



Information about the subject

Degree: Bachelor of in Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 281006 **Name:** History of Physical Activity

Credits: 6,00 **ECTS Year:** 2 **Semester:** 2

Module: 1) Common Basic Training Module.

Subject Matter: History of physical activity **Type:** Basic Formation

Field of knowledge: Basic Sciences

Department: Basic Sciences (FCAFD)

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

1) Common Basic Training Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Psychology	12,00	Basic Psychology	6,00	1/1
		Sports Psychology	6,00	2/1
Human Anatomy	6,00	Human Anatomy	6,00	1/1
Biochemistry	6,00	Biochemistry	6,00	1/1
Human Physiology	6,00	Human Physiology	6,00	1/2
Statistics	6,00	Statistics	6,00	1/2
Sociology	6,00	Sociology. Sports Sociology	6,00	2/2
History of physical activity	6,00	History of Physical Activity	6,00	2/2



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 The student acquires the basic theoretical knowledge.
- R2 The student is able to search out for information in order to expand and personalize the theoretical content of the subject.
- R3 The student learns to perform the results of historical researches and to take out conclusions and a discussion from them.
- R4 The student learns to evaluate diverse variables of interest for the study of historical aspects related to the sport.
- R5 The student is able to design a project of historical research related to sport.
- R6 The student learns how to present an oral assignment.
- R7 The student learns to synthesize and organize information.
- R8 The student learns to express the acquired knowledge in writing.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG1	Understanding scientific literature in English and other important languages widely used in the scientific field achieving a good management of information		X		
CG2	Ability to apply information technology and communication (ICT)			X	
CG4	Transmit any information regarding the contents of body expression both in writing and orally			X	
CG6	Develop interpersonal skills and teamwork, both international and domestic contexts and in interdisciplinary teams and non-interdisciplinary		X		
CG7	Be capable of critical reasoning using the knowledge gained			X	
CG9	Knowing and complying with the professional ethics necessary to work				X
CG10	Develop skills to adapt to new situations and autonomous learning		X		
CG11	Develop skills for creativity, initiative and entrepreneurship	X			
CG13	Being able to apply theoretical knowledge in practice			X	
CG14	Use Internet well as communication and as a source of information			X	
CG15	Conveying the acquired knowledge both to specialists in the subject and to people who are not experts on it				X
CG17	Learn about other cultures and customs and be able to adapt its activities to them				X
CG19	Developing habits aiming at obtaining excellence and quality at work				X



SPECIFIC	Weighting			
	1	2	3	4
CE1	Knowing and understanding the contents within the scope of Physical Activity and Sports Science		X	
CE2	Acquiring the basic scientific knowledge to different areas of Physical Activity and Sports and understanding literature in the field of physical Activity sports in English and in the other important languages widely used in the scientific field achieving a good management of information		X	
CE4	Knowing and understanding behavioural and social elements which determine Physical activity and sport			X
CE9	Know and understand the different manifestations of expressive human movement		X	
CE19	Learn to apply the techniques of information and communication within the body expression		X	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R5, R6, R7, R8	50,00%	Written/oral and/or practical tests.
R1, R3, R4	20,00%	Attendance at interviews, seminars and practical activities.
R1, R2, R3, R4, R5, R6, R7, R8	30,00%	Oral exhibition of individual and / or group works.

Observations

Criteria for granting a grade of A with honors:

For its concession it'll be necessary a GPA higher than 9 points. In case of two identical GPAs, the professor will take in consideration the interest and implication of the student in the subject.

To pass the course in 1st enrolment.A. Written Test: Test and development questions exam, in which the analysis and relationship between the developed themes will prevail. It will be necessary to obtain a grade equal to or greater than 5 to make media with other assessment tools..B. Group work: Development and public presentation of a group work. Assessment: A) Delivery on time, form and content of written work. B) Presentation of the topic in public. C) Designing a poster or equivalent. D) Quality of information sources consulted. It will be necessary to obtain a grade equal to or greater than 5 to make media with other assessment tools. Any detection of plagiarism, in whole or in part, will suppose a 0 in group work.C. Attendance and practices: Assessment: Delivery on time, form and content of the internship. Any plagiarism detection, total or partial, will suppose 0 in practices. Besides visits to museums, newspaper, etc are included in this section. It will be necessary to obtain a grade equal to or greater than 5 to make media with other assessment tools.In case of failing of the three parts of the course, although the percentage score exceeds or equals 5, the mark reflected in the student's file will be equal to 4.5.

