# Sociology of Welfare

## Prof. Donatella Bramanti

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to teach students the main sociological theories of personal and social well-being, with particular attention to sports. Furthermore, from an applicative point of view, the aim is to offer appropriate tools for designing good practices with the purpose of promoting well-being through sport.

Specifically, the aims of the course are:

* To analyse the micro and macro dynamics underlying a subject's wellness/illness, within life's communities;
* Understanding of the welfare models within which personal service networks are used;
* The proposal of a number of operational models that students can use to acquire skill in developing projects that, by focusing on sports actions, may promote well-being in groups of frail subjects or children.

Upon completion of this course, students will be able to:

* Know the different models for approaching wellness from a sociological perspective;
* Demonstrate a working knowledge of the categories learned to the analysis of sports contexts, seen as important areas in developing well-being in subjects and in groups;
* Experiment directly in the design of good practices for well-being, to the benefit of frail elderly people, persons with disabilities or children of developmental age.

***COURSE CONTENT***

The course will comprise topic modules, each covered on a theoretical and practical basis.

1. *Sociological theories on welfare*

The theme of welfare will be studied within the context of the sociological theories covering *welfare* and *wellbeing*.

2. *Wellbeing in personal and family transitions*

The course will focus on some of the main transitions affecting families with the purpose of understanding the subjective meaning of wellbeing and the diverse structure of its elements. Particular attention will be paid to some specific targets: older people, minors, people with disabilities for whom it is very important in wellbeing generating processes, the varied and articulate sociality forms, both informal and associative, seem to become more important. Concepts like social capital, trust and *friendly environment* will be analysed to try to understand the individuals' strategy for living well.

3. *The design of Good Practices*

Students will be given the methodological apparatus for constructing projects that include sports activities aimed at promoting wellbeing in subjects with particular forms of frailty, both on a preventive, rehabilitative and educational level.

4. *New practices and well-being places*

The course will examine the places for physical activities, sport and new technologies, paying particular attention on : fitness, digital gym, the “Sport social fan experience”, the sport communities.

***READING LIST***

D. Secondulfo (edited by), *Sociologia del benessere. La religione laica della borghesia,* FrancoAngeli, Milano, 2011 e-book

E . Carrà, *Una osservazione che progetta,* ed. LED, Milano, 2008, chap. First part: 1,2,3 and Second part: 4.

L. Boccacin – R. Prandini – P. Terenzi (eds), *Lessico della sociologia relazionale,* Società Editrice il Mulino, Bologna, 2016*, only the following items*: *Bene relazionale, Capitale sociale, Inclusione relazionale, Politica sociale, Privato sociale/Terzo settore, Relazione sociale, Rete sociale, Reti informali, Rischio sociale, Salute come relazione sociale, Schema AGIL, Servizi sociali relazionali, Socializzazione, Stato sociale relazionale, Sussidiarietà, Welfare relazionale, Welfare society.*

A text chosen from:

D. Bramanti, et all., *Invecchiare attivamente tra le generazioni: verso una società age friendly,*  in E. Scabini, G. Rossi (edited by), *L’allungamento della vita. Una risorsa per la famiglia, un’opportunità per la società*, Studi Interdisciplinari sulla Famiglia, n° 28, Vita e Pensiero, Milano, pp. 3-44

R. Farné (ed.), *Sport e infanzia. Un'esperienza formativa tra gioco e impegno,* «Sociologia e Politiche Sociali», FrancoAngeli, Milan, 2018

F. Ferrucci, *La disabilità come relazione sociale. Gli approcci sociologici tra natura e cultura,* ed. Rubbettino, Soveria Mannelli, 2004 (pp. 19-82)

G. Russo (ed.), *La società della wellness,* F. Angeli, Milan, 2011 (pp. 13-48; 97-136)

***TEACHING METHOD***

The course comprises teaching units using materials that will be made available online on the Blackboard platform (http://blackboard.unicatt.it). The slides, together with the compulsory texts, will form an integral part of the exam materials.

To encourage learning from experience, active participation is expected of students, who will be asked to present, in an agreed manner, an analysis of situations they've encountered directly, or of simulations.

Three online tutorials will be proposed on the Blackboard platform, aimed at assessing the skills acquired at the end of each topic block presented; this monitoring will be taken into account in the final exam mark.

Online activities are also highly recommended for students who do not attend lectures.

***ASSESSMENT METHOD AND CRITERIA***

An oral exam covering the course topics.

In the oral interview, students will have to demonstrate their ability to orient themselves between the topics

and basic issues discussed in class, with particular attention to the main sociological theories on the topic of well-being, the welfare models promoted since the post-war period, and the essential steps for designing good practices.

The execution of the online tutorials (if any) will be assessed with a mark out of thirty which will be averaged with the mark from the oral interview.

The assessment criteria will include: the student's ability to use concepts and interpretative categories appropriate for the sociological analysis of welfare and social policies; their ability to analyse second-level data in the design of wellness promotion interventions in sports; and their elaboration of a personal and critical approach to the course topics.

***NOTES AND PREREQUISITES***

Students who are unable to attend lectures should contact the lecturer *at the beginning of the course* in order to agree the most beneficial study format as well as the use of the platform for online tutorials.

A basic knowledge of general sociology is required in order to master some of the discipline's key concepts.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.