ARCADIA UNIVERSITY
THE COLLEGE OF GLOBAL STUDIES

**Arcadia University January Term Program**
**The Power of Australian Summer:**
**Integrating Sport, Culture and Society**
**Program Schedule**

This daily outline is subject to minor changes due to unforeseen circumstances such as weather, flight delays, etc. Lectures outlined in the **syllabus** are an integral part of this course and will be conducted at appropriate times and locations.

**Day 1**
Students arrive in Sydney and begin an orientation program and course introduction. We stay in hostel accommodation.

**Day 2**
Orientation continues including city, harbor and Manly beach tours. The lecture program begins.
**Lectures**: *The hierarchical nature of sport in Australia; Australian Beach Culture*
Evening free to explore Sydney.

**Day 3**
**Student seminar**: "Surf Lifesaving – The development of an Australasian sport"
**Lecture**: *Sport and regional/national identity*
Introduction to cricket and test match excursion.

**Day 4**
**Student seminar:** "Australia – A sporting nation"
Visit to Sydney Olympic Stadium.
Afternoon free time/Academic consultation

**Day 5**
Fly to Melbourne and stay in hostel accommodation. Cultural tour of the city including its sporting icons.
**Student seminar:** "Sport in Australia"
**Lectures**: *Sport education in Australia; The development of meaning in sport and recreation in Australia*

**Day 6**
**Lecture**: *Sport and the media*
Students will have the opportunity to learn some of the practical skills and strategies of netball and rugby.
**Student seminar:** "Big Business"

**Day 7**
Student free time for research, library visits, paper and presentation consultation.

**Day 8**
**Lecture:** *Women's sport and recreation in contemporary Australia*
**Student seminar:** "Women's Sports and Embodiment in Australia and New Zealand"
Academic consultation and visit to the MCG and Sports Museum.

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**Day 9**
Visit professional training session and practical skills session for Australian Rules Football.
**Lecture**: *AFL in Australia*
Academic consultations/Free time

**Day 10**
**Lecture**: *The globalization and commercialization of sport in Australia*
Tour of the Victorian Institute of Sport.

**Day 11**
Student Presentations – First round
Excursion preparation

**Day 12**
Fly to Canberra and stay at the Australian Institute of Sport. Afternoon City tour and at leisure to visit Parliament and museums

**Day 13**
AIS Tour.
**Lectures**: *Sports psychology in the preparation of elite athletes*; *Biomechanics in the preparation of elite athletes*
Get active – social sport.

**Day 14**
**Lecture**: *Nutrition in the training of elite athletes*
Fly back to Melbourne.

**Day 15**
Free time to prepare seminars

**Day 16**
**Student seminar:** "Discovery Methods in Outdoor Education"
**Lectures** : *Theoretical approaches to the use of nature in recreational activities; Sport in Colonial Australia*
Student presentations
Excursion preparation

**Day 17**
A full day excursion to Rumbalara Aboriginal Cooperative Academy of Sport, Health and Education in Shepparton. Overnight in Shepparton.
**Lectures**: *Sport in pre-colonial Australia; Contemporary Indigenous sport and recreation*
Indigenous Games practical

**Day 18**
Drive to Grampians National Park and take tour of Park Headquarters and Aboriginal Museum. Introduction to Australian flora/fauna and hiking in the bush. Overnight in Hall's Gap.

**Day 19**
Drive to the Great Ocean Road visiting rural sports/recreational facilities en-route. Tour of Port Campbell National Park. Overnight in Port Campbell.

**Day 20**
Tour of Great Ocean Road and Coastal national parks and recreation perspectives. Introduction to temperate coastal rainforest on bush hike, recreational opportunities and use. Overnight in Torquay.

**Day 21**
Visit to Australian Surfing Museum to learn about professional and amateur surf and beach culture. Practical introduction to surfing. Drive back to Melbourne. Course review and final student presentations. Farewell dinner.

**Day 22**
Fly back to USA