School of Human Movement and Exercise Science

Unit Outline

Sport and Spirituality
HMES 3304

Semester: 2

Campus: Crawley

Unit Coordinator: Rev Canon Richard Pengelley

This outline is the currently available version for this unit. Detailed information on unit content and assessment may undergo modification before the time of delivery of the unit. For the most up to date information students must consult material supplied to enrolled students by the unit co-ordinator.

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Introduction
This unit examines the potential links between sport and spirituality. From the ancient Olympics to the contemporary phenomena of professional teams providing sports chaplains, the connections between sporting and religious rituals, beliefs, values and hero-making are studied. Whether sport has become a religion or form of religious expression; and the implications for individuals, communities and even nations will be investigated. Critical thinking and analysis are essential for this unit but no religious affiliation is necessary. It will provide helpful background for future teachers (especially in the Year 11 and 12 PE components related to the socio-cultural influences on physical activity), psychologists, and recreation and health management consultants.

Broad learning outcomes

<table>
<thead>
<tr>
<th>Forum</th>
<th>Outcomes</th>
<th>Opportunity to Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge and Understanding:</td>
<td>Students will be able to recall, analyse, apply and integrate key knowledge and concepts about:</td>
<td>Exam, Assignment work, Tutorial participation and Tutorial presentations</td>
</tr>
</tbody>
</table>
| Lecture/ Tutorial | ♦ The potential connections between sport and spirituality  
♦ The implications of these connections for spectators, athletes and communities  
♦ The "ritualisation" of sport and its religious origins in different cultures  
♦ Ethics in sport, particularly where they are reinforced by religion, but also where they clash with spiritual values  
♦ The phenomena of hero making in sport and the media's role in that process  
♦ The role of spirituality in teaching, coaching and the "well-being" of students, teams and athletes  
♦ The growth of the sports chaplaincy movement; its origins, goals and implications |                                                                                       |
<p>| Skills &amp; Abilities:                                                                                                   |                                                                                       |                                                                                       |
| Tutorials       | ♦ Presenting an argument                                                                                                                                  | Tutorials &amp; presentations                                                                                             |
| Assignment      | ♦ Researching a special interest topic (involving the use of library and internet search skills)                                                   | Written Assignment                                                                                                    |
| Written &amp; oral work | ♦ Critical analysis and understanding of different points of view on key issues, opinions and concepts                                             | Exam/Tutorial                                                                                                         |</p>
<table>
<thead>
<tr>
<th>Field work/research</th>
<th>• Interviewing techniques (optional)</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignment work</td>
<td>• Ability to present information through a variety of media (eg: verbal, power point, other IT)</td>
<td>Tutorial, assignment</td>
</tr>
<tr>
<td>Exam</td>
<td>• Factual recall and reasoned arguments</td>
<td>Exam paper</td>
</tr>
<tr>
<td>Field work</td>
<td>• Analysing a sporting event and its ritual components</td>
<td>Assignment research</td>
</tr>
<tr>
<td>Tutorials, research</td>
<td>• Interpersonal skills, especially in the area of understanding and valuing others opinions</td>
<td>Tutorial discussions, written work</td>
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**An appreciation of:**

Lectures/Tutorials: The possible links between sport and spirituality in the fields of history, sociology, psychology, ethics and theology but equally the chance to argue that the links are tenuous. Also to acknowledge the wide diversity of opinions in each of the areas of study in this field.

**Exposure to:**

Lectures & field work: Leading exponents and experts/professionals in the fields of sport and spirituality

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**Advisable prior study**  NIL

**Technical Requirements**  NIL

**Software Requirements**  NIL

**Contact details**


Name of Unit coordinator: Reverend Canon Richard Pengelley

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Fax: 6488 1039

Consultation hours: By appointment; Mondays, Tuesdays and Thursdays are best
### Unit structure summary

**Lectures**  2 per week

**Tutorials**  1 per week

**Topics**: Lectures will be held in Seminar Room 1 on Thursdays from 4-6 pm. A Tutorial will follow the lectures and a second tutorial time might be offered if necessary.