To pass the course in 2nd enrolmentA separate group for students who enrol for the second of successive times will be established and they will be given a professor/tutorThe tutor will give six follow-up sessions (two hours each). These sessions will be organised according to students needs in order to strengthen their competences and give them the tools to handle with the subject.Content assessment will follow the official schedule.Scores on the overcome competences will be retained. The evaluation of theoretical contents will be realized in the examination fixed in the official calendar for this subject. The evaluation of the practical contents will



be realized with the preparation of an assignment during the semester.

To pass the course in a 3th enrolment or subsequentA separate group for students will be established and they will be given a professor/tutor. These students will qualified with 100% of a department exam. No old marks will be taken into account. They may request tutoring the subject teacher.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Exhibition of contents by the teacher.
- M2 Dynamics and group activities.
- M3 Resolution of problems and cases.
- M5 Discussion in small groups.
- M6 Practical lesson.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<p>PRACTICAL /SEMINAR CLASS: Dynamics and group activities. Resolution of problems and cases. Laboratory practices. Data search in a computer room, library... Meaningful construction of knowledge through the interaction and activity of the student</p> <p>M2, M3, M5, M6</p>	R1, R2, R3, R4, R5, R6, R7, R8	23,00	0,92
<p>TUTORY: Learning supervision, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of schemes and indexes of the proposed works.</p> <p>M5</p>	R3	5,00	0,20
<p>EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project.</p> <p>M2, M3</p>	R1, R2, R3, R4, R5, R6, R7, R8	2,00	0,08
<p>THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom.</p> <p>M1, M2, M5</p>	R1, R2, R3, R5, R6, R7, R8	15,00	0,60
TOTAL		45,00	1,80



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. M2, M3	R1, R2, R3, R4, R5, R6, R7, R8	35,00	1,40
AUTONOMOUS WORK: Study, Individual preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M3	R1, R2, R3, R4, R5, R6, R7, R8	70,00	2,80
TOTAL		105,00	4,20



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
UD I: Origin and Evolution of Sport.	Primitive peoples. Studying methods and sports evolution in the primitive peoples. The physical and sports activity during the pre-Hellenic civilizations: Mesopotamia, Egypt and Crete.
UD II: Physical and sport activity in Greece	Origin of greeke Sport. The greek thought. Education in Sparta. The game in Greece. Greek education and Gymnastics. Sport in different periods of greek history. Origin of ancient Olympics. Program. Women and Olympic Games. Trial categories.
UD III: Sport in Rome.	Introduction. Religious origin of Sport. Physical Activity in Rome: Gladiatorial combats, chariot racing. The baths.
UD IV: The Middle Ages.	Historical introduction. The medieval society. Sports in the middle Ages. Aristocratic Sports: Hunting and Tournaments.
UD V: The mesoamerican and precolombine ball games.	Historical Evolution of the cultures. Evolution of the game. The ball game in Chichén Itzá. Sense of game and argument.
UD VI: The modern Era.	Historical perspective. Trends in physical education. Principal thinkers. Authors of the Renaissance. Later authors.
UD VII: The physical activity in the 18th and 19th century	Historical context. Enlightenment thought. Predecessors sports of rugby and football. Games of racket and spade. Riding. Central European, Nordic and French schools. Sport in the english institutions.
UD VIII: The modern Olympics.	The Olympic Movement. Pierre de Coubertin. Olympics main problems. The first Olympic Games.



UD IX: The Olympic Games after and before 1st World War.

The Olympic Games after and before 1st World War.

UD X: The Olympic Games after and before 2nd World War.

The Olympic Games after and before 2nd World War.

UD XI: The Olympic Games in the organizational zenith.

The Olympic Games in the organizational zenith.

UD XII: The Olympic Games marked by the political History.

The Olympic Games marked by the political History.

UD XIII: The last Olympic Games

The last Olympic Games



Temporary organization of learning:

Block of content	Number of sessions	Hours
UD I: Origin and Evolution of Sport.	2,00	4,00
UD II: Physical and sport activity in Greece	4,00	8,00
UD III: Sport in Rome.	2,00	4,00
UD IV: The Middle Ages.	1,00	2,00
UD V: The mesoamerican and precolombine ball games.	1,00	2,00
UD VI: The modern Era.	3,00	6,00
UD VII: The physical activity in the 18th and 19th century	2,50	5,00
UD VIII: The modern Olympics.	2,00	4,00
UD IX: The Olympic Games after and before 1st World War.	1,00	2,00
UD X: The Olympic Games after and before 2nd World War.	1,00	2,00
UD XI: The Olympic Games in the organizational zenith.	1,00	2,00
UD XII: The Olympic Games marked by the political History.	1,00	2,00
UD XIII: The last Olympic Games	1,00	2,00



References

BASIC BIBLIOGRAPHY:

Betancor, M. A. & Vilanou, C. (1995). Historia de la Educación Física y el Deporte a través de los textos. Barcelona: Promociones Publicaciones Universitarias.

