

Faculty of Health Sciences

School of Kinesiology

Kinesiology 3363B – *Exercise, Sport, and the Body in Western Culture*

Winter 2019

Instructor: Bob Barney (b₂)

Office: Alumni Hall. Rm. 11-J

Office Hours: By appointment with instructor

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Course Meeting Place and Time: 3M Building, Room 3250, M-W-F, 11:30-12:30

Introduction:

Exercise, Sport, and the Body in Western Culture is a survey *history* of exercise traditions, sport practices, and concepts of the body in Western culture from early human experience to the present; it is an analysis of the cause and effect, form and function of sport, concepts and practices of exercise, physical education, and the body in our cultural heritage, as developed by people and events over a period of three millennia.

Course Format, Conduct, and Expectations:

In case there are misconceptions of what this course is fundamentally about, it is a history course; enrollees in the course should not consider this course in their curriculum without that understanding. This course is a lecture/discussion 3rd-4th year undergraduate course. There is no course text, but there are readings (one per week), normally taken under discussion for half a class meeting on Fridays (except for the Fridays on which the first two examinations occur). PDFs of the course readings will be provided on OWL the week before they are to be addressed in class. A review session (attendance strictly voluntary) conducted by TA Andy Pettit will be held each Thursday evening, 6:00-7:00 PM, (starting 18 January 2018) in Room 1220 of the FNB Bldg. (FIMS & Nursing Bldg.) for the purpose of reviewing material presented in class the previous week. The first class meeting occurs on Monday, 7 January 2019; the last class meeting occurs on Monday, 9 April 2019. The "Drop Date" for the course is Thursday, 7 March 2019.

Assignments and Grading:

A student's final course evaluation depends on three examinations:

1. First examination: In class; Friday; 1 February 2019; 55 minutes; 25% of the final grade; 10% of examination based on reading material.
2. Second examination: In class; Friday; 8 March 2019; 55 minutes; 25% of final grade; 10% of examination based on "new" readings since first exam; 10% of examination based on cumulative material considered by first exam.
3. Final exam: As scheduled, TBA in April (two hours), 50% of final grade, 10% of examination based on "new" readings since second exam; 10% of examination based on cumulative material considered by both first and second exams.

All examinations reflect straightforward responses to objective questions: Matching, True/False, Multiple Choice, Completion (fill in the blank), Analogy. There are no essay or essay-type dimensions to the course.

Course Themes by Week:

Week 1 (Jan. 7-11) --- Introduction: A Theoretical Application and the Constants of History

Weeks 2 and 3 (Jan. 14-25) --- Ancient Greece: Cornerstone of Body Ethic in Western Civilization

Week 4 (Jan. 28/Feb. 1) --- The Beginning of an End: Roman Circuses and Coliseum Debauchery

1st Examination on Friday, February 1st (55 minutes)

Week 5—(Feb. 4-8) --- Asceticism and the Body: Medieval Restraints and Exercise Malaise

Week 6 --- (Feb. 11-15) --- Revival of Body Ethic: Renaissance and Enlightenment Thinkers & Doers

Week 7 --- (February 18-22) --- Reading Week

Week 8 --- (Feb. 25/Mar. 1) --- The Rise of Sport and Exercise Systems: Continental Europe and Mother England

Week 9 --- (Mar. 4-8) --- Westward Ho: The New World and European Sport and Exercise Heritage

2nd Examination on Friday, March 8th (55 Minutes)

Week 10 --- (Mar. 11-15) --- Guest Lectures by the Teaching Assistants

Week 11 --- (Mar. 18-22) --- The Rise of Sport and Exercise Prescription in 19th Century America

Week 12 --- (Mar. 25-29) --- Challenges Galore: The Issues of Institutional Sport and School Physical Education, Sporting Gender, and Racial Equality in Late 19th and 20th Century American Society

Week 13/14 (Apr. 1-9) --- The Place of Sport, Exercise, and the Body in 19th and 20th Century Canadian Society

3rd and Final Examination --- Date, Time, Place TBA (Two Hours)

Readings:

Week 1 --- None

Week 2 --- Clayton Miles Lehman, "Early Greek Athletic Trainers," *Journal of Sport History*, Vol. 36, No. 2 (Summer 2009).

Week 3 --- Nina M. Walter, "Orcheistai – Ancient Greek Dance: The Origin of the Theater," *Canadian Journal of History of Sport and Physical Education*, Vol. 4, No. 1 (November 1974).

Week 4 --- Lawrence Fielding, "Marcus Tullius Cicero: A Social Critic of Sport," *Canadian Journal of History of Sport and Physical Education*, Vol. XVIII, No. 1 (May 1977).

Week 5 --- John Marshall Carter, "Sport, Crime, and Peasants in Thirteenth Century England," *Canadian Journal of History of Sport and Physical Education*, Vol. XVII, No. 2 (December 1986).

Week 6 --- Frieda Lee, "Continuity? The Palaestra, La Giocosa, The Philanthropinum," *Canadian Journal of History of Sport and Physical Education*, Vol. XVII, No. 2 (December 1986).

Week 7 --- None

Week 8 --- Dennis Brailsford, "Puritanism and Sport in Seventeenth Century England," *Stadion*, Vol. 1, No. 2 (1975).

Week 9 --- Nancy Struna, "The Irretrievable Tide of Change," *Journal of Sport History*, Vol. 1, No. 2 (Spring 1977).

Week 10 --- None

Week 11 --- Frederic L. Paxson, "The Rise of Sport," *Mississippi Valley Historical Review*, Vol. 4, 1917.

Week 12 --- Jeffrey T. Sammons, "Race and Sport: A Critical Historical Examination," *Journal of Sport History*, Vol. 21, No. 3 (Fall 1994).

Week 13 --- Alan Metcalfe, "Some Background Influences on Nineteenth Century Canadian Sport," *Canadian Journal of History of Sport and Physical Education*, Vol. V, No. 1 (May 1974).