

Course of study in
**"SPORT SCIENCES, PRACTICE AND MANAGEMENT OF SPORTING ACTIVITIES" -
[L22].**
a.y. 2021/2022

SUBJECT
Methods and didactics of motor activities III

SDS: **M-EDF/01** - ECT: **6**
II YEAR; II SEMESTER

Lecturer: **Luca Russo**
Disciplinary tutor: **Paolo Bartolucci**

Qualification and scientific background of the lecturer	<p>Luca Russo is a fixed-term researcher of Methods and Didactics of Motor Activities at the IUL Telematic University.</p> <p>His main research interests are in the field of motor and sports activities, biomechanics and human movement analysis, posture and kinesiology, and preventive, compensatory, adapted and performance training.</p> <p>He has already published three scientific books on these subjects and a number of contributions in specialist journals or collective volumes; others are in the process of being published.</p>
Description of contents and subdivision of the programme into teaching modules	<p>TABLE AND DEFINITION OF CONTENTS</p> <p>The course consists of 2 modules:</p> <ul style="list-style-type: none">➤ Module 1 - Performance model, exercises and load parameters;➤ Module 2 - Training methods and scheduling. <p>The first module is aimed at learning about the performance model, technique, tactics and strategy, exercise classification, principles of training methodology, physical load and its parameters, the main equipment for physical training.</p> <p>The second module is aimed at getting to know the methods of strength, endurance and speed training, the principles of training scheduling and periodization, the strategies of injury prevention, and the conceptual basis of adapted motor activity.</p>

<p>Abstract</p>	<p>The course in Methods and didactics of motor activities III aims to provide an adequate and methodologically sound knowledge of the general methodology of training in order to provide solid information on which to orient the work process in the areas of motor and sports sciences.</p>
<p>Learning objectives</p>	<p>The course in Methods and didactics of motor activities III aims to provide an adequate and methodologically sound knowledge of the general methodology of training in order to provide solid information on which to orient the work process in the areas of motor and sports sciences.</p>
<p>Expected learning outcomes</p>	<p>A. Knowledge and understanding of:</p> <ul style="list-style-type: none"> ▪ Concept of a performance model; ▪ Concept of physical load; ▪ Targeted training methods for physical abilities; ▪ Training scheduling concept; ▪ Concept of injury prevention; ▪ Concept of creating a training programme schedule. <p>B. Ability to apply knowledge and understanding</p> <p>The course in Methods and didactics of motor activities III aims to provide adequate and methodologically based knowledge on the general methodology of training in order to provide solid information on which to orient the work process in the areas of motor sciences and sport. Students will be stimulated to apply the acquired knowledge in their university (relating the knowledge learned to other subjects of the study curriculum) and professional contexts.</p> <p>C. Autonomy of judgement</p> <p>At the end of the course, the student will be able to plan exercises aimed at training physical skills and create training schedules over time.</p> <p>D. Communication skills</p> <p>The student will be able to use the technical terms appropriate to the world of training. He/she will learn the correct vocabulary to express him/herself in a professional context in the field of exercise science.</p> <p>E. Learning ability</p>

