

Em Inglês:

Curricular Unit: Sports and Mobility

Objectives:

1. Understand the concept of mobility from a social, political and economic point of view.
2. Critically analyze the problem of mobility through indicators linked to the planning of a city and to the promotion of physical activity, health and the environment.
3. Understand how to promote the cohesion of the territory through projects linked to the promotion of physical activity, namely at the level of active tourism.

Contents:

1. Conceptual definition of sport and mobility.
2. Life in the cities.
3. Active mobility and health promotion.
4. Promotion of territorial and environmental cohesion.

Evaluation:

Continuous evaluation – tasks: 1. Ethnography of physical activity; 2. Synthesis of factors that characterize mobility; 3. Final report.

Final Exam – for those who do not obtain a grade of 10 or higher in continuous evaluation

Bibliography:

- AAVV (2015) The National Bicycling and Walking Study: 15–Year Status Report. US department of transport. Federal Highway Administration
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- Cresswell, T. & Merriman, P. (2011) Geographies of Mobilities: practices, spaces, subjects. London. MPG Books
- Furness, Zack (2010) One less car - Bicycling and the Politics of automobility, Temple University Press
- Jobs and Job (2014) Cycling Works - Creation in the Cycling Economy. ECF
- Horan, Erin (2016) How Cities Can Increase Cycling Among Women. University of Oregon.
- Kiril Kaloyanov (2016) Cycling tourism routes as an instrument for regional development and transnational cooperation within the lower basin of the Danube river. Sofia.
- Sloterdijk, Peter (2004). A Mobilização Infinita. Lisboa. Relógio D'Água.
- Urry, John (2000) Inhabiting the Car. UNESCO International Conference, Universidade Cândido Mendes, Rio de Janeiro.
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