Diem, C. (1966). Historia de los deportes. Vol 1-2. Barcelona: Luis de Caralt.

Mandell, R.D. (1986). Historia cultural del deporte. Barcelona: Bellaterra S.L.

Rodríguez López, J. (2000). Historia del deporte. Barcelona: INDE Publicaciones.

ADDITIONAL BIBLIOGRAPHY:

Acuña, A. (2004). La Cultura a través del Cuerpo en Movimiento. Sevilla: Wanceulen

Barreau, J.J. & Morne, J.J. (1991). Epistemología y Antropología del deporte. Madrid: Alianza Deporte.

Blanchard, K. & Cheska, A. (1986). Antropología del deporte. Barcelona: Publicaciones de Bellaterra.

Coca, S. (1993). El hombre deportivo. Madrid: Alianza Deporte.

Coubertin, P. (1973). Ideario olímpico. Madrid: Instituto Nacional de Educación Física.

Elías, N. & Dunning, E. (1992). Deporte y ocio en el proceso de civilización. Madrid: Fondo de Cultura Económica.

Gagigal, J. M. (1975). El deporte en la sociedad actual. Madrid: Magisterio Español.

García Ferrando, M. (1997). Los españoles y el deporte, 1980-1995: un estudio sociológico sobre comportamientos, actitudes y valores. Madrid: Consejo Superior de Deportes.

García Ferrando, M. (1990). Aspectos sociales del deporte. Una reflexión sociológica. Madrid: Alianza Deporte.

Le Breton, D. (1992). La sociología del cuerpo. Buenos Aires: Nueva Visión.

Le Breton, D. (2004). Antropología del cuerpo y modernidad. Buenos Aires: Nueva Visión.



Monroy, A.J. & Sáez Rodríguez, G. (2008). Historia del Deporte: de la prehistoria al renacimiento. Sevilla: Wanceulen.

Pastor, J.L. (2000). Fragmentos para una antropología de la actividad física. Madrid: Paidotribo.
Pujadas, X. (coord.) (2011). Atletas y ciudadanos: historia social del deporte en España (1870-2010). Madrid: Alianza.

Rivero, A. (2005). Deporte y Modernización. Sevilla: Wanceulen.

Suárez, O. (2000). Los cuerpos del poder. Deporte, política y cultura. Barcelona: Casiopea.
Velázquez Buendía, R. (2000). Una aproximación a las teorías de la génesis del deporte. Revista Electrónica Askesis, 1, 1-25.

WEBS REFERENCES:

Australian Society for Sports History: <http://sporthistory.org/>

British Society of Sports History: <http://www.sportinhistory.org/>

Cine y deporte: <http://cineydeporte.com/>

Consejo Superior de Deportes: <http://www.csd.gob.es/>

El deporte en el cine: <http://www.uhu.es/cine.educacion/cineyeducacion/deporte.htm>

European Committee for Sports History: <http://www.cesh-site.eu/>

Historia del deporte: <http://www.historiadeldeporte.es/>

Human Kinetics Journals: <http://journals.humankinetics.com/shr>

Humanities & Social Sciences Online: <https://networks.h-net.org/h-sport>

International University Sports Federation: <http://www.fisu.net/>

Journal of Sport History: <http://www.journalofsporthistory.org/>

La evolución del deporte y su influencia en las diferentes culturas: <http://www.rtve.es/alacarta/videos/los-objetos-y-la-historia/356297-i10513-deporte-tie-20150226113621225-web/30159>

Museo del Juego: <http://museodeljuego.org/>



North American Society for Sport History: <http://www.nassh.org/NASSH/index.php>

Official website of the Paralympic Movement: <http://www.paralympic.org/>

Olympic.org. Official website of the Olympic Movement: <http://www.olympic.org/ioc>

Sporting History (Youtube): <https://www.youtube.com/user/SportingHistory>

The North American Society for the Sociology of Sport: <http://www.nasss.org/>



Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

- Microsoft Teams
- Blackboard Collaborate Ultra
- Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

- Microsoft Teams
- Blackboard Collaborate Ultra
- Kaltura

Explanation about the practical sessions:



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: