HISTORY 3S03 History Of Sportsmedicine

Academic Year: Fall 2016

Term: Fall

Day/Evening: D

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Course Objectives:

Course Objectives•

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Course Objectives:

History 3S03/Kinesiology 3A03 History of Sportsmedicine

This course is designed to provide students with an understanding of changes in concepts of physical exercise over the course of western civilization from an emphasis on hygiene to one on training for high performance in sport; it aims to help them to develop their functional skills in lower-order (knowledge, comprehension, and application) and higher-order (analysis, synthesis, and evaluation) cognitive domains. It examines the relationships between exercise, health, fitness, physical culture, physical training, and sports medicine through lectures, through tutorial discussion of assigned secondary source readings (the writings of sport and medical historians), and through primary source writings of thinkers and practitioners from various historical periods. Selected topics in the history of exercise and sports medicine from ancient times to the present include: the medical, sport, and physical culture elements of exercise movements; gymnastic systems, diet regimens, professional organizations, and athletic training regimens; and issues such as medical quackery, professional encroachment, the gender implications of exercise, and ideas about ‘normal’ bodies and fitness.

COURSE FORMAT/INSTRUCTIONAL METHODS: Each week class is held during a three 50 minute time blocks that will consist of at least 50 minutes each of lecture, tutorial, and related assignments, research, independent coursework (online discussion and postings; weekly topic-related www sites, etc.) on the Hist 3S03/Kin 3A03 Avenue to Learn [hereafter ATL] site. Lectures will typically be presented on Mondays in Powerpoint format; the mandatory tutorial portion of the class occurs on Tuesdays and Thursdays (students sign up for and attend only one tutorial - either Tues or Thurs - per week). Tutorials involve group discussion of assigned questions and tutorial readings led by student facilitators as well as and
group discussion and peer review of student assignments. All assignment instructions will be available on ATL. The reading of assigned readings and attending the mandatory tutorial portion of class is required in this course. You will submit weekly **Readings Activity sheets** on selected readings during tutorial class which will be collected and read each week by the Instructor, the evaluation of which will inform your tutorial participation grade. Blank Readings Activity sheets are found ATL for the designated articles marked with a # below. You will be assessed on your contribution to tutorial discussions, and you will complete a self-assessment as assess the contributions of classmates at the end of each tutorial. Remember, tutorials are mandatory and an essential part of your experience in this course, and a sizable chunk - some 15% - of your final grade comes from tutorial participation. Every week you will be assessed on your handing in of required tutorial class work (readings activity sheets), the creation of **weekly tutorial Readings Questions**, and discussion facilitation and participation. All graded work will be returned during normally scheduled class times, otherwise contact the instructor to make arrangements for its return.

This course requires that students use the **Hist 3A03/Kin 3A03 ATL web** site and its discussion boards for ongoing class communication; the downloading of lecture notes and readings; access to weekly topic-related www sites; handing out course and assignment information and readings questions; and for other things such as announcements should the lecture schedule be changed in any way. Students must therefore check the ATL site at least several times a week, and always before all classes. Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor. To log in at the Hist 3S03/Kin 3A03 ATL website, go to: http://avenue.mcmaster.ca/ According to **faculty policy, all email communication** between students and the instructor in this course must originate from their official **McMaster University email account**. This policy protects confidentiality and confirms the identity of the student. The instructor and university reserve the right to **modify elements of the course** during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.

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**Textbooks, Materials & Fees:**

The contents of the Hist 3S03/Kin 3A03 ATL site, including required weekly readings, www links, and other information such as assignment instructions.

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**Method of Assessment:**

- **mid-term examination** 20%  Mon 17 Oct during class time [location of examination to be announced]
- **assignment #1** 20%  1, 3 Nov papers due and Peer Review during your tutorial class
- **assignment #2** 15%  22, 24 Nov papers due and Peer Review during your tutorial class
- **tutorial participation** 15% (including weekly self-evaluations and peer evaluations)
- **final examination** 30% (Scheduled by the Registrar; held during exam period)

