

**LEAD CITY UNIVERSITY**

**FACULTY: ARTS AND EDUCATION**

**DEPARTMENT: KINESIOLOGY, SPORTS SCIENCE AND HEALTH EDUCATION**

**SEMESTER: FIRST SEMESTER (2017/2018 SESSION)**

**COURSE CODE: KSC 114**

**COURSE TITLE: SOCIAL AND PSYCHOLOGICAL FOUNDATIONS OF SPORTS AND PHYSICAL EDUCATION**

**STATUS: COMPULSORY**

**LECTURER IN CHARGE: ESTHER M. OLADEJO**

**QUALIFICATION: Ph.D**

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**AREA OF SPECILIZATION: PSYCHOLOGY OF SPORTS**

### **SECTION A**

#### **COURSE OBJECTIVES**

At the end of the course, students should be able to:

- Define some basic terms such as: Sociology, Psychology, Sports, and Physical Education.
- Discuss sociological interpretation of Physical Education.
- Discuss psychological interpretation of Physical Education.

**COURSE DESCRIPTION:** Sociological and Psychological Foundations of Sports and Physical Education.

**INTRODUCTION:** Physical education is an excellent vehicle for socialization. Social development is important and physical education activities have potential for the accomplishment of this objective. Likewise, the study of psychology has many implications for physical educators in such areas as learning theory, motor learning, personality development and attitudes concerning self. The course looks into sociological and psychological perspectives of PE and sports.

#### **TEACHING PLAN**

**WEEK 1:** Introduction to the course- Sociological and Psychological Foundations of Sports and Physical Education.

Definition terms (Sociology, Sociology of sports, Sports and Physical Education).

**WEEK 2:** Sociological interpretations of physical education and sports:

- Cultural values, Human nature.
- Original nature, Human characteristics and human needs.

**WEEK 3:** Modes of social learning

- Building character in youth.

**WEEK 4:** Role of play as a socializing force.

- Theories of play.

- Role of play in life and education.

**WEEK 5:** Sports as a socialising force: sociology of sports.

- Nature and scope of sports
- Sociological implications of educational athletics

**WEEK 6:** Psychological interpretations of physical education.

Implications of psychology for physical education: Learning theories:

Thorndike's learning theory, Singer's theory, Guthrie's contiguity theory and Skinner's operant conditioning theory

**WEEK 7:** Implications of psychology for physical education: Motor learning

Factors and conditions that promote the learning of motor skills.

**WEEK 8:** Personality development, Self-attitudes

**WEEK 9:** Elements of learning: Motivation and learning

**WEEK 10:** Maturation and learning.

**WEEK 11:** Revision.

**WEEK 12:** Examination.

## REFERENCES

BamAmintao. (2017). Psychological aspects of physical education. Retrieved from

<https://www.slideshare.net/BamAmintao/psychological-aspects-of-physical-education-65717489>

Bucher C.A. (1979). *Foundation of physical education*. St. Louis: The C.V. Mosby Co, 1979. 8<sup>th</sup> Edition.

Loy, J. W., Kenyon, G. S. and Mcpherson, B. D. (1981) *Sport, culture and society: a reader on the sociolpogy of sport*. 2<sup>nd</sup> and Revised Ed. Lea 7 Febiger, 600, Washington Square, Philadephia, PA 19106, USA.

Weinberg, R. S. and Gould, D. 2007. *Foundations of sport and exercise psychology* 4th ed. Champaign, IL: Human Kinetics.

## ASSESSMENT

Mid Semester	40%
Examination	60%
<b>TOTAL</b>	<b>100%</b>

## SECTION B

### TUTORIAL QUESTIONS

- 1a. Define the following terms: (i) Sociology (ii) Psychology (iii) Sports (iv) Sociology of sports
2. Discuss the socio-emotional and integrative functions of sports.
3. Discuss the modes of social learning

4. List **TEN** value orientation of American society as highlighted by Robin Williams.
5. Write briefly on social values attributed to sports in the dominant American sports creed according to the following: (i) Character building (ii) Physical fitness (iii) Mental fitness (iv) Religiosity
6. Discuss **FIVE** ways in which physical activity contributes to psychological development of an individual.
7. Identify **TEN** reasons why youths participate in sports.
8. Discuss the following terms briefly: (i) Competition (ii) Chance (iii) Simulation (iv) Vertigo
9. What are **FOUR** implications of the motor development objective for any well-organised physical education program?
10. With the aid of diagram, discuss Maslow's theory of motivation.
11. Discuss the following factors and conditions that promote the learning of motor skills.
  - (a) Effective motor learning is based on certain prerequisite factors.
  - (b) Skills should not be offered to students unless they have reached a level of development commensurate with the degree of difficulty of the skill.
  - (c) Errors should be eliminated early in the learning period.
  - (d) Perception is one of the most important concepts in motor learning
12. Highlight **FIVE** objectives of physical education as listed by the AAHPER.
  - b. Explain the term "Original Nature".

### SECTION C

#### MARKING SCHEME

1. Definition	4 x 5 marks	<b>20 marks</b>
2. Discussion		<b>20 marks</b>
3. Any 4 modes	4 x 5 marks	<b>20 marks</b>
4. Any 10 values	10 x 2 marks	<b>20 marks</b>
5. Short notes	4 x 5 marks	<b>20 marks</b>
6. Any 5	5 x 4 marks	<b>20 marks</b>
7. Any 10	10 x 2 marks	<b>20 marks</b>
8. Short notes	4 x 5 marks	<b>20 marks</b>
9. Any 4 implications	4 x 5 marks	<b>20 marks</b>
7. Short notes		<b>20 marks</b>
10. Discussion		<b>20 marks</b>
11. Discussion		<b>20 marks</b>
12. Any 5 objectives	5 x 4 marks	10 marks
b. Explanation		10 marks
		<b>20 marks</b>