

CURRICULUM PROPOSAL FORM #3
University of Wisconsin-Whitewater

NEW COURSE

COURSE NUMBER: 448 - 463 / 663

EFFECTIVE TERM: Spring 2000

CROSS LISTED NO.: _____ - _____ / _____

COURSE TITLE: Children and Sports

15 CHARACTER ABBREVIATION CHILDRENSPORT

25 CHARACTER ABBREVIATION CHILDRENAANDSPORT - - - - -

SPONSOR(S): Dianne Jones

DEPARTMENT(S): Health, Physical Education, Recreation and Coaching

COLLEGE(S): Education

CHECK IF THE COURSE IS TO MEET ANY
OF THE FOLLOWING REQUIREMENTS:

- Writing Requirement
 Diversity Requirement
 General Studies, Area: _____
 Computer Requirement

CONTACT HOURS/CREDITS
Total Lecture Hours 48
Total Lab Hours _____
Total Contact Hours 48
Number of Credits 3

IS THE COURSE REQUIRED IN:

IS THE COURSE REPEATABLE: YES _____, NO X

Major, _____ No. of Times in Major _____ and No. of Credits _____
Minor, _____ No. of Times in Degree _____ and No. of Credits _____
Emphasis, _____

ATTACH THE FOLLOWING:

- I. COURSE JUSTIFICATION
- II. RELATIONSHIP TO PROGRAM OBJECTIVES
- III. BUDGETARY IMPACT
- IV. PROGRAMS AFFECTED IN OTHER ACADEMIC UNITS
- V. COURSE DESCRIPTION
- VI. REQUISITES
- VII. TENTATIVE COURSE SYLLABUS
- VIII. BIBLIOGRAPHY

CHILDREN AND SPORT

I. COURSE JUSTIFICATION

Currently one of the problems identified in sport and athletics is the nature of competitive sport programs for children. The course is needed to address the issues and concerns cited in the literature so that future professionals can address the problem areas in the applied setting. Furthermore, the course is needed to explore alternative types of activity programs that are sensitive to the developmental processes of children.

II. RELATIONSHIP TO PROGRAM OBJECTIVES

The coaching minor was recently revised and it now allows students to select electives that are related to their professional objectives. As a result, the Department of Health, Physical Education, Recreation and Coaching has developed several courses to address issues in competitive sport and athletics. The course relates to the broad preparation of coaching professionals at the undergraduate level. This course will provide students with the opportunity to learn about the nature and problems of children in sport.

III. BUDGETARY IMPACT

No additional financial resources or staff members will be necessary to accommodate this proposal. The department will adjust internally to teach the course.

IV. PROGRAMS AFFECTED IN OTHER ACADEMIC UNITS

None

V. COURSE DESCRIPTION

Explore the historical perspective and the present controversy surrounding the involvement of children in competitive sport. Future directions for competitive sport for children will be a major focus.

VI. REQUISITES

None

VII. TENTATIVE COURSE SYLLABUS

Course Objectives:

The course is designed to meet the following objectives:

- A. To provide the students with a historical perspective on the involvement of children in sport.
- B. To explore the issues relative to the involvement of children in sport.
- C. To explore future directions of children in sport.

Tentative Course Syllabus:

- A. Historical perspective and the present controversy
 1. Rise of boys' sports 1900-1970
 2. Highly competitive sports for American children
 3. Patterns of participation and attrition
- B. Understanding competition from a theoretical perspective

- C. Readiness for sport participation
 - 1. Concept of readiness applied
 - 2. Critical periods as optimal readiness
 - 3. Psychological considerations
- D. Anatomical and physiological concerns
 - 1. Growth and maturation
 - 2. Physiological and skeletal issues
 - 3. Strength training
 - 4. Overuse issues
- E. Psychological issues
 - 1. Social evaluation and the competition process
 - 2. Perceived competence
 - 3. Enhancing the experience
 - 4. Relationship between knowledge and skill
 - 5. Competitive anxiety
 - 6. Moral development
- F. Influence of the social milieu
 - 1. Family and gender-based
 - 2. Parental
 - 3. Peers
 - 4. Coach
 - 5. Media
- G. Developing youth sport programs
 - 1. Philosophy and objectives
 - 2. Managing coaches and parents
 - 3. Managing risks, finances, and events
- H. Future directions
- I. Course evaluation:
 - 1. Two written tests
 - 2. Observation project
- J. Graduate requirement
 - 1. Graduate students will prepare a plan for implementing changes in a existing youth sport program

VIII. BIBLIOGRAPHY

- American Sport Education Program. *Sportparent*. Champaign, Illinois: Human Kinetics.
- Brown, E., Branta, C. (ED) (1988). *Competitive sports for children and youth: A review of research and issues*. Champaign, Illinois: Human Kinetics. *
- DeKnop, P. (ED) (1996). *Worldwide trends in youth sports*. Champaign, Illinois: Human Kinetics. *
- Magill, R., Ash, F. & Smoll, F. (1982). *Children in sport*. Champaign, Illinois: Human Kinetics. *
- Martens, R. (1981). *Coaching young athletes*. Champaign, Illinois: Human Kinetics. *

- Martens, R. (1978). *Joy and sadness in children's sports*. Champaign, Illinois: Human Kinetics.
- Martens, R. (1995) *Youth sportdirector guide*. Champaign, Illinois: Human Kinetics.
- McInally, P. (1988). *Moms and dads, kids and sports*. New York: Scribner's.*
- Morris, G.S. (1980). *How to change the games people play*. Minneapolis, Minnesota: Burgess.*
- Smoll, F. & Smith, R. (ED) (1996). *Children and youth in sport: Biopsychological perspective*. Madison, Wisconsin: Brown & Benchmark.*
- Weiss, M. & Gould, D. (1986). *Sports for children and youth*. Champaign, Illinois: Human Kinetics.*

* References found in the UW-Whitewater library