

HHP 218 : SOCIOCULTURAL DIMENSIONS OF PHYSICAL ACTIVITY

Transcript title

Sociocultural Dimensions of PA

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Course Description

Explores the complex relationships between sport, physical activity, and society through a sociological lens. Students will critically examine how cultural, economic, political, and institutional forces shape and are shaped by physical activity and sport. Topics include socialization, youth sports, deviance, violence, gender, race, class, media, religion, sustainability, and the future of sport. Emphasis is placed on developing critical thinking skills, understanding diverse perspectives, and analyzing contemporary issues to foster inclusive and equitable practices in physical activity settings. Students will engage in reflective inquiry, collaborative discussions, and applied projects to connect theory with real-world experiences.

Course learning outcomes

1. Identify key cultural traditions and practices related to kinesiology and physical activity across diverse communities including race and social class.
2. Analyze humanistic, cultural, and social perspectives through case studies in health and physical activity contexts.
3. Evaluate the role of major social institutions in promoting or hindering physical activity behaviors.
4. Design inclusive and equitable physical activity strategies that address disparities.
5. Identify and discuss patterns of social inequality in physical activity participation across the lifespan.
6. Reflect on one's own positionality and its influence on sustainable interactions in physical activity environments.

Content outline

1. Introduction to Sociology of Sport
2. Sports and Socialization
3. Youth Sports and Deviance in Sports
4. Violence in Sport, Gender and Sport
5. Race and Social Class
6. Inclusion, Disability, and Intersectionality
7. The Impact of Sports on the Economy, Media, and Politics

8. The Impact of Sports on Education
9. Culture and Religion
10. The Future of Sports
11. Physical activity and chronic disease

Required materials

See syllabus for required materials.

General education/Related instruction lists

- Human Relations
- Social Science
- Health