**Total** 100%

Examinations will cover your knowledge and comprehension of the subject matter, and your ability to apply, analyse, synthesize, and evaluate the material. The mid-term examination comes during the Monday lecture class of Week 7 and is based upon the subject matter covered until that time. The final examination will cover the material from Week 8 until the end of classes, and may also include a comprehensive essay-type question that spans the entire year’s work. “A” grades
will be awarded to those who master both lower-level (knowledge, comprehension, and application) as well as higher-level (analysis, synthesis, and evaluation) cognitive skills, exhibiting them in written and verbal form, using clear and concise English. The two examinations are based upon materials derived from lectures, class discussion, from the readings, and anything else related to the course. They will consist of any of the following: short and long essay-type questions; matching, short answer and fill-in-the-blank-type questions; multiple-choice type questions; identify and significance essay-type questions; and document reading and analysis-type questions. Prior to the event the Instructor will give you specific information concerning the structure of the forthcoming exam and examples from past exams so that you may prepare accordingly. Since you must write well to effectively present your ideas, essay type answers are graded on content AND writing style. Make sure that your work is readable. Omit needless words. Correct spelling and grammatical errors. Go through your answers until you are satisfied that they are sufficiently 'polished' for submission. Students will conduct a confidential self-evaluation of their tutorial participation that is written on the inside of their name cards every week for the instructor’s eyes only. The instructor will collect and review these cards every week. As well, the student facilitators will be assessed by their peers every week on their work leading tutorial discussion. For assignment and other related instructions see Hist 3S03/Kin 3A03 ATL.

Policy on Missed Work, Extensions, and Late Penalties:

Course assignments must be handed in during class time on the day that they are due. Late papers will receive a grade of zero - 0. If you find that you are having acute personal difficulties (e.g., documented illness, death in the family, any other dramatic event which impedes your ability to do your work in this class) contact the Instructor as soon as you realize something is wrong either by phone or email (bouchier@mcmaster.ca) so that alternate arrangements may be worked out. I will help out students in need of special consideration and accommodation. Absences of less than 5 days may be reported using the McMaster Student Absence Form (MSAF) at http://www.mcmaster.ca/msaf

If you are unable to use the MSAF, you should document the absence with your faculty office. In all cases, it is YOUR responsibility to follow up with me immediately to see if an extension or other accommodation will be granted, and what form it will take. There are NO automatic extensions or accommodations. The University provides a variety of support services to help students manage their many demands. Reference librarians can provide invaluable research assistance. The Student Accessibility Services Centre (SAS) provides assistance with personal as well as academic matters. http://sas.mcmaster.ca/ Students who are having academic problems (understanding course content, writing exams, tutorial participation, or researching/writing class assignments), please contact me so we can work together to identify and fix the problem.

Please Note the Following Policies and Statements:

Academic Dishonesty

You are expected to exhibit honesty and use ethical behaviour in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behaviour can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: "Grade of F assigned for academic dishonesty"), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at www.mcmaster.ca/academicintegrity

The following illustrates only three forms of academic dishonesty:

1. Plagiarism, e.g. the submission of work that is not one’s own or for which other credit has been obtained.
2. Improper collaboration in group work.
Email correspondence policy

It is the policy of the Faculty of Humanities that all email communication sent from students to instructors (including TAs), and from students to staff, must originate from each student’s own McMaster University email account. This policy protects confidentiality and confirms the identity of the student. Instructors will delete emails that do not originate from a McMaster email account.

Modification of course outlines

The University reserves the right to change dates and/or deadlines etc. for any or all courses in the case of an emergency situation or labour disruption or civil unrest/disobedience, etc. If a modification becomes necessary, reasonable notice and communication with the students will be given with an explanation and the opportunity to comment on changes. Any significant changes should be made in consultation with the Department Chair.

McMaster Student Absence Form (MSAF)

In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar Requests for Relief for Missed Academic Term Work. Please note these regulations have changed beginning Fall 2015. You can find information at mcmaster.ca/msaf/. If you have any questions about the MSAF, please contact your Associate Dean's office.

Academic Accommodation of Students with Disabilities

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140 ext. 28652 or e-mail sas@mcmaster.ca. For further information, consult McMaster University's Policy for Academic Accommodation of Students with Disabilities.

Academic Accommodation for Religious, Indigenous and Spiritual Observances

Students requiring academic accommodation based on religion and spiritual observances should follow the procedures set out in the Course Calendar or by their respective Faculty. In most cases, the student should contact his or her professor or academic advisor as soon as possible to arrange accommodations for classes, assignments, tests and examinations that might be affected by a religious holiday or spiritual observance.

Topics and Readings:

Each week you will be reading both the required Secondary (marked by a #) and Primary (*) Source Readings. You will also be filling out and handing in a Readings Activity Sheet for certain assigned Secondary Source (#) readings every week; blank Readings Activity Sheets are available on the ATL.

WEEK-BY-WEEK STUDY GUIDE FOR LECTURE, TUTORIAL AND ASSIGNMENTS: Any changes to this study guide and list of lecture topics will be posted on the Hist 3S03/Kin 3A03 ATL, if changes are needed. Each week will consist of a lecture on Monday, and one tutorial class (Tues or Thurs). For each tutorial class students will take turns being their group’s facilitator, creating the readings questions and leading their group’s discussion of a particular reading. Student facilitators will take turns submitting a predetermined number of Readings Questions by email to me (bouchier@mcmaster.ca) by 5 pm the night before the first tutorial of the week (e.g., Mon 5pm). I will collate the questions and post them by 9 pm that night on ATL. Students bring the posted questions to tutorial and will work in small groups (max 5 students per group) to discuss the readings every week, answering the study questions and building their notes about the discussions for exam preparation since some exam questions will be related in some way to these study questions.

