



## 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> ( <b>Profesor responsable</b> )	pablo.vidal@ucv.es
281B	<u>Maria Eugenia Garcia Sottile</u> ( <b>Profesor responsable</b> )	eugenia.garcia@ucv.es
281C	<u>Pablo Vidal Gonzalez</u> ( <b>Profesor responsable</b> )	pablo.vidal@ucv.es
281D	<u>Josep Andreu Bosch Valero</u> ( <b>Profesor responsable</b> )	josepandreu.bosch@ucv.es
281X	Arnau Oliver Peretó ( <b>Profesor responsable</b> )	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	45,00%	Written and/or practical tests.
R4, R5, R6, R7, R8, R9	45,00%	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: They may include multiple-choice questions, short questions and/or essay questions.
    - Individual or Group Work/Project
  - This subject can be applied for a single assessment by submitting an application to the secretary's office with the appropriate evidence and justifications for the application . This is essential for the application to be assessed by the subject's teaching staff.
- 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.





## Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

### Permitted Uses of AI:

- Obtaining alternative explanations of theoretical or methodological concepts.
- Generating outlines, concept maps, or summaries to support study.
- Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
- Receiving feedback on report writing, provided that the original content is the student's own.
- Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

### Prohibited Uses of AI:

- Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
- Formulating hypotheses, objectives, or conclusions for academic work.
- Replacing qualitative or quantitative data analysis with automated tools without human validation.
- Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
- Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

### Citation and Attribution Guidelines:

- Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
- The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
- Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

### Additional recommendations:

Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.





If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

## 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
<b>THEORETICAL CLASS:</b> 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
<b>TOTAL</b>			<b>60,00</b>	<b>2,40</b>



### 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
<b>TOTAL</b>			<b>90,00</b>	<b>3,60</b>



## 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