. It is necessary. This is your scholarly work and you must write it as if people other than me are reviewing it. If you cite an author in your text, you must reference them in your bibliography.
5. Some of you might cite Mechikoff once or twice. Six times is the minimum.
6. Put citations in your text in bold. Please use boldface when you cite an author (Andrews, 1996). Put your period after the citation to end the sentence. And make sure if you use a direct quote, cite the page number. A direct quote “...has quotation marks” (Andrews, 2004, p. 45).
7. Use upper-case if you are starting a quote from the beginning of a quoted sentence “In 1667, Pepys watched girls race across a bowling green” (Mechikoff, 2004, p. 72), or the famous three dots (ellipsis) if you are starting from the middle of a quoted sentence, such that “...she toddled the half-mile length of Pall Mall...” (Mechikoff, 2004, p. 72).
Frequently Asked Questions:

Really? No cover-sheet?
   I’m fine with a cover sheet, but not needed. Don’t forget to put all relevant essay details on page 1, and then header with title and your full name on subsequent pages.
Do we have to have 10 pages total?
   No. The assignment is 8-10 pages. You can end on page 8, 9, or 10. No more, no less.
   (including up to 2 reference pages; make sure your cover sheet does not have “page 1” on it)
Do we have to have photos?
   Yes. Up to 1 page of photos in your total of 8-10 pages. But one or two photos will suffice.
Double-space our paper?
   Yes. And use 12 point-type. You can use 1.5 spacing for your references (alphabetical order)
Do we have to use Mechikoff?
   Yes. Six times. Be creative and “big picture” and you’ll find it easy.
So, 12 academic references + 6 Mechikoff equals 18 maximum?
   No, 18 minimum. You can use other fun, interesting pop-culture citations. And for essay insurance, please have at least 15 academic references + Mechikoff (Mechikoff does not count as one of your 12)
If I still have questions, what should I do?
   Write them down. Ask them in class. Others might have those questions, too.
But what if I just can’t wait, Dr. V!
   Email me on Canvas. Or in emergency situations at vernon.andrews76@gmail.com

KIN 160 Group Presentations

You will be paired with two other students and organize a 20-minute presentation on an assigned chapter from the text. The main point is to continue your learning around group and individual presentations. You will be asked to do something not as traditional as in your past formal talks. In your talk please summarize one key point or topic in the chapter – you can take a tangent from the material and are asked to get outside photos and information on your topic. Dress as fun as you please (or dress casually). Keep our attention, and enlighten us on something the chapter might barely mention, but that you find intriguing. As long as you keep your focus on the history of sport and physical education, you can’t go wrong. Here are some other notes you might want to consider.

1. You have 20 minutes for your chapter review. A 15-minute discussion w/class follows
2. Class needs to come up with questions for the group to fill the 15 minutes at the end
3. Organize as a power point presentation and practice as much as possible (2 times minimum)
4. Personalize your talk with real life examples – and always include contemporary examples
5. Use graphics to enhance your talk
6. Make one aspect of the chapter stick in our memories. What one thing do you find intriguing?
7. You can discuss a Key person or a Key event
8. What is the relationship of your one topic to physical education?
9. What is the relationship of your one topic to play, games and sport?
10. Inject some fun in your talk; take risks & be a bit adventurous.
11. Risk-taking can help your grade; even if you fail, a risk will not hurt your grade.
12. Don't bore us by reading verbatim from book
13. Add to our knowledge of topic you have chosen with your scholarly research
14. Solidify our knowledge of topic – so we remember your talk 10 years from now
15. Talk to me with questions about topics, format, and your presentation risks.
16. “Next group” meets for review up front after class (shhh!) right as I evaluate previous group
17. Two best speakers should go first and last in your group; get our attention, end strong.
18. Mix up male and female speakers to break monotony
19. Get the class involved in your topic with interactive portion in your 20 minutes
20. Dress clean & casual (interview at Barnes & Noble); No flip-flops, tight clothing, caps, sweats
21. I will give you some examples of good, creative student presentations from past semesters
22. Grades range from 15-20 (“B” will be the lowest grade given) so relax & have fun.
23. Group continuity can help your individual grade, so practice, as Allen Iverson says.

LETTER GRADE SCALE & PERCENTAGE RANGE

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
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<tbody>
<tr>
<td>A+</td>
<td>&gt; 97</td>
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<tr>
<td>A</td>
<td>93-96</td>
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<tr>
<td>A-</td>
<td>90-92</td>
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<tr>
<td>B+</td>
<td>87-89</td>
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<td>B</td>
<td>83-86</td>
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<td>B-</td>
<td>80-82</td>
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<td>C+</td>
<td>77-79</td>
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<td>C</td>
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<td>70-72</td>
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<td>D+</td>
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<td>D-</td>
<td>60-62</td>
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<tr>
<td>F</td>
<td>&lt; 59</td>
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Assignments and percentages

- Groups (20 pts max) 20%
- Test #1 (20 pts) 20%
- Test #2 (20 points) 20%
- Final essay (20 points) 20%
- Five point quiz (5 points, May 2) 5%
- Final exam (15 points, May 24, 9:45 am) 15%

Each day late for essays or test taking is -1 point.

Classroom Protocol
- Past experience indicates that class attendance is the single most crucial factor in earning a good grade. Attend all classes. When you miss, you are responsible for getting all relevant notes.
- Other important criteria include taking part in discussions, asking questions, reading the assigned chapters, doing assignments on time, and not texting in class. Ever.

