

TRINITY WESTERN UNIVERSITY

TRAVEL STUDY TO

TOKYO

ALL MAJORS

JULY 2020



TOKYO 2020



Experience the excitement of the Olympic Games.

Travel with us to Seoul, Korea. You'll visit amazing cultural sites and learn about the significant role Seoul played in Olympic history. You'll also travel to Tokyo, Japan, and attend the 2020 Olympic Games. Discover some of the most significant social and sporting events in the world today!



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ACTIVITIES AND HIGHLIGHTS:

Seoul Korea – Olympic Park. Gyeongbokgung Palace. Demilitarized Zone. Tokyo, Japan – Olympic sporting events. Sumo demonstration. Asakusa area. Tokyo Skyree - Mount Fuji and other sites in Tokyo.

COURSES

FNDN 201 IDEAS THAT INSPIRE

A “big question” launches students into foundational inquiries from various disciplines and perspectives. The instructor provides an overview and background for each prompt and highlights the method of inquiry. Building on this, students work together with the guidance of the instructor to explore, discuss, and analyze documents, speeches, artifacts, performances, and arts (ancient through contemporary) that create an intersection of voices. Students develop their own conclusions on the answer to the central question. **PREREQUISITES: None.**

HKIN 340/PSYC 360 SPORTS PSYCHOLOGY

The need for and purpose of psychology in sport and physical activity. An examination of the research focusing on psychological and social psychological factors influencing athletic and motor performance. Students will meet with Australian sport experts and sport psychologists in different cities. **PREREQUISITES: Third year standing or instructor permission.**

HKIN/SOCIO TR 325 SOCIOCULTURAL ASPECTS OF SPORT

This course is an examination of the sociological and cultural dynamics of sport and the way that sport has become a socializing agent of society and culture. North American society is constantly being affected by sport

and leisure in either central or secondary ways. The course provides an examination and comparison of the sociological and cultural dynamics of sport and leisure between England, France and North America. Instructional experiences will consist of lectures and group discussions, special guest lectures, visits to sport sites, athletic training centers, sport events, and personal journaling. **PREREQUISITES: HKIN 195 and 2nd year standing or instructor permission.**

HKIN 396 TR THE OLYMPIC GAMES MOVEMENT

This course will be an examination of the historical, sociological and cultural foundations of the Olympic Games movement. This travel study course will focus on how the Olympic Games has evolved since ancient times and particularly the beginning of the modern Olympic Games in 1896. The course will also examine the bidding process for hosting the Olympic Games, the internal and external challenges and benefits of hosting an Olympic Games, and the legacy that is left after an Olympic Games is completed. Finally, students will be able to experience the Olympic Games in a firsthand way through the attendance of various events and activities associated with the 2020 Olympic Games in Tokyo. Classes will consist of lectures, group discussions, special guest lectures, and personal journaling. **PREREQUISITES: HKIN 195 and 2nd year standing or instructor permission.**

INSTRUCTORS



BLAIR WHITMARSH, Ph.D.

Blair holds a Ph.D in sport Psychology from the University of Alberta, is a member of the Canadian Sport Psychology Association and is the Dean of the School of Human Kinetics at Trinity Western University in Langley, British Columbia. Since entering the field of sport psychology 18 years ago, Blair has consulted with numerous provincial, national, and international athletes from the sports of ringette, hockey, baseball, volleyball, swimming, gymnastics, track and field, bodybuilding and dance. Currently, he is the sport psychology consultant for TWU's Sports Program.



JACK REIMER, M.Ed.

Jack holds a Master of Education in Sport Pedagogy from Western Washington University. He holds a Bachelor of Arts in Education with specialties in Physical Education, History and Psychology. Jack has experience as a Club Coach and as an instructor of the National Coaching Certification program.



LANA HIGGINBOTHAM

Lana is currently the Office and Project Manager at the School of Human Kinetics. She has worked at TWU for 15 years, and has experience going on various travel study trips with students. Lana will be the primary contact if anyone has any questions about the travel study.

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