UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
DEMOGRAPHICS AND TERRITORIAL DYNAMICS

Academic Year 2025/2026

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

DEMOGRAPHICS AND TERRITORIAL DYNAMICS (L4503)

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:	30,00
Practical classes:	
Theoretical-Practical Classes	
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora VANDA SOFIA BRAZ RAMALHO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Identify the main demographic problems of contemporary societies and their challenges for social workers intervention.

15. Specific Objectives

- Know the demographic concepts and theories;
- Understand the essential population issues and their implications for the territory;
- Characterize the population structure and its movements;
- know the main transformations of occupation of the Portuguese territory and their implications on territorial competitiveness;
- Know and reflect on the contemporary demographic problems and analyses the challenges for social intervention.

16. Skills to be acquired

At the end of the semester, students should be able to draw a demographic profile by mastering some demographic calculation instruments. Should also be able to identify the major demographic and territorial dynamics of Portuguese society and its challenges for social intervention.

17. Teaching Methodology

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The syllabus will be exposed in theoretical classes. Exercises will be performed in practical classes (OT), analyzing and interpreting data or calculating population indices/rates. Results will be used in reflection on the demographic and territorial problems and challenges faced by modern societies.

18. Course Unit Program

I. INTRODUCTION TO DEMOGRAPHY: Object, basic concepts, sources and units of analysis

II. HISTORICAL NOTES ON DEMOGRAPHY
- 2.1. The evolution of demographic thinking
- 2.2. The demographic transition and the portuguese singularities
- 2.3. The world's population evolution

III. THE GLOBAL POPULATION STUDY
- 3.1. Elements and measures of demographic analysis
- 3.2. Demographic landscapes of the contemporary world
  - 3.2.1. Growth, population's structure, regional dynamics and current diversity
  - 3.2.2. The aging issue in Portugal and Europe
  - 3.2.3. Urbanization and its impacts

IV. CONJUGALITY, FAMILY AND PROCREATION
- 4.1. Families, conjugality, nuptiality and divorce
- 4.2. Birth rate and fertility
- 4.3. The low birth rates issue: Data on the situation in Portugal and Europe

V. MORTALITY AND LIFE EXPECTATION
- 5.1. Evolution, transformations, causes and factors of mortality decline
- 5.2. Life expectancy, social inequality and mortality
- 5.3. Data on mortality in Portugal, its regions, and European countries

VI. POPULATIONS MOBILITY
- 6.1. Essential concepts, trends and causes of migration flows
- 6.2. Analysis of migratory movements and tmeasuring tools
- 6.3. Information on Portugal, its regions and European countries

VII. DEMOGRAPHY, POPULATION, TERRITORIES AND SUSTAINABLE DEVELOPMENT: CHALLENGES FOR SOCIAL WORK
- 7.1. Demographic considerations on the sustainability of the planet and humanity
- 7.2. Brief analysis of the effects of the covid19 pandemic on Portuguese demography
- 7.3. Population, territorial and intervention challenges to Social work

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19. Assessment Methods

The elements of continuous evaluation are:
1. Two tests
2. A group presentation and participation
3. Other elements (class participation and participation in relevant extra-curricular activities

20. Didactic Resources

Audiovisual media (Data show/Power Point/Internet/videos)
Recommended Bibliography
Demographic statistics
Didactic games
Generative artificial intelligence Chats and personal assistants

21. Sustainability Objectives

The Study of demography and territorial dynamics is closely linked with human ecology, which is why it is related and collaborates in the fulfillment of several of the 17 sustainable development goals (SDG2030, UN):
2-Zero hunger and sustainable agriculture
3-Good Health and well-being
5-Gender equality
8-Decent work and economic growth
11-Sustainable cities and communities
12-Sustainable consumption and production

22. Keywords

Demography
Territorial Dynamics

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23. Main Bibliography

Author(s):	Nazareth, J. Manuel		
Title:	Demografia - A Ciência da População		
Edition:	2ª	Year:	2007
Local:	Lisboa		
Publisher:	Editorial Presença		

Author(s):	INE		
Title:	Retrato Territorial de Portugal		
Edition:	1ª	Year:	2019
Local:	Lisboa		
Publisher:	INE		

Author(s):	Moura Ferreira, P.; Cabral; Villaverde Manuel; Moreira, Amilcar (orgs.)		
Title:	Envelhecimento na sociedade Portuguesa: Pensões, Família e Cuidados		
Edition:	1ª	Year:	2017
Local:	Lisboa		
Publisher:	ICS		

24. Complementary Bibliography

Author(s):	Rollet, Catherine		
Title:	Introdução à Demografia		
Edition:	1ª	Year:	2007
Local:	Porto		
Publisher:	Porto Editora		

Author(s):	Rosa, Maria João Valente; Chitas, Paulo		
Title:	Portugal e a Europa - Os Números		
Edition:	1ª	Year:	2013
Local:	Lisboa		
Publisher:	Fundação Francisco Manuel dos Santos		

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