



Information about the subject

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:** Basic Formation

Field of knowledge: Health Sciences

Department: Basic Sciences and Cross-disciplinary Subjects

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

281A	<u>Pablo Vidal Gonzalez</u> (Responsible Lecturer)	pablo.vidal@ucv.es
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281C	<u>Pablo Vidal Gonzalez</u> (Responsible Lecturer)	pablo.vidal@ucv.es
281D	<u>Josep Andreu Bosch Valero</u> (Responsible Lecturer)	josepandreu.bosch@ucv.es
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Module organization

1) Basic Training Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Biological and Mechanical Foundations of Human Motor Skills	36,00	Biochemistry and Human Physiology	9,00	1/2
		Biomechanics of Physical Activity	6,00	2/1
		Human Anatomy	9,00	1/2
		Kinesiology	6,00	2/1
		Physiology of Exercise	6,00	2/1
Behavioral and social foundations of human motor skills.	24,00	History and Sociology of Physical Activity and Sport	6,00	1/2
		Sport Psychology	6,00	1/2
		Statistics and Data Processing	6,00	2/2
		Technology Applied to Physical Activity and Sport	6,00	1/1



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Compare and assess data related to the history and evolution of physical and sports activity from various perspectives within the human and social sciences.
- R2 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).
- R3 Identify and describe the emergence of emerging physical and sports practices based on their cultural and historical context.
- R4 Adequately argue and justify research, educational, and outreach projects in written or oral form, considering cultural and historical contexts.
- R5 Analyze the evolution of needs and activities in different domains of physical activity and sports within society.
- R6 Collect information about societal habits, needs, and desires related to physical and sports activities.

Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

Weighting				
1	2	3	4	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5, R6	40,00%	Written and/or practical tests.
R1, R2, R3, R4, R5, R6	50,00%	Individual or Group Work / Project.
R1, R2, R3, R4, R5, R6	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.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

M1 Attendance at practices.

M2 Resolution of problems and cases.

M3 Discussion in small groups.



- M4 Practical laboratories.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M3, M5, M7	R1, R2, R3, R4	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. M2, M3, M6, M7	R1, R2, R3, R4, R5, R6	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. M2, M7	R1, R2, R3, R4, R5, R6	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. M3	R1, R2, R3, R4	4,00	0,16
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M2, M7	R1, R2, R3, R4, R5, R6	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. M2	R1, R2, R3, R4, R5, R6	45,00	1,80
TOTAL		90,00	3,60

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

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