



# UNICUSANO

Università degli Studi Niccolò Cusano - Telematica Roma

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| <b>Subject</b>                   | <b>ETICA DELLO SPORT – SPORTS ETHICS</b>  |
| <b>Course of study</b>           | Bachelor's degree in Motor Sciences (L-22)  |
| <b>Academic discipline (SSD)</b> | M-FIL/03  |
| <b>Year of the course</b>        | CHOICE EXAM   |
| <b>Academic Year</b>             | 2025-2026   |
| <b>University credits</b>        | 6 CFU   |
| <b>Propaedeutics</b>             | -   |
| <b>Professor</b>                 | <p>Alessio Covelli<br/>           AREA: SCIENZE MOTORIE<br/>           NICKNAME: COVELLI.ALESSIO<br/>           EMAIL: <a href="mailto:alessio.covelli@unicusano.it">alessio.covelli@unicusano.it</a></p> <p>OFFICE HOURS: By appointment to be arranged by writing to the teacher's email address</p>  |
| <b>Presentation</b>              | <p>Teaching is based on an interdisciplinary approach proper to the human sciences with reference to Moral Philosophy, Sport Pedagogy and Cultural Anthropology. This approach allows for a deeper exploration of the many issues that link ethical reflection to sports practices. Interpretive categories of ethical reflection are defined to identify sport practices as a social and cultural microcosm reflecting the values of communities.</p> <p>Starting from philosophical perspective of Ethics and Moral, it will be explored the cultural values attributed to multiple sports practices and events in their historical and social evolution. In this perspective, the historical-anthropological approach provides the basis for a critical contextualization. It is aimed to understand the sociocultural functions of sport and its educational and training values, both with reference to the past and current developments. This interdisciplinary approach will enable students to develop a greater awareness of their own experiences and behaviours in the various roles and multiple situations in which they may operate in motor and sports activities. The focus to the ethical dimension and positive values should guide the design and implementation of sports activities. Sport should be a tool for the promotion of the person and cultural values and for preventing misconduct that is harmful to health and contrary to the rules and principles of fair play and probity underlying the various regulations.</p> |
| <b>Training aims</b>             | <p>Training aims of this course are:</p> <ul style="list-style-type: none"> <li>• Enabling the student to understand the current context and the influences of cultural values in relation to motor and sports practices through a critical-phenomenological approach.</li> <li>• Building a reflective attitude for the development of competences useful in the design of motor and sports activities which always pursue the educational values of fairness, loyalty and respect for people and the environment.</li> <li>• Fostering awareness of the educational and training role of managers, coaches and other actors involved in sports activities at any level.</li> <li>• Reducing the risks of a trivialization and a consumerist vision of sport in favour of practice's offer which is also educational and sustainable, promoting health, personal well-being and quality of life.</li> </ul>  |
| <b>Prerequisites</b>             | -   |
| <b>Learning outcomes</b>         | <p>Learning outcomes of this course are:</p> <p><b>KNOWLEDGE AND UNDERSTANDING</b></p> <p>The student will gain mastery over the scientific meanings and fundamentals of ethical reflection from the elements that constitute culture in a broad sense. The ethical perspective is used to define categories of "good" and "evil" that constitute morality and the concepts of health and well-being.</p>   |

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|                              | <p>The student will also be able to distinguish the concepts of motor activity, sport and exercise and the practices that the various terms identify. He/she will understand in its historical, anthropological, cultural and social complexity the relationship between ethics, moral values and motor and sport activities.</p> <p><b>APPLYING KNOWLEDGE AND UNDERSTANDING</b><br/> The student will be able to identify the theoretical-practical foundations of the educational and training approach with a focus on the person in the context of sports practices for the co-construction of the positive values identified by ethical reflection on sports.<br/> He/she will acquire a greater awareness of the interplay between different values in sports practices, their goals and objectives to prevent incorrect, harmful and destructive behaviour.<br/> The student will be able to recognize and translate into practice the educational and training implications of motor and sport activities in their multidimensionality, with reference to the recreational, regulatory, competitive and performance components.<br/> The student will be able to understand and experiencing the fundamentals of educational care for the constant pursuit of health and physical, psychological and social well-being through healthy and quality lifestyles.</p> <p><b>MAKING JUDGEMENTS</b><br/> The student will be able to identify the design strategies to propose motor and sports activities with educational and training purposes. He/she will be able to recognize the positive behaviours and cultural values that should be pursued by sports practices based on the principles of fairness, inclusion and respect. At the same time, he/she will know how to judge possible risk factors related to conduct contrary to moral principles for preventing misbehaviour, injury and destructive actions. In addition, he/she will be aware of the role of the various actors involved in motor and sports activities (managers, coaches, athletes, parents, referees, sponsors, etc.) to know how to implement correct and fair behaviours in sports.</p> <p><b>COMMUNICATION SKILLS</b><br/> The student will know how to use appropriate terminology in reference to disciplinary concepts and its expression in practice.</p> |
| <b>Teaching organization</b> | <p>This course involves 6 CFU corresponding to a study load of at least 150 hours by the student. It is developed through pre-recorded audio-video lectures, slides, handouts and other supporting teaching resources. The study materials are available on the e-learning platform and contain all the necessary elements to tackle the study of the subject in preparation for the exam. In addition, students can refer to the texts recommended by the lecturer in the available teaching materials for in-depth study of the concepts addressed in the teaching.</p> <p>The study load includes at least the following components:</p> <ul style="list-style-type: none"> <li>- 135 hours (for 6 CFU) of didactic delivery for viewing and studying prerecorded lectures (7 hours of study for 1 hour of videotaped lecture, including 2 hours to listen to the lecture and 5 hours of self-study to assimilate the lecture content, for a total of 21 hours of videotaped lectures);</li> <li>- 15 hours (for 6 CFUs) of interactive teaching on the forum (virtual classroom) aimed at conducting exercises and</li> <li>- exercises proposed by the lecturers, called "e-tivity".</li> </ul> <p>The student is advised to spread the study evenly over a period of 7-8 weeks by devoting at least 20-25 hours per week to the study.</p>   |
| <b>Course contents</b>       | <p>Module 1 - Ethics and sport: cultural, educational and training issues</p> <p>Module 2 - Historical-anthropological foundations of sports ethics</p> <p>Module 3 - Ethics, sport and education:</p> <p>Module 4 – Values and positive behaviours in sport practices</p>   |
| <b>Study materials</b>       | <ul style="list-style-type: none"> <li>• <b>Pre-recorded video lectures divided into 4 modules</b></li> <li>• <b>Supporting teaching materials by the lecturer (handouts, slides and others)</b></li> </ul>  |
| <b>Learning check</b>        | <p>The exam will normally consist in a written or oral test (oral testing can be only carried out at the Campus in Rome) to verify analytical skills, language property and the ability to reprocessing acquired concepts.</p> <p>The written exam consists of a test composed by 30 multiple-choice questions with 1 point awarded for each correct answer. The oral test consists of an interview aimed at ascertaining the student's level of preparation. The latter normally consists of 3 or 4 questions covering the entire teaching program.</p> <p>Particular attention in the evaluation of the answers is given to the student's ability to represent and reworking study topics of the various modules. The student should apply and present the various contents in a relevant, comprehensive manner and with language property.</p> <p>It will be considered proper performance of the proposed e-activities in the final assessment.</p>  |

**Criteria for the assignment of final work**

Final paper will be assigned to applicant students based on an interview with the professor. Students will express specific interests in relation to the topics that he/she intends to study in depth; there are no preclusions to the request for thesis assignment and there is no particular grade point average for requesting it.