*NB: Pre-reading requirements are all chapters or articles.*

<table>
<thead>
<tr>
<th>Lecture / Tutorial</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1–2, 26/7</td>
<td>Overview of unit, expectations, requirements and introduction to the potential links between Sport and Spirituality (after defining them)</td>
</tr>
</tbody>
</table>

**TUTORIAL 1 (26/7)**; Sort out tutorial groups, consideration of possible assignment choices, DVD excerpts (eg: *Remember The Titans*) as intro to topic

| 3–4, 2/8          | Continue general overview; **pre-read** pts 1&3 *Sports as Religion* and *Religion in Sport* (Hoffman, 1992) as well as Lawrence’s *Emergence of Sport and Spirituality in Popular Culture* and Obare’s *Can Sports Exist Without Religion?*

**TUTORIAL 2 (1/8 or 2/8)**; Finalise assignment topics, discuss at Coakley’s chapter *Sport and Religion, Is it a Promising Combination* and Prebish’s *Religion and Sport; Meeting of the Sacred and Profane* together. Is there and established link, even dependence, between Sport and Spirituality?

| 5–6, 9/8          | Historical overview with special emphasis on Ancient Olympic Games. **Pre-read** Guttman’s *Ritual to Record*, Instone’s *The Olympics: Ancient vs Modern* and Mechikoff’s *Peace Through Sport & Religio Athletae.*

**TUTORIAL 3 (8/8 or 9/8)**; **pre-read** Stack’s *Olympics are Rooted in Religion* and re-cap Ancient Olympics. 1st student 10 min presentations

| 7–8, 16/8          | Modern Olympics and spirituality; **pre-read** Baker’s *If Christ Came to the Olympics*, Durantez’s *Olympic Torch* and Godwell’s *Sporting Symbolism on the International Stage* |

**TUTORIAL 4 (15/8 or 16/8)**; video/DVD clip of Modern Olympics ceremonies, re-cap connections, then 10 min student presentations.

| 9–10, 23/8          | Guest lecture; Archbishop Roger Herft on a theology of Sport and Spirituality. 2nd lecture on history of sport in the Christian era to the 19th century, leading to development of notion of “Muscular Christianity” (**pre-read** Watson’s *Development of Muscular Christianity* and Ladd’s *Muscular Christianity*) |
TUTORIAL 5 (22/8 or 23/8); DVD clip and discussion from Chariots of Fire on muscular Christianity, more 10 min student presentations

NO CLASSES WEEK 6; Richard away at inaugural world conference for SPORT AND SPIRITUALITY, suggested reading & assignment preparation.

11-12, 6/9 Evangelism in sport, sports chaplaincy scene, faith, superstition and sport. Pre-read Enger’s Should Sports be Used as a Tool for Ministry? and Hoffman’s Evangelicalism and Revitalisation of Religious Ritual in Sport

TUTORIAL 6 (5/9 or 6/9); Re-cap sports evangelism, look at Australian Sports Chaplaincy information, UK Christians in Sport, US Chaplaincy scene plus student presentations.

13/9 STUDY BREAK

13-14, 20/9 Guest lecture; Dr Neale Fong (chaplain to West Coast Eagles) on history and practicalities of sports chaplaincy. Begin study of sports sociology. Pre-read Eitzen and Sage’s seminal chapter in Sociology of Nth American Sport

TUTORIAL 7 (19/9 OR 20/9); continue sociology, look at Womack’s Why Athletes Need Ritual what is ritual and why we seem to need it, plus student presentations.

15-16, 27/9 Continue sociological look at sport and spirituality, especially rituals and what sport means to society (parallels to religion, Eitzen and Sage cont.)

TUTORIAL 8 (26/9 or 27/9); more study of ritual (eg; AFL grand final this week), check on major assignment progress; ask students to make note of/diarise any religious metaphors used in media in grand final week.

17-18, 4/10 Ethics in sport; what sporting ethics parallel spiritual ones and which clash? What happens to ethics as sport becomes more professional? Pre-read Hoffman’s Part 4, Sport, Religion and Ethics, Flake’s Spirit of Winning & McIntosh’s Fair Play

TUTORIAL 9 (3/10 or 4/10); Student presentations, some sports ethics role plays, look at clashes with religious values

19-20, 11/10 Guest lecture; Margaret Court (tennis legend and Christian pastor). Start looking at psychology; sport, spirituality and wellness/well-being. Role of prayer; pre-read Hoffman’s Part 2, Sport as Religious Experience and Aitken’s Sport, Religion and Well-Being
TUTORIAL 10 (10/10 or 11/10); Pre-read Watson and Nesti’s *Role of Spirituality in Sport Psych,* and Lee’s *Prayer in US Scholastic Sport.* Discussion of sports psych, personal techniques, possible spirituality in the area (eg; meditation, visualisation, hypnosis)

