



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 281104 **Name:** History and Sociology of Physical Activity and Sport

Credits: 6,00 ECTS **Year:** 1 **Semester:** 2

Module: 1) Basic Training Module

Subject Matter: Behavioral and social foundations of human motor skills. **Type:** Formación Básica

Branch of knowledge: Health Sciences

Department: Basic Sciences and Cross-disciplinary Subjects

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

281A	<u>Pablo Vidal Gonzalez</u> (Profesor responsable)	pablo.vidal@ucv.es
281B	<u>Maria Eugenia Garcia Sottile</u> (Profesor responsable)	eugenia.garcia@ucv.es
281C	<u>Pablo Vidal Gonzalez</u> (Profesor responsable)	pablo.vidal@ucv.es
281D	<u>Josep Andreu Bosch Valero</u> (Profesor responsable)	josepandreu.bosch@ucv.es
281X	Arnau Oliver Peretó (Profesor responsable)	arnau.oliver@ucv.es



Module organization

1) Basic Training Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Biological and Mechanical Foundations of Human Motor Skills	36	Biochemistry and Human Physiology	9	1/2
		Biomechanics of Physical Activity	6	2/1
		Human Anatomy	9	1/2
		Kinesiology	6	2/1
		Physiology of Exercise	6	2/1
Behavioral and social foundations of human motor skills.	24	History and Sociology of Physical Activity and Sport	6	1/2
		Sport Psychology	6	1/2
		Statistics and Data Processing	6	2/2
		Technology Applied to Physical Activity and Sport	6	1/1



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R4 - Compare and assess data related to the history and evolution of physical and sports activity from various perspectives within the human and social sciences.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
 - Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
 - Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
 - Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
-

Type of AR: Competencias

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.
-

R5 - Proficiently handle diverse documentary information sources, including archival and supportive materials related to the history of physical activity and sports (in Spanish, English, and other languages as relevant).

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas



- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Competencias

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R6 - Identify and describe the emergence of emerging physical and sports practices based on their cultural and historical context.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Competencias



- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R7 - Adequately argue and justify research, educational, and outreach projects in written or oral form, considering cultural and historical contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Competencias

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R8 - Analyze the evolution of needs and activities in different domains of physical activity and sports within society.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.



- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Competencias

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R9 - Collect information about societal habits, needs, and desires related to physical and sports activities.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Competencias

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R4, R5, R6, R7, R8, R9	40,00%	Written and/or practical tests.
R4, R5, R6, R7, R8, R9	50,00%	Individual or Group Work / Project.
R4, R5, R6, R7, R8, R9	10,00%	Exercises and Practices in the Classroom.

Observations

- Students may keep the assessment instruments passed during the 3 years following the first registration.
 - It is necessary to obtain 50% in the following instruments (if this criterion is not met, the student will be graded with a maximum of 4.5 in this exam session):
 - Written and/or practical tests
 - Individual or Group Work/Project
 - According to article 4.2. of the Guidelines for Evaluation at UCV, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published on the platform of each group at the student's disposal.



Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R4, R5, R6, R7	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	20,00	0,80
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.	R4, R5, R6, R7, R8, R9	Resolution of problems and cases. Discussion in small groups. Practical lesson. Group dynamics and activities.	32,00	1,28



EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R4, R5, R6, R7, R8, R9	Resolution of problems and cases. Group dynamics and activities.	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.	R4, R5, R6, R7	Discussion in small groups.	4,00	0,16
TOTAL			60,00	2,40

TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R4, R5, R6, R7, R8, R9	Resolution of problems and cases. Group dynamics and activities.	45,00	1,80
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R4, R5, R6, R7, R8, R9	Resolution of problems and cases.	45,00	1,80
TOTAL			90,00	3,60



Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
1. Ancient Olympic Games	Ancient Olympic Games
2. 19th century: Gymnastic schools Sport in England. Origins of modern Olympism.	19th century: Gymnastic schools Sport in England. Origins of modern Olympism.
3. Sport and Global Society: the sociological perspective.	Sport and Global Society: the sociological perspective.
4. Gender, Race and Sport.	Gender, Race and Sport.
5. Sports Culture and Socialisation.	Sports Culture and Socialisation.
6. Social Structure of Sport Practice.	Social Structure of Sport Practice.



Temporary organization of learning:

Block of content	Sessions	Hours
1. Ancient Olympic Games	5	10,00
2. 19th century: Gymnastic schools Sport in England. Origins of modern Olympism.	5	10,00
3. Sport and Global Society: the sociological perspective.	5	10,00
4. Gender, Race and Sport.	5	10,00
5. Sports Culture and Socialisation.	5	10,00
6. Social Structure of Sport Practice.	5	10,00

References

- Betancor, M. A. & Vilanou, C. (1995). Historia de la Educación Física y el Deporte a través de los textos. Promociones Publicaciones Universitarias.
- Diem, C. (1966). Historia de los deportes. Vol 1-2. Luis de Caralt.
- García Ferrando, M., Puig, N., Lagardera, F., Llopis, R., & Vilanova, A. (2017). Sociología del deporte. Alianza
- García Ferrando, M. & Llopis, R. (2017). La popularización del deporte en España. Encuestas de Hábitos Deportivos 1980-2015. Centro de Investigaciones Sociológicas
- Mandell, R.D. (1986). Historia cultural del deporte. Bellaterra S.L. Rodríguez López, J. (2000). Historia del deporte. INDE Publicaciones.
- Sánchez García, R (2020). Las cuatro heridas del deporte moderno. Piedra Papel Libros Smith, E. (2010) Sociology of Sport and Social Theory. Human Kinetics