

Introduction to Sports Science I

Syllabus Number

SPS-103

Compulsory Elective

2 credit

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1. Course Description

This course aims to study about the history and basic theory of competitive sports in the Western world- from ancient Greek religious ritual and simple tribal contests to highly organized modern spectacles. You may understand that if ancient Greece is considered the birthplace of organized athletics and Great Britain the cradle of modern games, today the United States is the exemplar of the best and worst tendencies of modern sports. The course will also cover the basic understanding of the amateurism and see case studies of successful professional sports leagues.