UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Sports Sociology

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 Sociology (C1123)

5. Scientific Area

6. Curricular Year

3rd

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 ISABEL CRISTINA DE SEIXAS PATRICIO DUARTE DE ALMEIDA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Understand the methods and approach of Sociology;
Recognise the relevance of Sports Sociology in analysing the sports phenomenon;
Apply social science theories and methods to the understanding of sport;
Critically analyse the relationships between Ethics, culture, economy and Sport in contemporary society.

15. Specific Objectives

Understand the role of episteme and paradigms in the construction of sociological knowledge, applying them to the analysis of Sports Sociology across different historical and theoretical contexts;
Deepen knowledge of the sports phenomenon in its multiple social, cultural, and economic dimensions;
Relate sociological facts and identify emerging trends in the field of sport;
Develop critical and reflective analytical skills through the design of sport empirical research proposals.

16. Skills to be acquired

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Identify and define fundamental concepts in Sociology and Sports Sociology
Critically explain the relationship between sports phenomena and social dynamics in Portuguese society
Apply sociological research methods in the collection and interpretation of sport-related data
Explain Sport as a Social phenomenon
Evaluate social/cultural trends associated with sport and its evolution in society
Reflect and relate in a reasoned manner on sport attitudes, values, and social representation

17. Teaching Methodology

The course adopts a methodology that fosters cooperative learning, interpersonal skills and autonomy. Students are expected to identify and explain concepts, analyse and organise scientific information, apply theories to the interpretation of sport-related phenomena, evaluate perspectives and produce critical syntheses through the collection, systematisation and presentation of academic articles.

18. Course Unit Program

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1. Sociology and objects of study
1.1 The importance of sociology as a science in analysing social behaviour in various dimensions (social, political, cultural, and sporting).
1.2 Common sense and scientific knowledge; criteria of sociological knowledge and the articulation of sociology with other sciences.
1.3 Methods and techniques in Sociology: observation, survey, interview, content analysis
1.4 Some basic concepts: norms, values and socialisation, deviance, stereotypes and discrimination, belonging and reference groups
2. Sport, Society and Culture
2.1 Sociological concept of sport
2.2 Sport as a social phenomenon
a) Contemporary phenomenon of the origins of society
b) Social meaning of sport
c) Pluralism of sociological thought in sport
d) Sport and social theories (Functionalist, Conflict, Critical, Interactionist and Feminist).
3. Sport and identity
3.1 Sport and the analysis of society
a) Trends in sport and the "cult" of the body; deviant behaviour and sport for social integration.
b) The social dimension of doping.
c) Cheerleading as a social phenomenon.
d) Socialisation, sports practice and sport culture values.
e) Behaviours of the various actors in the sporting context.
f) Sport and social relations of power, inequality and oppression.
g) Gender, Age and Social Stratification in Sport
h) Sport as a space for negotiation, emancipation and social contestation.
3.2 Relationship between the media and sport. Influence of sport on the media.
4. Sport as a Social Product
4.1 Sport, leisure time and Lifestyles in post-modern Societies.
4.2 Social determinants of sports supply and demand. Social classes and sports.
4.3 Emerging sports as alternatives to formal sports.
4.4 Sports demand of the Portuguese population: regularities and social and regional heterogeneity.
4.5 Sport as a Profession in Portugal
4.6 Influence of globalisation on sport

19. Assessment Methods

Two Tests. Weight: 50% each

20. Didactic Resources

Scientific articles, books and other information support material.
Audiovisuals (blackboard, video projector).
Multimedia/Hypermedia.
Upload of diverse information related to the programme contents and b-learning tutoring, through the MOODLE platform.

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21. Sustainability Objectives

SDG 4: Quality Education, taking into account the importance of Higher Education in the development of the person;
SDG 5: Gender Equality, taking into account the approach to gender inequalities;
SDG 10: Reduction of inequalities, by analysing the factors of social exclusion;
SDG 16: Peace, Justice and Strong Institutions, by valuing citizenship, inclusion, and a democratic culture in the sociological context.

22. Keywords

Sociology of Sport
Sport and Society
Culture and Sport
Sociology

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23. Main Bibliography

Author(s):	Tim Delaney and Tim Madigan		
Title:	The Sociology of Sports: An Introduction		
Edition:	3rd	Year:	2021
Local:	Jefferson, USA		
Publisher:	McFarland & Co Inc.		
ISBN Code:	9781476682372		

Author(s):	Otmar Weiss & Gilbert Norden		
Title:	Introduction to the Sociology of Sport		
Edition:	1st	Year:	2021
Local:	Vienna		
Publisher:	BRILL		
ISBN Code:	9789004464704		

Author(s):	Richard Giulianotti		
Title:	Sport: A Critical Sociology		
Edition:	1st	Year:	2015
Local:	Lisboa		
Publisher:	POLITY PRESS		
ISBN Code:	780745669922		

24. Complementary Bibliography

Author(s):	Sage, G. H., Eitzen, D. S., Beal, B., Atencio, M.		
Title:	Sociology of sport		
Edition:	12ª	Year:	2022
Local:	Oxford		
Publisher:	Oxford University Press		
ISBN Code:	0197622712		

Author(s):	Giddens, A.		
Title:	Sociologia		
Edition:	8ª	Year:	2010
Local:	Lisboa		
Publisher:	Fundação Calouste Gulbenkian		
ISBN Code:	9789723110753		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'SOCIOLOGIA DO DESPORTO': Academic Year 2025/2026
Autor / Author	Prof. Doutora ISABEL CRISTINA DE SEIXAS PATRICIO DUARTE DE ALMEIDA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
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