

## **HPE 150: Health and Physical Education Lecture (Social Science Perspective of Sport and Leisure)**

Instructor: Kiyotaka KATO, Ph.D.  
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Office: A4-1 (ext. 5942)  
Office Hours: TBA  
Day and Time: Monday 10:00 – 11:50 AM  
Wednesday 10:00 – 11:50 AM  
Meeting Place: TBA

**Description:** Today, many, if not most, people who live in developed countries believe that physical activity, such as sports and exercise, is one of the best ways to maintain their health. However, the physiological impact of sports is just one aspect of sports. Sports affect people and their lives many ways. For example, the prosperity of professional sports leagues provides opportunities for people to watch sports as a leisure activity. These people may receive psychological benefits from watching these games. However, whereas sports leagues may bring positive economic impacts, they may also bring negative social impacts on their home towns. In order to evaluate the impacts of the professional sports leagues, social science perspectives, such as sociology and psychology, are very crucial. This course offers students opportunities to consider aspects of sport that influence us and our society using social science perspective.

**Objectives:** The objective of this course is to provide the students with a comprehensive understanding of sport through a social science perspective to critically analyze various aspects of sport.

**Study Materials:** There is no required text book in this course. However, the instructor gives you reading assignments when needed. Students should be prepared to discuss and answer questions about the reading assignments. Optional materials are the following:

1. Mullin, B. J., & Sutton, W. A. (2000). *Sport Marketing* (2<sup>nd</sup> Ed.). Human Kinetics, IL: Champaign
2. Goldstein, J. H. (1989). *Sports, Games, and Play*. Lawrence Erlbaum Associates, NJ: Hillsdale.
3. Sperber, M. (1990). *College Sports Inc*. Henry and Holt and Company, NY: New York.
4. Szymanski, S. & Zimbalist, A. (2005). *National Pastime*, Brooking Institution Press, Washington, D.C.
5. Rosner, R. S. & Shropshire, K. L. (2004). *The Business of Sports*, Jones and Bartlett Publishers, MA: Sudbury.

### **Assessment:**

Attendance:	15%
Writing assignment 1:	15%
Group presentation & paper	35%
Final exam:	35%

The assignment and grading method may be changed based on the number of students

### **Policies:**

1. Academic misconduct in any form is in violation of the AIU rules. This includes copying or sharing answers on tests or assignments, plagiarism, or having someone else do your academic work.
2. Students are expected to attend all classes. In case of emergency, illness, or other serious situation, the student should notify the instructor in advance if possible.

3. Students can be absent from the class one time without any penalty. However, after one time, 3 points of the class attendance point will be decreased each time.
4. If students need to be out of campus because of job-hunting, it must be consulted with the instructor in advance.

**Format and Activities:** The style of this course is Lecture/Discussion for one credit.

**Schedule:**

1/13	Class 1	Course Introduction, Why do we study sport through social science? The origin of sports and arrival of sports in Japan
1/18	Class 2	Current leisure status and sports participations in Japan Social and psychological impacts of sports/ Sports in public policy
1/20	Class 3:	Sports and media/ Sport marketing
1/25	Class 4	Characteristics of current professional sports leagues and clubs/ Big-time college sports in Japan and US
1/27	Class 5	Movie “ <i>The Program</i> ”
2/8	Class 6	Discussion about issues in sports
2/10	Class 7	Sport and city development
2/22	Class 8	Group presentation
2/10		Group presentation and Final exam

\*The schedule is tentative and may be changed.

**Assignment1: Movie report**

Write two or three page report with respect to the movie that you will watch on October 8. The movie describes some problems the big-time college sports subsume. You have to pick up one or a couple of scenes where you were impressed and explain why you chose those scenes. You also should describe your opinions about those problems with referring to the reading assignments the instructor will give you. The report should be two or three pages. Use Time New Roman, 11-font, 1.5 spaced.

**Group Project**

The instructor will make groups with 4-5 students. Your group must choose any topic or problem from the sport fields. You should identify and summarized the problem, analyze the back ground of the problem, and provide recommendations to resolve the problem. Each group will be given a 10-minute time slot for the presentation. In addition, each group must submit a 5-page paper based on the research.