



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Sports Activities

Academic Year 2026/2027

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 elite 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 and their main actors;
- 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 and inclusive principles within sports activities.

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. The concept of sport;
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

The General Regulations for the Assessment of Knowledge currently in force will apply. Under continuous assessment, oral contributions distributed throughout the teaching period and a final written test will be mandatory.

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



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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): Sherry, E., Schulenkorf, N., Phillips, P., & Rowe, K. (Eds.)
Title: Managing Sport Development: An International Approach
Edition: 2nd Year: 2024
Local: Reino Unido
Publisher: Routledge
ISBN Code: 978-1032300900

Author(s): Nash, C.
Title: Developing sport coaches
Edition: 1st Year: 2023
Local: New York
Publisher: Routledge
ISBN Code: 9781032169927

Author(s): Potteiger, J. A.
Title: ACSM's introduction to exercise science
Edition: 4th Year: 2023
Local: Philadelphia, PA
Publisher: Wolters Kluwer
ISBN Code: 978-1975176297

24. Complementary Bibliography

Author(s): Masteralexis, L. P., & Hums, M. A.
Title: Principles and Practice of Sport Management
Edition: 7th Year: 2024
Local: Burlington, MA
Publisher: Jones & Bartlett Learning
ISBN Code: 978-1284254303

Author(s): Hodges, N. J., & Williams, A. M. (Eds.)
Title: Skill acquisition in sport: Research, theory and practice
Edition: 3rd Year: 2020
Local: Abingdon, England
Publisher: Routledge
ISBN Code: 978-0815392842



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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'ACTIVIDADES DESPORTIVAS': Academic Year 2026/2027
Autor / Author	Prof. Doutora TATIANA BALTAZAR FAZENDA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
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Estatuto de utilização / Usage	Acesso público / Public Access
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