# 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. *Well-being as a multidimensional concept: the sociological perspective*

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

2. *Social protection systems: from institutional welfare to the welfare community*

The social protection system in Italy for the protection and promotion of well-being

3. *The Third Sector as a subject that promotes relational assets and social capital*

With particular attention to the role of sports associations.

***READING LIST***

D. Secondulfo (edited by), *Sociologia del benessere.* FrancoAngeli, Milano, 2011 e-book

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.*

Slides on Blackboard.

A text chosen from:

Boccacin l. (2021), *Terzo settore e comunità*, L’Arca di Scholé, Morcelliana, Brescia.

Bramanti D. (a cura di), 2022, *Vivere la transizione alla fragilità tra resilienza e rassegnazione, EDUcatt, Milano.*

Carrà E. , 2008, *Una osservazione che progetta,* ed. LED, Milano, Parte Prima: capp. 1,2,3 e Parte Seconda: cap. 4.

R. Farné (a cura di),(2015), *Sport e infanzia. Un'esperienza formativa tra gioco e impegno,* FrancoAngeli, Milano.

Martelli S., Matteucci I. et all. (2019), *Keep Fit! Ben-essere attivo e nuove tecnologie,* FrancoAngeli, Milano.

Russo G. (a cura di), 2011, *La società della wellness,* F. Angeli, Milano.

***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.