UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Sports Activities

Academic Year 2025/2026

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. Doutor TIAGO ANDRÉ FREIRE DE ALMEIDA

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.

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

- Identify the different types of sports activities (recreational, competitive, educational) and their main actors (participants, coaches, organizations, target audiences);
- Analyze the fundamentals of training and sports performance, recognizing their practical application in various contexts and modalities;
- Plan and propose physical and sports activities adapted to different target groups;
- Apply ethical, safety, and inclusion principles in the design, development, and management of spo

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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.

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.Adapted Sport ? Inclusion, adaptation, and classification Process;

8.Sporting and competitive levels - Leisure sporting activities vs Competition;

9.Those involved in sporting activities;

10.Promotion, publicity and development of sporting activities;

11.Conceptualization of training;

12.Conceptualization of sports performance;

13.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

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20. Didactic Resources

Didactic resources will include a multimedia projector, editing and presentation software (e.g., PowerPoint), printed exercises, case studies, selected scientific articles, educational films, and specialized audiovisual resources. The Moodle platform will be used to provide complementary materials. Whenever applicable, sports equipment and materials will also be used during practical sessions.

21. Sustainability Objectives

SDG 3 - Good Health and Well-being: through the promotion of physical activity and well-being, encouraging healthy lifestyles across different population contexts;
SDG 4 - Quality Education: through the acquisition of technical and scientific skills in the field of sport and physical activity;
SDG 17 - Partnerships for the Goals: by valuing teamwork and institutional cooperation, promoting collaborative dynamics in sports and academic projects and initiatives.

22. Keywords

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

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23. Main Bibliography

Author(s): L. P. Matvéiev
Title: Fundamentos do treino desportivo
Edition: Year: 1991
Local:
Publisher: Livros Horizonte
ISBN Code:

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

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

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
ISBN Code:

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
ISBN Code:

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'ACTIVIDADES DESPORTIVAS': Academic Year 2025/2026
Autor / Author	Prof. Doutor TIAGO ANDRÉ FREIRE DE ALMEIDA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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