**21-22, 18/10**

Theology in sport; sport as a religious experience, sport as a natural religion, sense of the sacred in sport. Pre-read Novak’s *Natural Religion* and Hoffman’s *Recovering a Sense of the Sacred in Sport.*

**WRITTEN ASSIGNMENT DUE**

TUTORIAL 11 (17/10 or 18/10); Use Saint Sing’s *Spirituality of Sport; Balancing Body and Soul* and Ryan’s *Wellness, Spirituality and Sports* to lead discussion on links between exercise, health, spirituality and wellness

**23-24, 25/10**

The Australian scene; why is sport SO important in Australian society? Media role, heroes and icons. Pre-read articles on *An Australian Male Spirituality,* *This Rich Sporting Life,* *C’Mon Aussie,* *C’Mon* and *Anzac Ideal in Sport* as well as the last few pages in Hugh Mackay’s chapter; *Spirituality or Sport?*

**UNIT REVISION**

TUTORIAL 12 (24/10 or 25/10); Re-cap on Australian context. Brief look at hero-making. Ultimately, CAN sport be a religion or spirituality? (pre-read Chandler’s *Sport is Not a Religion,* glance at Crust’s *Challenging the Myth of a Spiritual Dimension to Sport* and Sellick’s *Olympics; Celebration of Human Spirit but not a Religion*?)

**References, resources and reading materials**

COURSE READER and the following resources available in the library;


**Assessment Details**

<table>
<thead>
<tr>
<th>Assessed Work</th>
<th>% mark</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam</td>
<td>40</td>
<td>End of semester</td>
</tr>
<tr>
<td>Assignment</td>
<td>40</td>
<td>2 weeks before the end of semester</td>
</tr>
<tr>
<td>Tutorial attendance and contribution</td>
<td>10</td>
<td>Throughout semester</td>
</tr>
<tr>
<td>Individual presentation</td>
<td>10</td>
<td>Throughout semester</td>
</tr>
</tbody>
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**Suggested Assignment Fields**

*(specific topics are to be presented by week 2).*

*The assignment is to be in the form of a 2000-2500 word written paper or can be negotiated in other equivalent formats or even media. Extra articles and resources will be made available once the choice of assignment is made.*

- Is sport a religion or religion a sport?
- Inter-workings of race, religion and sport
- Link between spirituality and the martial arts
- Spirituality and the classroom (especially PE teaching, sport in religious based schools)
- Prayer and sport
- The nature of ritual and its role in sport and religion (eg; attending a game and recording and analysing ritual practices)
- Indigenous culture, spirituality and sport
- Other faiths; eg; Islamic soccer leagues, outdoorsy Jews (see articles)
- Personal spiritual practices and sport, meditation
- Interviewing athletes/coaches/spectators and asking their views on the links between sport and spirituality
- Personal journal/diary of sporting and spiritual practices with some critical analysis
- Ethical issues (eg; the challenge of professionalism/win at all costs attitude to “religious” athletes in particular)
- Philosophy of religion and where sport fits or doesn’t fit
- Sporting parochialism (eg; in soccer in Australia)
- Religious history of some Australian sporting clubs and athletes
- Can God be on my/my team’s side
- Compare and contrast the American and Australian sport and spirituality scenes
- Towards a Christian play ethic (see article)
- Media critique of issues such as hero/god making or extensive use of religious metaphors in sports journalism
- Spirituality and the body, bodyism, body worship, well-being/wellness
- **OTHER FIELDS OR TOPICS BY NEGOTIATION.**
10% Individual Presentation is to be shared in a tutorial. It is to be a maximum of 10 minutes in length and may involve a variety of media. It may also be related to the major assignment or can be on a different topic. A brief summary (of one page maximum) must be submitted.

Exam; There will be a 2 hour exam during the exam period where students will be expected to write 3 essays from a wider selection.

Web CT; to be discussed at 1st lecture

Plagiarism

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http://www.secretariat.uwa.edu.au/__data/page/20839/StuMiscondInfo.rtf

http://www.teachingandlearning.uwa.edu.au/tl/academic_conduct

When you obtain authority to log in to the unit website, you will see an online module on academic conduct which you are strongly advised to complete in your own time.