

COURSE CONTENTS (*outline – titles of lectures*):

1. Olympic and athletic education - Concept and content.
2. Review of the orientation of the Olympic – athletic education.
3. Applied programs of Olympic education in Greece.
4. Applied programs of Olympic and athletic education in abroad.
5. Basic principles of application of Olympic - athletic education programs.
6. Planning and evaluation of programs of Olympic - athletic education.
7. Theories of moral development - Contribution of athletics to the moral cultivation.
8. Philosophical approach of the terms: contest, game and athletics in ancient and modern times.
9. Critical approach of the ancient and modern Olympic Games / ancient and modern athletics.
10. The value of victory and defeat.
11. Fair play: analysis of moral principles and rules.
12. Main problems of modern athletics.
13. Olympic - athletic education and multicultural education. Olympic-Athletic education as a contributing factor to international understanding.

TEACHING METHOD (*lectures – labs – practice etc.*):

1. Lectures.
2. Documentaries.

ASSESSMENT METHOD(S):

1. Mid-term exams.
2. Written project.
3. Written final exams.

LEARNING OUTCOMES:

- Upon the completion of this course the student will be able to:
- 1) Understand the meaning of Olympic and athletic education.
 - 2) Understand the values and the characteristics of modern athletics, as well as its contribution to moral development.
 - 3) Comprehend and critique the most important problems of modern athletics and Olympic Games, as well as on applied programs of Olympic and athletic education in the modern world.
 - 4) Plan physical education lessons for primary and secondary education students regarding racism, xenophobia, tolerance towards differences, gender equality, violence and aggressiveness, collaboration spirit, respect to rules and promotion of fair play.

LEARNING OUTCOMES – CONTINUED:

| <i>Learning Outcomes</i> | <i>Educational Activities</i> | <i>Assessment</i> | <i>Students Work Load (hours)</i> |
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| Understanding the meaning of Olympic and athletic education. | Lectures, study at home. | Interim examination with oral tests of cognitive | 10 |

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| | | assessment. | |
| Understanding the values and the characteristics of modern athletics as well as its contribution to moral development. | Lectures, study at home. | Interim examination with oral tests of cognitive assessment. | 20 |
| Comprehension and critique of important modern athletic and Olympic Games problems. Knowledge on applied programs of Olympic and athletic education in the modern world. | Lectures accompanied by the appropriate documentary, study at home and individual essay. | Interim examination with oral tests of cognitive assessment. Submission and presentation of the 1 st paper on relevant topic. | 20 |
| Planning of physical education lessons for primary and secondary education on racism, xenophobia, tolerance towards differences, gender equality, violence and aggressiveness, cultivation of collaboration spirit, respect to rules and fair play. | Lectures, interactive discussion, moral dilemmas, role playing, lesson planning, study at home. | Interim examination with oral tests of cognitive assessment. Submission and presentation of the 2 nd paper on relevant topic. | 10 |
| | | TOTAL | 60 |

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Giosos, I. (2000). Olympic and athletic education. Athens: Propobos.
2. Binder, D. (2000). Be a champion in life. Athens: Foundation of Olympic and Sport Education
3. Kretchmar, R.S. (1994). Practical philosophy of sport. Champaign, IL: Human Kinetics.
4. Bredemeier, B. & Shields, D. (1999). Character development and physical activity. Champaign, IL: Human Kinetics.
5. Lumpkin, A., Stoll, S. & Beller, J.M. (1994). Sport ethics: applications for fair play. St. Louis: CV Mosby.