

LEAD CITY UNIVERSITY

FACULTY: ARTS AND EDUCATION

DEPARTMENT: KINESIOLOGY, SPORTS SCIENCE AND HEALTH EDUCATION

SEMESTER: SECOND SEMESTER (2017/2018 SESSION)

COURSE CODE: KSC 211

COURSE TITLE: HISTORICAL AND PHILOSOPHICAL FOUNDATIONS OF 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

By the end of this course students should be able to:

- i. Define physical education and identify the role of physical education.
- ii. Apply the five basic philosophical theories to physical education.
- iii. Identify the earliest civilizations such as Egypt and China's position and roles in sport and physical education.
- iv. Explain the contributions of the ancient Greeks to modern physical education and sport.
- v. Discuss the growth and development of sport and physical education in Nigeria.

COURSE DESCRIPTION: Historical and Philosophical Foundations of Physical Education

INTRODUCTION: The field of physical education has gone through many cycles over its long history. These cycles range from a strict authoritarianism to the liberal democracy of today. This course is a study of the historical development of organised physical activity and designed to improve the understanding and appreciation of the purpose, value, nature, scope and significance of exercise and sport.

TEACHING PLAN

WEEK 1: Introduction to the course: Principles and scope of physical education and sport.

- Definition of physical education.
- Nature and Scope of physical education.

WEEK 2: - General objectives of physical education and sport programs.

- Qualities of physically educated persons.

WEEK 3: Philosophy.

- Why study philosophy?
- Components of philosophy.

Philosophy and physical education (Functions of philosophy of physical education).

WEEK 4: History and development of Physical Education in Great Britain.

WEEK 5: History and development of Physical Education.

- Greece and Rome.

WEEK 6: History and development of Physical Education in Nigeria.

WEEK 7: History and development of Physical Education.

WEEK 8: History and development of Physical Education in Germany

WEEK 9: History and development of basketball.

WEEK10: History and development of volleyball.

WEEK 11: Revision.

WEEK 12: Examination.

REFERENCES

Adedeji, J. A. (1985). *The teaching of physical and health education*. Ibadan, Nigeria: West Books Publisher Limited.

Ajala, J. A., Amusa, L. O. & Sohi, A. S. (1999). *Physical Education*. Nigeria: Macmillan Nigeria Publishers Limited. Association of International Schools in Africa.

Bucher C.A. (1979). *Foundation of physical education*. St. Louis: The C.V. Mosby Co, 1979. 8th edition.

ASSESSMENT

Mid Semester	40%
Examination	60%
TOTAL	100%

SECTION B

TUTORIAL QUESTIONS

1. Explain the following terms:
 - i. Sports
 - ii) Philosophy
 - iii) Physical education
 - (iv) Athletics
2. There are 4 key concepts of idealism. Discuss them
3. State **FOUR** general objectives of Physical Education and explain any **TWO**.
4. Explain realism under the following sub-headings:
 - (i) Education is for life.

- (ii) Play and recreation aid in life adjustment.
 - (iii) Drills play an important part in the learning process.
 - (iv) Physical fitness results in greater productivity.
5. Highlight and discuss any **FOUR** functions that philosophy of physical education will serve.
 6. Explain the following: (i) Logic (ii) Ethics (iii) Metaphysics (iv) Esthetics
 7. Discuss the **FOUR** national festivals that were special to Greeks.
 8. What are the contributions of the following Germans to physical education?
 (a) Johann B. Basedow (b) Johann Friedrich Guts Muths
 9. Briefly discuss physical education in Athens.
 10. Enumerate **TEN** goals of education as ranked by prominent educators.
 11. Discuss ways of organising physical education in Sparta.
 12. Briefly discuss the history of basketball and volleyball.

SECTION C

MARKING SCHEME

1. Discussion	4 x 5 marks	20 marks
2. Explanation		20 marks
3. List & explain any 2		20 marks
4. Explanation	4 x 5 marks	20 marks
5. Any 4 functions	4 x 5 marks	20 marks
6. Any 4 qualities	4 x 5 marks	20 marks
7. Any 4 festivals	4 x 5 marks	20 marks
8. Explanation		20 marks
9. Discussion		20 marks
10. Any 10 goals	10 x 2 marks	20 marks
11. Discussion		20 marks
12. Discussion		20 marks