Week 1    Tues 6 Sept. Thurs 8 Sept   Exercise, Sports Medicine, and the Past Introduction to the course. Class
lectures are normally held on Mondays.

1.1 Jack Berryman, Exercise is Medicine: A Historical Perspective.

1.2 Students will familiarize themselves with the Hist 3S03 (Kin 3A03) Avenue to Learn [A2L] website and will sign up online for either a Tues or a Thurs tutorial time slot. Spaces are limited. First come first served.

Week 2  12, 13, 15 Sept.  Humoral Theory, Ex and Med in the Ancient World

2.1 Porter, Antiquity;

2.2 *Diagrams: Humoral System; Humoral Spirits;

2.3 *Hippocrates, A Regimen for Health.

Week 3  19, 20, 22 Sept.  Medieval and Renaissance-era Anatomy and Health Regimens

3.1 Jacalyn Duffin, The Fabricated Body: History of Anatomy;

3.2 Christobel Mendez, Chap Eleven: On the Great Profits..., Chap Seven: How Those Who... (1553);

3.3 *The School of Salerno. (Regimen Sanitatis Salernitatum 15th c. CE).

Week 4  26, 27, 29 Sept.  Enlightenment-Era Physiology, Scientific Systems of Exercise

4.1 Jacalyn Duffin, Interrogating Life: History of Physiology;

4.2 Hoffman, Of health, life, proportion, and nature. (1695);

4.3 Pugh, Introd; Chap III (1794);

4.4 Buchan, Chapter 5: Of Exercise. (1769;1790 ed.).

Week 5  3, 4, 6 Oct.  19th Century Gymnastics/Exercise Systems

5.1 Carolyn de la Pena, Dudley Allen Sargent: Health Machines and the Energized Male Body;

5.2 Physical Training: A Full Report of the Papers and Discussions (1889);

5.3 Lewis, Preface, Contents of The New Gymnastics (1862);

5.4 * Posse, Preface, Contents, Synopsis Chart of The Special Kinesiology of Ed. Gymnastics (1884);

5.5 * Sargent, Preface, Contents of Physical Education (1904).

Week 6  10, 11, 13 Oct NO CLASSES mid term break

Week 7  Mon 17 Oct Exam [location to be announced]

Tutorials - Tues 18, Thurs 20 Oct Exercise, Sport, and Training Regimens

7.1 Park, Athletes and their Training in Britain and America, 1800-1914;

7.2 - items 6.A - 6.F  *The Instructor will assign each student group with one primary source book [items 6.A - 7.F available on ATL] for analysis. Each small group will discuss their assigned reading and then report back to their entire tutorial class about their particular volume. The books are on the ATL in their entirety so that you can browse through and get the gist of them, however you are responsible for reading only for the pages listed on ATL for your particular book:
Week 8        24, 25, 27 Oct. Gender and Exercise Prescription
8.1 #Verbrugge, Gender, Science & Fitness;
8.2 *U.S. Public Health Services, Healthy Happy Womanhood (1920);
8.3 *Bell, A Doctor Answers Some Practical Questions on Menstruation. (1955).

Week 9        31 Oct Fit: Episodes in the History of the Body Part I [film]
Tutorials - 1, 3 Nov Assignment #1 Peer Review; Assignment #1 due at the beginning of tut class

Week 10       7, 8, 10 Nov. Ass #1 Final version due at Mon lecture class; Quackery(?): Food and Ex Fads
10.1 #Mrozek, The Scientific Quest for Physical Culture;
10.2 *Westfeld, Diet and Morals; Fletcherism. (1909);
10.3 *Ruddick, Vigorous Manhood; Self-Pollution. (1934).

Week 11       14, 15, 17 Nov. The ‘science’ of body types and ‘normalcy’
11.1 # Vertinsky, Weighs and Means;
11.3 * F.W. Cozens. Introduction and Chapter I.

Week 12       21 Fit: Episodes in the History of the Body Part II [film]
Tutorials - 22, 24 Nov Assignment #2 Peer Review; Assignment #2 due at the beginning of tut class

Week 13       28, 29 Nov, 1 Dec From Fatigue to Fitness
13.1 * PCYF, Youth Physical Fitness (1961);
13.2 * RCAF, 5BX Plan for Physical Fitness (1962);
13.3 * RCAF, XBX Plan for Physical Fitness (1962).

Week 14       5 Dec Final Overview No tutorials this week.
Final Examination - date TBA by Registrar’s office