

## COURSE OUTLINE HISTORY OF PHYSICAL EDUCATION

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C113	<b>SEMESTER</b>	1st
<b>COURSE TITLE</b>	HISTORY OF PHYSICAL EDUCATION		
<b>TEACHING ACTIVITIES</b> <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		3	6
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Background, General Knowledge		
<b>PREREQUISITES:</b>	None		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek English for Erasmus students		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	YES		
<b>COURSE URL:</b>	<a href="http://eclass.duth.gr/courses/KOM02102/">http://eclass.duth.gr/courses/KOM02102/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon the completion of this course the student will be able to understand the:</p> <ul style="list-style-type: none"> <li>• <i>Evolution of physical education and athletics from the Minoan period until the archaic era.</i></li> <li>• <i>Pan-Hellenic sacred games and the athletic activity in ancient Greece.</i></li> <li>• <i>Art of training, the role of exercise in educating young people and the participation of women in athletic activity during antiquity.</i></li> <li>• <i>Revival of ancient games in Athens, 1896.</i></li> <li>• <i>Evolution of physical education in modern Greece.</i></li> <li>• <i>Processes of development of Physical Education in modern Greek education in different historical periods and socio-political conditions.</i></li> <li>• <i>Conceptual relations between the terms: "Somaskia", Gymnastics, Body Education, Physical Education</i></li> <li>• <i>Role, influence and importance of Physical Education in modern Greek society and education</i></li> </ul>	
<b>General Skills</b> <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information,</i> <i>ICT Use</i> <i>Adaptation to new situations</i> <i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Working in an international environment</i>	<i>Project design and management</i> <i>Equity and Inclusion</i> <i>Respect for the natural environment</i> <i>Sustainability</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Critical thinking</i>

<i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Promoting free, creative and inductive reasoning</i>
<ul style="list-style-type: none"> <li>• Search, analysis and synthesis of data and information</li> <li>• Production of new research ideas</li> <li>• Critical thinking</li> <li>• Promoting free, creative and inductive reasoning</li> </ul>	

### 3. COURSE CONTENT

1. <i>Prehistory of the games. Sport in Egypt and Minoan Crete. Mycenaean civilization. Sport in the Homeric epics</i>
2. <i>Athletics and education in ancient Greece. Athletic Buildings –The main athletic events of Greeks- Foot races, wrestling, boxing, pankration</i>
3. <i>Other athletic events of Greeks: Pentathlon. Horse races. The training method in ancient Greece</i>
4. <i>Women and athletics. The relations between music and athletics.</i>
5. <i>The ancient Olympic Games.</i>
6. <i>Pythian, Isthmian and Nemean Games. Athletics during the Hellenistic and Roman periods.</i>
7. <i>Athletics during the 19<sup>th</sup> century- The Olympic Games of Zappas-1<sup>st</sup> Modern Olympic Games- Ancient and Modern Olympic Games : Similarities and differences</i>
8. <i>The evolution of School Physical Education during the 19<sup>th</sup> century in modern Greece. From Gymnastics to “Somaskia”.</i>
9. <i>Gymnastics and military morale. The educational foundations for Gymnasts.</i>
10. <i>German and Swedish Gymnastics Systems. The evolution of Gymnastics Shows</i>
11. <i>The evolution of Physical Education for girls in modern Greek education.</i>
12. <i>Physical Education in the totalitarian regimes of Metaxas (1936-1940) and the dictatorship of colonels (1967-1974)</i>
13. <i>Physical education after 1974</i>

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face lectures as well as distance learning in emergency situations	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching <ul style="list-style-type: none"> <li>• Digital Transparencies</li> <li>• Videos</li> <li>• MsTeams/e-class/webmail</li> </ul>	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	39
	Written essay	50
	Study and analysis of literature Exams	58

The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.	Exams	3
	Total	150
<b>STUDENT EVALUATION</b> Description of the evaluation process  Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others  Please indicate all relevant information about the course assessment and how students are informed	Written Essay 30% Final (written) exams 70%	

## 5. SUGGESTED BIBLIOGRAPHY

1. Albanidis, E. (2004). *History of sport in ancient Greek world*. Thessaloniki: Salto publications.
2. Muratidis, J. (2000). *History of physical education*. Thessaloniki: Xristodoulidis publications.
3. Giatsis, S. (2000). *History of sports and physical education in the Greek world from the Hellenistic period until nowadays*. Thessaloniki: Private publication.
4. Tsoumas A. (2016). *Gymnastics in Primary Education-From Somaskies to Physical Education (1834-1936)*, Athens: Opportuna.
5. Koulouri Ch. (1997). *Sport and aspects of urban sociability. Gymnastics and Sports clubs 1870-1922*. Athens: IAEN.
6. Mechikoff R. A. (translated by Giosos I., Albanidis E., Anastasiou A.) (2019). *History and philosophy of Sports, Sports and Physical Education*. Athens: Broken ill Publishers Ltd.

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

<b>Teacher (full name):</b>	Evangelos Albanidis
<b>Contact details:</b>	<a href="mailto:valbanid@phyed.duth.gr">valbanid@phyed.duth.gr</a>
<b>Supervisors: (1)</b>	YES
<b>Evaluation methods: (2)</b>	Written essay (30%), online written examination (70%)
<b>Implementation Instructions: (3)</b>	<p>The course examination will take place on the day of the examination, according to the examination program.</p> <p>The examination will be carried out through E-CLASS and Microsoft Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance education.</p> <p>In Microsoft Teams students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p>

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