# COURSE DATA

## DATA SUBJECT

**Code:** 33243
**Name:** Sociology
**Cycle:** Undergraduate Studies
**ECTS Credits:** 6
**Academic year:** 2025-26

## STUDY (S)

| Degree | Center | Acad. year | Period |
|---|---|---|---|
| 1312 - Degree in Physical Activity and Sport Sciences | Facultat de Ciències de l'Activitat Física i Esports | 2 | First quarter, Second quarter |
| 1331 - Degree in Physical Activity and Sport Sciences (Ont) | Facultat de Ciències de l'Activitat Física i Esports | 2 | Second quarter |

## SUBJECT-MATTER

| Degree | Subject-matter | Character |
|---|---|---|
| 1312 - Degree in Physical Activity and Sport Sciences | Sociology | BASIC |
| 1331 - Degree in Physical Activity and Sport Sciences (Ont) | Sociología | BASIC |

## COORDINATION

PARICIO DE CASTRO HELENA

LLOPIS GOIG RAMON

AGULLO CALATAYUD VICTOR

# SUMMARY

This subject is taught in the second year of the Degree in Physical Activity and Sports Sciences, it is compulsory. The level is basic training. It must signify the basis that gives students the skills to deepen in their empirical knowledge of the social phenomena in which they register, are conditioned, and also condition the practice of physical activity and sport.

The course is made up of two parts:

A) Basic sociological training

B) Sociology applied to the environments of physical activity and sport

Part A is taught in theory classes in which the master class is combined with debates. The theoretical content is considered for a final test. Contributions are continuously evaluated.

Part B is carried out through practical exercises in continuous evaluation.

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## PREVIOUS KNOWLEDGE

### RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

### OTHER REQUIREMENTS

There are no specified enrollment restrictions with other subjects of the curriculum.

## COMPETENCES / LEARNING OUTCOMES

### 1312 - Degree in Physical Activity and Sport Sciences

Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Be able to assess the relationship between sport and differences in gender and age, as well as in terms of gender constructs and life stages. Distinguish between natural and discriminatory differences.

Be able to link the political and economic environment with the social reality of sport and physical activity. Value the phenomenon of the commercialisation of sport and high-level sport.

Be able to penetrate into social phenomena and, within them, into sport and the world of physical activity, from a sociological perspective.

Be able to relate sport and sustainability in their multiple cross-disciplinary dimensions, from the environment to the other issues involved in a true human ecology.

Be able to relate the social organisation, its types and evolution, with the sporting phenomenon, and with the social organisation of sport.

Capacidad para evaluar la relación entre deporte y diferencias de sexo y edad, así como en función de los constructos de género y etapas vitales. Distinguir entre diferencias de orden natural y diferencias discriminatorias.

Capacidad para relacionar deporte y sostenibilidad, en sus múltiples dimensiones transversales,

comenzando por la medio ambiental, y siguiendo por los demás temas implicados en una verdadera ecología humana.

Capacidad para relacionar el entorno político y económico con la realidad social en materia de deporte y actividad física. Valorar el fenómeno de la mercantilización del deporte, y del deporte de alto nivel.

Capacidad para relacionar la organización social, sus tipos y evolución, con el fenómeno deportivo, y con la organización social del deporte.

Comprender el papel del deporte en la cultura, y en el proceso de socialización.

Conocer la función de los media en nuestra sociedad, y su relación con los fenómenos deportivos, muy especialmente con los grandes eventos.

Conocer la relación entre deporte y terapias sociales.

Conocer las fuentes de empleo relacionado con la actividad física y deportiva.

Conocer los diferentes métodos, cualitativos y cuantitativos, que se pueden emplear para investigar los fenómenos deportivos.

Conocer y comprender las estructuras sociológicas en que se inscriben la actividad física y el deporte. Conocer así mismo la estructura social de la práctica deportiva.

Develop habits of professional excellence and quality.