University Policies
Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ Syllabus information web page at http://www.sjsu.edu/gup/syllabusinfo/*
### Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Jan 26</td>
<td><strong>Introduction to Course:</strong> Responsibilities &amp; course objectives</td>
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<tr>
<td>2 Tu</td>
<td>Jan 31</td>
<td><strong>Chapter 1:</strong> History &amp; Philosophy in Sport &amp; Physical Education: Ancient Civilizations (Mechikoff)</td>
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<td>2</td>
<td>Feb 2</td>
<td><strong>Chapter 2:</strong> Sumer, Egypt</td>
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<tr>
<td>3 Tu</td>
<td>Feb 7</td>
<td><strong>Tutorial in Public Speaking:</strong> Presentation groups chosen</td>
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<td>3</td>
<td>Feb 9</td>
<td><strong>Chapter 2A:</strong> China and MesoAmerica</td>
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<tr>
<td>4 Tu</td>
<td>Feb 14</td>
<td>Chapter 3 Ancient Civilizations: Greece, “The Olympic Games”</td>
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<td>4</td>
<td>Feb 16</td>
<td><strong>Chapter 3A, part II:</strong> “Sparta” (+ Film on Ancient Sparta)</td>
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<tr>
<td>5 Tu</td>
<td>Feb 21</td>
<td>Chapter 4 Ancient Civilizations: Rome: Gladiators</td>
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<tr>
<td>5</td>
<td>Feb 23</td>
<td>Chapter 4A, Part II: Rome (Flavian Amphitheater)</td>
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<tr>
<td>6 Tu</td>
<td>Feb 28</td>
<td>Film – <em>Colosseum: A Gladiator’s Story</em></td>
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<tr>
<td>6</td>
<td>March 2</td>
<td><strong>Test #1 (Chapters 1, 2, 3, 4 + 1 film, Gladiator’s Story)</strong> 20 points</td>
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<tr>
<td>7 Tu</td>
<td>March 7</td>
<td>Chapter 5: Philosophy, Sport, and Physical Education During the Middle-Ages: 900-1400</td>
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<td>7</td>
<td>March 9</td>
<td>Chapter 6: Renaissance and Reformation 6</td>
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<tr>
<td>8 Tu</td>
<td>March 14</td>
<td>Chapter 7: The Age of Science and the Enlightenment 7</td>
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<tr>
<td>8</td>
<td>March 16</td>
<td>Chapter 8: Phil. Positions of the body: The Development of physical Education</td>
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<tr>
<td>9 Tu</td>
<td>March 21</td>
<td>Chapter 9: Sport in the Colonial Period 9</td>
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<tr>
<td>9</td>
<td>March 23</td>
<td><strong>Test #2 (Chapters 5, 6, 7, 8, 9)</strong></td>
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<td>March 28</td>
<td><strong>SPRING RECESS MARCH 27 – MARCH 31</strong></td>
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<tr>
<td>10 Tu</td>
<td>April 4</td>
<td>Film: To Be Determined + <strong>Essay Discussion</strong></td>
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<tr>
<td>10</td>
<td>April 6</td>
<td>Chapter 10: Changing Concepts of the Body 10</td>
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<tr>
<td>11 Tu</td>
<td>April 11</td>
<td><strong>Essay Day!</strong> – Final Discussion day for your essays (bring your draft to class)</td>
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<tr>
<td>11</td>
<td>April 13</td>
<td>Dr. Shirley Reekie, presentation/group discussion on her book: <em>Bean Pods and Bod Mods</em></td>
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<tr>
<td>12 Tu</td>
<td>April 18</td>
<td>Chapter 11: The Impact of Science and the Concept of Health on the Development of Physical Education, 1885-1930 11</td>
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<td>April 20</td>
<td><strong>Film:</strong> <em>A league of their Own</em> (Women and Baseball, WW II)</td>
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<tr>
<td>12</td>
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<td><strong>Turn in final essays (only on Canvas; due at 11:00 am!)</strong> (20 points)</td>
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<tr>
<td>13 Tu</td>
<td>April 25</td>
<td>Chapter 12: The Transformation of Physical Ed: 1900-1939 12</td>
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<tr>
<td>Week</td>
<td>Date</td>
<td>Topics, Readings, Assignments, Deadlines</td>
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<tr>
<td>13</td>
<td>April 27</td>
<td>Chapter 13: The Evolution of Physical Education: 1940 and Beyond</td>
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<tr>
<td>14 Tu</td>
<td>May 2</td>
<td>Chapter 14: Sport in the 20th Century (5-point open-book group quiz chaps 10-14)</td>
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<td>14</td>
<td>May 4</td>
<td>Chapter 15: Pioneers and Progress: 1896-1936</td>
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<tr>
<td>15 Tu</td>
<td>May 9</td>
<td>Chapter 16: The Cold War Olympics: 1948-1988</td>
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<td>15</td>
<td>May 11</td>
<td>BBC Film: Black Protest at the Olympics <em>(Smith &amp; Carlos, 1968)</em></td>
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<tr>
<td>16 Tu</td>
<td>May 16</td>
<td><strong>Last Day of Class</strong></td>
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<td>Chapter 17: After the Cold War: 2008-2012</td>
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<tr>
<td>Final Exam</td>
<td>Wednesday</td>
<td>KIN 160 Final Exam: Wednesday, May 24, 9:45 am, SPX 151</td>
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<td></td>
<td>May 24</td>
<td>15 points, multiple choice, Chapters 15, 16, 17</td>
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