UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Complements of 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

Complements of Sports Activities (C1107)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd 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 TÚLIA RUTE MAIA CABRITA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Sports activities are influenced by factors that their knowledge can allow the sports manager to carry out his tasks with high effectiveness and efficiency. Thus, the objective of this curricular unit is to make known to students the complementary factors of sports activities that allow them to understand the sports activities inserted in sports organizations, guided by the existence of people with different characteristics and processes.

15. Specific Objectives

Knowing how to characterize the sporting level and situation when analyzing the socioeconomic and cultural involvement where a sports organization is inserted;
Develop promotion strategies both in terms of growth and development of sports in society;
Knowing different audiences and their basic characteristics.

16. Skills to be acquired

At the end of the curricular unit, the student should:
Know and analyze the sporting level, sporting situation and intervene in the face of development factors;
Structuring the organic of sports activities according to the characteristics of practitioners
understand sports performance according to the level and competitive level
Understanding the sports phenomenon from a community perspective to the Olympic movement

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17. Teaching Methodology

Articulation of the active method with the expository using the interrogative. Case studies, reflection on scientific articles, practical applications, pedagogical applications, role-play will be used.

18. Course Unit Program

1. The athlete's career, understanding models and determining factors
2. Participant protection processes: The Safeguarding
3. The objectives of sports activities: The dream and the victory
4. Women and their role in sport
5. Adapted sport: Specifics
6. The specificity of school sports: new possibilities
7. The Olympic movement
8. The sports show
9. Youth and community sport

19. Assessment Methods

Fundamental Elements of Evaluation:
- Group work
- evaluation tests
- individual work

Supporting elements for continuous evaluation

-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 projector; office software
Copies of exercises and case studies

21. Sustainability Objectives

Objective 3: Health and Quality
Reduce premature mortality from non-communicable diseases by one-third through prevention and treatment, and promote mental health and well-being.
Objective 4: Quality Education
Ensure that all learners acquire the knowledge and skills necessary to promote sustainable development, including but not limited to through education for sustainable development and sustainable lifestyles, human rights, gender equality.

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22. Keywords

Sport
Population
Olympism
Community

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23. Main Bibliography

Author(s): Andersen, S., Houlihan, B., & Ronglan, L. (Editores)
Title: Managing Elite Sport Systems: Research and Practice (Routledge Research in Sport Business and Manage
Edition: 1 Year: 2015
Local: England
Publisher: Routledge
ISBN Code:

Author(s): Dionigi, R., & Gard, M. (Editores)
Title: Sport and Physical Activity across the Lifespan: Critical Perspectives
Edition: 1 Year: 2018
Local: United Kingdom
Publisher: Palgrave Macmillan
ISBN Code:

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

24. Complementary Bibliography

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:

Author(s): Walton-Fisette, J. & Wuest, D.
Title: Foundations of Physical Education, Exercise Science and Sport
Edition: 19 Year: 2018
Local: New York
Publisher: McGraw-Hill Education
ISBN Code:

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Autor / Author	Prof. Doutora TÚLIA RUTE MAIA CABRITA
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