UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Sports Activities

Academic Year 2024/2025

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.

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 and 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):	L. P. Matvéiev		
Title:	Fundamentos do treino desportivo		
Edition:		Year:	1991
Local:			
Publisher:	Livros Horizonte		

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

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		

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		

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 2024/2025
Autor / Author	Prof. Doutora TATIANA BALTAZAR FAZENDA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
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