Develop resources to adapt to new situations and to solve problems, and for independent learning and creativity.

Gain basic scientific training applied to physical activity and sport in their diverse forms.

Know and understand the behavioural and social factors that determine the practice of physical activity and sport.

Know and understand the effects of the practice of physical exercise on the psychological and social dimensions of the human being.

Know and understand the epistemological, historical and educational foundations of physical activity and sport.

Know and understand the sociological structures of which physical activity and sport form part. Know the social structure of the sport practice.

Know how to relate sport and physical activity with the health of the community. Assess the mutual effects between health and physical and sports activities.

Know the different qualitative and quantitative methods that can be used to investigate sports phenomena.

Know the relationship between sport and social therapies.

Know the role of the media in our society, and their relationship with sports phenomena, especially with major events.

Know the sources of employment related to physical activity and sports.

Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.

Saber relacionar deporte y actividad física con salud de la comunidad. Valorar los efectos mutuos entre salud y actividades física y deportiva.

Select and know how to use sports material and equipment, suitable for each type of activity and population.

Ser capaz de penetrar en los fenómenos sociales, y dentro de ellos en el deporte y el mundo de la actividad física, desde una perspectiva sociológica.

Understand the role of sport in culture and in the socialisation process.

Understand the scientific literature in the field of physical activity and sport in English and in other languages with significant presence in the scientific field.

## 1331 - Degree in Physical Activity and Sport Sciences (Ont)

Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Be able to assess the relationship between sport and differences in gender and age, as well as in terms of gender constructs and life stages. Distinguish between natural and discriminatory differences.

Be able to link the political and economic environment with the social reality of sport and physical activity. Value the phenomenon of the commercialisation of sport and high-level sport.

Be able to penetrate into social phenomena and, within them, into sport and the world of physical activity, from a sociological perspective.

Be able to relate sport and sustainability in their multiple cross-disciplinary dimensions, from the environment to the other issues involved in a true human ecology.

Be able to relate the social organisation, its types and evolution, with the sporting phenomenon, and with the social organisation of sport.

Capacidad para evaluar la relación entre deporte y diferencias de sexo y edad, así como en función de los constructos de género y etapas vitales. Distinguir entre diferencias de orden natural y diferencias discriminatorias.

Capacidad para relacionar deporte y sostenibilidad, en sus múltiples dimensiones transversales, comenzando por la medio ambiental, y siguiendo por los demás temas implicados en una verdadera ecología humana.

Capacidad para relacionar el entorno político y económico con la realidad social en materia de deporte y actividad física. Valorar el fenómeno de la mercantilización del deporte, y del deporte de alto nivel.

Capacidad para relacionar la organización social, sus tipos y evolución, con el fenómeno deportivo, y con la organización social del deporte.

Comprender el papel del deporte en la cultura, y en el proceso de socialización.

Conocer la función de los media en nuestra sociedad, y su relación con los fenómenos deportivos, muy especialmente con los grandes eventos.

Conocer la relación entre deporte y terapias sociales.

Conocer las fuentes de empleo relacionado con la actividad física y deportiva.

Conocer los diferentes métodos, cualitativos y cuantitativos, que se pueden emplear para investigar los fenómenos deportivos.

Conocer y comprender las estructuras sociológicas en que se inscriben la actividad física y el deporte. Conocer así mismo la estructura social de la práctica deportiva.

Develop habits of professional excellence and quality.

Develop resources to adapt to new situations and to solve problems, and for independent learning and creativity.

Gain basic scientific training applied to physical activity and sport in their diverse forms.

Know and understand the behavioural and social factors that determine the practice of physical activity and sport.

Know and understand the effects of the practice of physical exercise on the psychological and social dimensions of the human being.

Know and understand the epistemological, historical and educational foundations of physical activity and sport.

Know and understand the sociological structures of which physical activity and sport form part. Know the social structure of the sport practice.

Know how to relate sport and physical activity with the health of the community. Assess the mutual effects between health and physical and sports activities.

