Psycho-Social Aspects of Physical Activity - PED 421

Location: PT 105– TR: 10:00am – 11:50 am

Instructor: Stephen J. Dannhoff  Email: sdannhof@carrollu.edu
Office: Charles House 303  Office Hours: TBA

Required Course Texts:

Course Description
This course is designed to present the undergraduate student with an introduction to basic issues in the psychology and sociology of American sport, physical activity, rehabilitation, and leisure. There are specific foci for the course. To understand:

1. The social and psychological factors which affect the individual’s behavior in competitive/recreational/rehabilitative/leisure activities
2. The impact of these activities on social and psychological outcomes.

The acquisition of such understanding should be reflected in the student’s ability to apply course concepts to a variety of sport and leisure program areas.

Final Exam Date: Monday December 18, 8:00am

Course Goals
1. Employ psycho-social constructs to explain and predict aspects of individuals’ behavior in activity situations.
2. Examine what has been and is the value and meaning of physical activity and sport in American society.
3. Use the acquired psychological research information to design environments which is conducive to participants’ involvement in and enjoyment of physical and leisure activities.
4. Examine how physical activity and sport affects society’s structure, values, beliefs, and attitudes.

Course Objectives
By the end of the semester you:
1. Should be able to demonstrate your comprehension of the relationship between physical activity and societal structure, values, beliefs, and attitudes.
2. Should be able to comprehend patterns of stratification and discrimination within the athletic domain.
3. Should be able to analyze original sources of psycho-social research literature and its implications on society.
4. Should be able to identify ways to modify desired behaviors through the use of psychological enhancement.

Grading Scale
A = 100 – 93%
AB = 92 – 88 %
B = 87 – 83 %
BC = 82 - 78%
C = 77 – 70 %
D = 69 – 60%
F = 59% and below

ASSIGNMENTS

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 1 Exam</td>
<td>10</td>
</tr>
<tr>
<td>Unit 2 Exam</td>
<td>25</td>
</tr>
<tr>
<td>Unit 3 Exam</td>
<td>30</td>
</tr>
<tr>
<td>Unit 4 Exam</td>
<td>50</td>
</tr>
<tr>
<td>Unit 5 Exam</td>
<td>55</td>
</tr>
<tr>
<td>Unit 6 Exam</td>
<td>50</td>
</tr>
<tr>
<td>Unit 7 Exam</td>
<td>35</td>
</tr>
<tr>
<td>Total</td>
<td>255</td>
</tr>
</tbody>
</table>

Official Statements

**Statement of the right to modify course content**

“The instructor at the University reserves the right to modify, amend, or change the syllabus (course requirements, grading policy, etc.) as the curriculum and/or program require(s).”

**Statement regarding accommodation for disabilities**

“Students with documented disabilities who may need accommodations, or any student considering obtaining documentation should make an appointment with Martha Bledsoe, our Director of Services for Students with Disabilities, no later than the first week of class. She can be reached by calling 524-7335 or contacting her via email at mbledsoe@cc.edu.”

**Statement of due notification. This statement indicates the precise sanctions that will be imposed if a student is found guilty of violation of the academic integrity policy.**

For example: “The Carroll University Academic Integrity Policy is located in your student handbook (pages 17-21). I encourage you to familiarize yourself with it. If a student violates this policy in any way, I reserve the right to impose a sanction of failure on the assignment/assessment or failure in the course.”
TENTATIVE Course Outline

Part I. Studying Sport in Society
Chapter 1. What Is Sport and Why Do We Study It?
Sport Through the Ages
Definition of Sport
Study of Sport
Chapter Summary

Chapter 2. How Do We Study Sport?
Research Methods
Social Theories
Current Status of Sport Sociology
Chapter Summary

Part II. Scope and Effect of Sport on Society
Chapter 3. Participants Versus Spectators
Sport Participants
Factors Affecting Sport Participation
Trends in Sport Participation
Sport Spectators
Trends in Spectator Sports
Chapter Summary

Chapter 5. Media and Sport
Evolution of Sport Media
Interplay of Sport and Media
How Sport Affects the Media
Ideology of Sport Through the Media
Careers in Sport Media
Chapter Summary