	<p>The student will be able to independently investigate the main scientific-methodological issues concerning training and motor sciences, independently discriminating the false indications from the valid ones present in the vast world of the web and training in general.</p>
<p>Skills to be acquired</p>	<p>EXPECTED RESULTS</p> <p>A. Use of advanced textbooks and review of scientific literature to understand and interpret the language related to training.</p> <p>B. Professional approach to work and possession of appropriate skills to understand, select and distinguish information relating to the basics of training in order to carry out proposals for physical activity oriented towards the improvement of physical abilities.</p> <p>C. Ability to collect and interpret useful data in the evaluation and training process.</p> <p>D. Ability to transform information, ideas, and insights related to training into clear, defined concepts appropriate to the vocabulary and reality of motor sciences.</p> <p>E. Ability to understand subsequent studies with a solid and knowledgeable background.</p>
<p>Didactics organisation</p>	<p>DIDACTICS PROVISION</p> <ul style="list-style-type: none"> ➤ 12 recorded video lessons available on the platform; ➤ 2 synchronous orientation and student reception meetings; ➤ N.1 synchronous thematic meeting entitled "Focus on the construction of a training schedule"; ➤ N.1 synchronous thematic meeting entitled "Focus on functional evaluation"; ➤ Podcasts of all the above-mentioned video lessons. <p>INTERACTIVE DIDACTICS</p> <ul style="list-style-type: none"> ➤ 1 course orientation forum; ➤ 2 thematic follow-up forums (1 per module); ➤ Possibility to carry out work in groups. ➤ 2 structured <i>e-activities</i> (as described in the section "<i>in itinere assessment methods</i>").

	<p>SELF-LEARNING</p> <p>Teaching materials are provided for each module: in-depth thematic studies, articles and slides/handouts by the lecturer, open access readings, online resources, reference bibliography, etc.</p>
<p>Recommended examination texts</p>	<p style="text-align: center;"><u>Compulsory readings</u></p> <ul style="list-style-type: none"> ➤ Teaching materials provided by the lecturer ➤ J. Weineck, "L'allenamento ottimale", <i>Calzetti & Mariucci Editori</i>: 2009. Chapters to be studied: 1-2-3-4-5-6-7-8-9-10-12-13-15-16-17-18-19-20-21-25-26-27-29-30-31-32-33 <p style="text-align: center;"><u>Optional readings</u></p> <ul style="list-style-type: none"> ➤ L. Russo, «Biomeccanica. Principi di biomeccanica e applicazioni della video analisi al movimento umano», <i>ATS - Giacomo Catalani Publisher</i>: 2019. ➤ P. Bartolucci, «Esercizio funzionale», <i>ATS - Giacomo Catalani Editore</i>: 2021. <p>In order to respond flexibly to the specific needs of each student, the teacher reserves the right to recommend alternative or additional readings during the lessons and to students who request them.</p>
<p>In itinere assessment methods</p>	<p>Access to the final examination is subject to the following 2 e-activities:</p> <ul style="list-style-type: none"> ➤ E-activity 1: Individual creation of a performance model on a sporting-motor discipline of choice that describes the characteristics of the performance according to the information discussed during the lessons. The performance model developed must contain data taken from the rules of the discipline and from the literature (at least 5 international scientific bibliographical sources). After completing the description of the performance model of the selected discipline, 5 general exercises, 5 special exercises and 5 specific exercises for the chosen sporting-motor discipline should be listed and described. For each of the exercises, the most suitable type of training equipment should be indicated; ➤ E-activity 2: Creation of 5 training schedules, one for maximum strength training (free choice of the student of the sport discipline to be covered), one for explosive strength training (free choice of the student of the sport discipline to be covered), one for endurance training (free choice of the student of the sport discipline to be covered), one for speed training (free choice of the student of the sport discipline to be covered), one for injury prevention (free choice of the student of the sport discipline to be covered and of

	<p>the anatomical site for prevention). Each of these schedules should indicate the exercises and the respective parameters of the physical load as learned during the lessons. In addition to the 5 training schedules, a proposal for annual scheduling of the competitive season should also be presented (free choice of the student of the sport discipline to be covered), indicating the subdivision into training and competition periods, the contents to be included, the characteristics and modulations of the workloads.</p>
<p>Procedure for the final examination</p>	<p>The assessment of learning will take the form of an oral interview on the course contents and on the final report submitted, if any. The grade (min 18, max 30 with possible honours) is determined by the level of performance for each of the following dimensions of the oral interview: mastery of contents, appropriateness of definitions and theoretical references, clarity of argument, command of specialist language.</p>
<p>Language of instruction</p>	<p>Italian</p>