Know the different qualitative and quantitative methods that can be used to investigate sports phenomena.

Know the relationship between sport and social therapies.

Know the role of the media in our society, and their relationship with sports phenomena, especially with major events.

Know the sources of employment related to physical activity and sports.

Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.

Saber relacionar deporte y actividad física con salud de la comunidad. Valorar los efectos mutuos entre salud y actividades física y deportiva.

Select and know how to use sports material and equipment, suitable for each type of activity and population.

Ser capaz de penetrar en los fenómenos sociales, y dentro de ellos en el deporte y el mundo de la actividad física, desde una perspectiva sociológica.

Understand the role of sport in culture and in the socialisation process.

Understand the scientific literature in the field of physical activity and sport in English and in other languages with significant presence in the scientific field.

## DESCRIPTION OF CONTENTS

### 1. The sociological perspective of sport

### 2. Social structure of sports practice

### 3. Sports culture and socialization

### 4. Gender and age in sport

### 5. Social Controversies in Sport

## 6. Media and digital society

## 7. Leisure, work and sport

# WORKLOAD

### PRESENCIAL ACTIVITIES

| Activity | Hours |
|---|---|
| Theory | 45,00 |
| Classroom practices | 15,00 |
| **Total hours** | **60,00** |

### NON PRESENCIAL ACTIVITIES

| Activity | Hours |
|---|---|
| Attendance at other activities | 0,00 |
| Individual or group project | 0,00 |
| Independent study and work | 0,00 |
| Preparation of lessons | 0,00 |
| Preparation for assessment activities | 0,00 |
| Resolution of case studies | 0,00 |
| **Total hours** | **0,00** |

# TEACHING METHODOLOGY

The teaching methodology to be used in the classes will be the master class complemented with empirical work sessions with computer means, with which the teachers will explain the different topics and points of the program. The methodology of the master class will be interspersed with the recourse to the active participation of the students in class and with the use of all the search documentary potentialities in the network.

This active participation will come from the possible doubts or comments that may arise from the student as a consequence of the teacher's explanation, as well as the questions, exercises and cases that the teacher proposes to the student, thus trying to achieve a greater connection of these in the teaching-learning process.

# EVALUATION

The evaluation of the theoretical-practical knowledge acquired in this subject, as well as the control of the learning of the competences will be carried out through a final exam that will contain two blocks.

- A first block consisting of a test in which the knowledge of the theoretical part of the subject will be evaluated. Optionally, some short development questions can be added, valuing here the interrelation of ideas and concepts, as well as the capacity for synthesis and exposition.

- A second block consisting of short questions about the content of the practices. To pass the course credits, each student must pass both the theoretical and practical parts of the exam.

In the event that both parts have been passed, the weighting of the final grade will follow the following proportion: 50% theory and 50% practice.

While the note of the theoretical part will be obtained from the answers to a test (and if it is the case to the short questions), for the practical part, in addition to taking into account the evaluation of the short questions included in the exam, it will be taken into account class attendance, presentations and participation in the classroom, as well as the preparation of those summaries or exercises that the teacher may establish throughout the course.

The final grade for the course will be obtained from the average of both tests, provided that each of them has deserved, at least, the pass, independently of the other.

## REFERENCES

**Basic references**


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- García Ferrando, M. y Llopis, R. (2017): La popularización del deporte en España. Encuestas de hábitos deportivos 1980-2015. Madrid: Centro de Investigaciones Sociológicas.
- García Ferrando, M., Puig, N., Lagardera, F., Llopis Goig, R. y Vilanova, A. (2017): Sociología del Deporte. 4ª edición. Madrid, Alianza Editorial.
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- Santos, A.; Grau, A. y Muñoz, D. (2021). Dona i Esport a la Comunitat Valenciana. Gènere, desigualtats esportives i bones pràctiques per a la igualtat. Càtedra Estudis Esportius de la Universitat Politècnica de València.


**Complementary references**

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