

## CONTEMPORARY HEALTH AND SPORTS ISSUES

GST 206 - 3 Credit Hours

Canadian Bible College

First Semester, 1995

Instructor: Mr. Kenneth M. Nickel

Time: Wednesday & Friday, 8:00-9:30

Location: CH1

### I. COURSE DESCRIPTION

This course will examine the cultural and religious significance of play, recreation and sport in the life of the Christian, the Church, and society. Themes such as participation, competition, performance, ethics, and physical "wellness" will be addressed. The goal of the course is to move toward an intellectually and theologically responsible approach to the phenomena of sport and leisure.

### II. COURSE OBJECTIVES

1. Students should learn to think critically about the religious and theological significance of sport and leisure.
2. Students should explore some of the ethical implications of participation and competition especially with respect to sportsmanship, performance enhancement, and gender issues.
3. Students should examine the relationship that exists between sport and leisure studies and other Humanities disciplines such as psychology, philosophy and sociology.
4. Students should probe the spiritual and theological significance of the mind/body (mental health/physical health) relationship.
5. Students should learn the components of physical "wellness" and subsequently be able to develop a personal fitness program that includes diet, exercise, activities, routines, etc. to meet their changing needs.

### III. TEXTBOOKS

On Reserve:

Hoffman, Shirl J., ed. Sport and Religion. Champaign, Illinois, Human Kinetics Books, 1992.

**IV. COURSE REQUIREMENTS**

1. Attendance 10%

Students are required to be present (mind and body) at all class sessions. Perfect attendance and active engagement with class material will secure a full 10 marks towards the final grade.

2. Participation, Reading and Seminar Discussions 35%

Seminar discussions will be based upon selected readings from the text book and other sources. Seminar evaluation will be based upon the student's familiarity with and critical analysis of the assigned discussion material. Activity evaluation will be based upon the student's willingness to enter into the spirit of the class endeavour.

\* NOTE: Some class sessions will be conducted in the gym and fitness room and will require students to change into appropriate work out attire.

3. Journal 20%

Students will be required to thoughtfully and consistently interact with the course material and record their reflections in a journal. The journal will be handed in **before class on December 1st.**

4. Final Examination 35%

**V. INSTRUCTOR'S ASSISTANCE**

If I can be of any assistance to you either personally or professionally, please do not hesitate to speak with me or to communicate with me in writing regarding this course or any aspect of your progress here at Canadian Bible College.