



UNIVERSIDADE LUSÍADA  
LISBOA

Course Unit Program  
Sports Activities

Academic Year 2023/2024

**1. Organic Unit**

Faculty of Business and Economic Sciences

**2. Course**

Sport Organization Management

**3. Cycle**

1st

**4. Course Unit**

Sports Activities (C1104)

**5. Scientific Area**

**6. Curricular Year**

1st

**7. Type of Curricular Unit / Semester**

1st Semester



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#### 8. Class type and workload (work time)

Theoretical classes:

Practical classes:

Theoretical-Practical Classes 30,00

Tutorial Guidance: 20,00

#### 9. ECTS Credits

6,00

#### 10. Scientific Area Coordinator

#### 11. Regent

Prof. Doutora TATIANA BALTAZAR FAZENDA

#### 12. Assistants

#### 13. Teaching Language

Portuguese

#### 14. General Objectives

The general objectives of this subject are to provide students with technical-scientific skills in the area of sports activities, enabling them to develop physical activity programs both to promote health in populations and in terms of sports performance. It is intended to implement continuous learning, based not only on scientific knowledge, but complemented with the study of existing practical cases, providing students with skills for future integration in the labor market.

#### 15. Specific Objectives

Knowing the different sports modalities and activities and their main players, both in terms of leisure and in the context of high competition, as well as training students to promote and develop training and physical activity programs for different segments of the population.

#### 16. Skills to be acquired

It is intended that at the end of the 1st semester the student will be able to analyze, manage and effectively organize the fundamentals of sports activities as a leisure activity or competition.

#### 17. Teaching Methodology

Articulation between traditional and constructivist methodology focused on the transmission and construction of knowledge. Case studies, reflection on scientific articles, practical applications and pedagogical applications will be used.



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## 18. Course Unit Program

1. Introduction to the basic concepts of physical activities and sporting activities;
2. Well-being and physical activity;
3. Sport Concept;
4. Sports activities and their context and impact on society;
5. Historical perspective of the development of Sports Activities;
6. Sports disciplines;
7. Sporting and competitive levels - Leisure sporting activities vs Competition;
8. Those involved in sporting activities;
9. Promotion/publicity/development of sporting activities;
10. Conceptualization of training;
11. Conceptualization of sports performance;
12. Values and ethics in the sporting context;

## 19. Assessment Methods

Fundamental Elements of Evaluation:

- Group work;
- Intermediate tests;

Supporting elements for continuous evaluation:

- Small individual and group work carried out in class;
- Observation of the following behavior indicators:
  - a) Participation and adherence
  - b) Attendance and punctuality
  - c) Cooperation and interaction with classmates and teacher
  - d) Initiative for research
  - e) Motivation for self-discovery

## 20. Didactic Resources

Multimedia video projector; PC with office environment software; Copies of exercises and case studies; films and multimedia material.



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## 21. Sustainability Objectives

1. Quality health;
2. Quality education;
3. Partnerships for the implementation of objectives;

## 22. Keywords

- Sport;
- Sport Activities;
- Stakeholders in sport;
- Performance;



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### 23. Main Bibliography

Author(s): Teixeira, M.  
Title: Fundamentos do treinamento desportivo  
Edition: Year: 2017  
Local:  
Publisher: Londrina: Editora e Distribuidora Educacional S.A.

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Author(s): Hodges, N. & Williams, M. (Editor)  
Title: Skill Acquisition in Sport: Research, Theory and Practice  
Edition: 3 Year: 2019  
Local: England  
Publisher: Routledge

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Author(s): Masteralexis, L., Barr, C. & Hums, M.  
Title: Principles and Practice of Sport Management  
Edition: 6 Year: 2018  
Local: Burlington  
Publisher: Jones & Bartlett Learning

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### 24. Complementary Bibliography

Author(s): Kretchmar, R., Dyreson, M., Llewellyn, M. & Gleaves, J.  
Title: History and Philosophy of Sport and Physical Activity  
Edition: 1 Year: 2017  
Local: United States  
Publisher: Human Kinetics

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Author(s): Correia, A. & Biscaia, R. (Editores)  
Title: Gestão do Desporto: Compreender para Gerir  
Edition: 1 Year: 2019  
Local: Lisboa  
Publisher: Faculdade de Motricidade Humana

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| Ficha técnica MIP / MIP Datasheet |                                                                        |
|-----------------------------------|------------------------------------------------------------------------|
| Título / Title                    | Course Unit Program 'ACTIVIDADES DESPORTIVAS': Academic Year 2023/2024 |
| Autor / Author                    | Prof. Doutora TATIANA BALTAZAR FAZENDA                                 |
| Classificação / Classification    | -                                                                      |
| Descritores / Descriptors         | -                                                                      |
| Colaborador(es) / Colaborator(s)  | -                                                                      |
| Data Hora / Date Time             |                                                                        |
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