Part III. Sport as an Institution
Chapter 6. Youth Sport
History of Youth Sport
Sponsors of Youth Sport
Privatization of Youth Sport
Current Status of Youth Sport
Organized Youth Sport
Why Kids Participate—and Stop Participating—in Sport
Burnout in Youth Sport
Reforms for Youth Sport
Chapter Summary

Chapter 7. Coaching Sport
Influence of Coaches
Status of Coaching
Coaching at Different Levels of Sport
Coaching Personality
Challenges for the Future of Coaching
Chapter Summary

Chapter 8. Interscholastic and Intercollegiate Sport
Interscholastic Sport
Chapter Summary

Chapter 9. International Sport
Globalization of Modern Sport
U.S. Influence on World Sport
Olympic Games
Media Effects on the Globalization of Sport
Nationalism Versus Economics
Athletes and Coaches as Migrant Workers
Using Sport for Better World Understanding
Chapter Summary

Chapter 10. Olympic Movement
History of the Olympics
Effect of the Olympic Games
Nationalism and the Olympic Movement
United States Olympic Committee
Athlete Development

Chapter Summary
Part IV. Sport and Culture

Chapter 11. Sporting Behavior
Sporting Behavior at Different Levels of Sport
Youth Attitudes
Development of Moral Values
Moral Values Applied to Sport
Moral Values Taught Through Sport
Strategies for Good Sporting Behavior
Chapter Summary

Chapter 12. Race, Ethnicity, and Sport
Classifications of Race and Ethnicity
Sport Participation Among Racial and Ethnic Minorities
Sport and Promoting Equality
Minorities as Sport Leaders
Chapter Summary

Chapter 13. Women and Sport
Historical Role of Women
Women and Sport Before Title IX
Title IX
Women and Sport After Title IX
Social Issues in Women’s Sport
Global Status of Women in Sport
Barriers for Women in Sport
Media Coverage of Women’s Sport
Golden Age of Sport Reborn
Chapter Summary

Chapter 14. Social Class and Sport
Social Class
Social Class and Sport Activity
Control of Amateur and Professional Sport
Class Mobility in Sport
Chapter Summary

Chapter 15. Special Populations and Sport
Americans with Disabilities Act
American Association of People with Disabilities
Sport Participation for Athletes With a Physical Disability
Sport Participation for Athletes With a Mental Disability
Sport Participation for Older Athletes
Issues for Special Populations in Sport
Chapter Summary

Chapter 16. Religion and Sport
Religion and Sport in History
Christian Influence on Sport
Sport and Religions Other Than Christianity
Use of Religion in Sport by Athletes
Use of Sport by Athletes to Promote Religious Beliefs
Use of Religion by Coaches, Organizations, and Owners
Organizations Using Sport to Promote Religion
Using Sport to Promote Christian Colleges and Secondary Schools
Conflict Between Sport and Religion
Chapter Summary

Chapter 17. Politics and Sport
Government Promotion of Physical Activity and Health
Government in Sport
Government Promotion of Identity and Unity Among Citizens
Nationalism and Sport
Sport and the Promotion of Social Values
Politics Within Sport
Chapter Summary

Chapter 18. Development Through Sport
Benefits of Sport and Physical Activity
Benefits of Sport at Various Ages
Development Programs for Children and Youth
International Outreach Through Sport
Peace Initiatives Through Sport
Potential Funding Sources for Sport Development Programs
Chapter Summary

Chapter 19. Violence and Rule Breaking in Sport
Rule Breaking
Emotion and Sport
Aggression and Sport
Violence in Sport
Chapter Summary

Chapter 20. Deviance and Sport
Performance Enhancement Through Drugs
Eating Disorders in Sport
Hazing in Sport
Gambling and Sport
Chapter Summary

Chapter 21. Future Trends in Sport
Social Trends
Conflict Between Performance Sport and Participation Sport
Effects of Social Changes
Effects of Spectatorship
Effects of Technology
Effects of the Electronic Media
Will Sport Change?
Who Will Lead the Way?
Who Will Fight for Change?
Chapter Summary