

Course of Study in
"Sport Sciences, Practice and Management of Sporting Activities" - L22
a.y. 2020/2021

SUBJECT:
GENERAL PATHOLOGY

SDS: MED/04; ECT:6
II YEAR; II SEMESTER

Lecturer: Prof. **Piero Benelli**
Disciplinary tutor: Dr. **Danilo Gambarara**

<p>Qualification and scientific background of the lecturer</p>	<p>Specialist doctor in Sports Medicine Graduated in medicine in 1987, specialised in sport medicine in 1989. First level Master's degree in "E-learning in Healthcare Sector" (University of Rome - La Sapienza 2006). Doctor for VL - Scavolini basketball team Pesaro, from 1988 to the present day. Member of the medical staff of the men's national basketball team, from 2001 to 2007. Medical Officer of the men's national volleyball team, since 2008. Contract professor at the University of Urbino from 2002 to the present, holder of the courses: "Sport Evaluation Methodologies and Techniques" (LM-68) and "Dry and water motor rehabilitation" (LM-67) and of the module of Applied Biomechanics in the Master course "Functional rehabilitation and applied posturology". Lecturer in the Master's course in 'Physiotherapy applied to Sport' - University of Siena. Lecturer in the Master's Course "Shoulder Biomechanics and Traumatology" - University of Bologna. Member of the Ethics Committee of the University of Urbino, since 2003. Head of the Biomedical Area for the CONI Regional School of Sport (2004-2011) and national lecturer at the School of Sport ,since 1996. Health Director of the "Centro Fidia Civitanova Marche" and the "Centro Fisioclinics Pesaro" (from 2015 to date).</p>
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	<p>Author of numerous publications and texts on sports medicine and rehabilitation (15 I.F. publications - PubMed).</p>
<p>Description of contents and subdivision of the programme into teaching modules</p>	<p>TABLE AND DEFINITION OF CONTENTS</p> <p>The course aims to investigate the issues related to motor activity and therapeutic exercise for prevention, functional rehabilitation, motor recovery and improvement of the quality of life, with particular reference to specific degenerative and traumatological diseases, with the following modules:</p> <ul style="list-style-type: none"> ➤ Module 1 - Physical exercise for the prevention of chronic and degenerative diseases <ul style="list-style-type: none"> ▪ Course presentation ▪ International guidelines ▪ Scientific Associations and Reference Structures ▪ Scientific evidence ▪ Examples of targeted projects and programmes ▪ Environments and physical exercise ▪ Inter-sectorality in health promotion programmes ➤ Module 2 - Specific pathologies and targeted motor activity programmes <ul style="list-style-type: none"> ▪ Diabetes and metabolic syndrome ▪ Cardiovascular diseases ▪ Degenerative neurological diseases (multiple sclerosis, Parkinson's disease, stroke outcomes, etc.). ▪ Rheumatic diseases ▪ Pathologies of the locomotor system (arthrosis and osteoporosis, etc.) ▪ Motor deficits of various aetiologies ▪ Oncological pathologies ▪ Other pathologies
<p>Abstract</p>	<p>The course objective is to make known the scientific evidence about the benefit of motor activities for the management of chronic diseases (like diabetes, osteoarthrosis, neurological diseases, etc.) and for maintaining and improving health.</p>

	<p>Moreover, the course wants to make known the most important programmes of motor activities to prevent non-communicable diseases and to give the most important skills about therapeutic exercise.</p> <p>The course is divided into two parts: the first one is about physical exercise to prevent chronic diseases, the second one is about specific programmes for specific diseases.</p>
<p>Learning objectives</p>	<p>The course aims to provide useful knowledge for understanding the physiopathological mechanisms of the main chronic degenerative and traumatic pathologies, in order to build the prerequisites of competence for integrated interventions that have targeted motor activity and therapeutic exercise as a tool for prevention and re-education, with a view to multidisciplinary management in the management of specific pathologies.</p> <p>It also aims to provide knowledge and skills on practical methodological interventions and the main motor exercises for the correct construction and administration of preventive and adapted physical activity programmes.</p>
<p>Expected learning outcomes</p>	<p>A. Knowledge and understanding</p> <p>The student should:</p> <ul style="list-style-type: none"> ▪ Know the main chronic degenerative and traumatic diseases with regard to aetiology and pathophysiology, methods of diagnosis and treatment. ▪ Understand how other professionals work in the sector ▪ Know the main interventions for prevention and re-education of the treated pathologies ▪ Be familiar with the intervention guidelines and motor activity programmes aimed at a multidisciplinary approach. ▪ Acquire Knowledge of scientific evidence and key publications in the field <p>B. Ability to apply knowledge and understanding</p> <p>The student should be able to apply knowledge and skills in the construction of motor activity protocols in relation to specific pathologies, modulating them according to the characteristics of the subjects and the different contexts of application.</p> <p>C. Autonomy of judgement</p>

	<p>The student should be able to select the appropriate exercises and protocols according to the different specific situations and the needs of the target audience.</p> <p>D. Communication skills The student should be able to illustrate the methods of intervention and motivate those involved, interacting with other professional figures and operators in the sector.</p> <p>E. Learning ability The student should be able to acquire the main scientific and methodological knowledge and use the prerequisites for the most suitable practical interventions in the development and construction of programmes aimed at primary and secondary prevention of the diseases identified.</p>
<p>Skills to be acquired</p>	<p>EXPECTED RESULTS</p> <p>A. Use of advanced textbooks, knowledge of some cutting-edge topics within the subject studied, ability to find and make appropriate use of up-to-date intervention guidelines and the most authoritative scientific publications in the field</p> <p>B. Professional approach to work and possession of appropriate skills to devise arguments, support them and to solve problems within the framework of the interventions provided by the subject studied, in particular the ability to integrate interventions and programmes in the management of subjects with different problems</p> <p>C. Ability to collect and interpret data useful for determining appropriate choices, integrating them with different competences</p> <p>D. Ability to communicate information, ideas, problems and solutions to specialist and non-specialist interlocutors, interacting productively and effectively.</p> <p>E. Ability to undertake further studies with a high degree of autonomy, targeting one's own knowledge and skills</p>

<p>Didactics organisation</p>	<p>DIDACTICS PROVISION</p> <ul style="list-style-type: none"> ➤ N. 9 video lessons; ➤ 2 synchronous meetings on the platform; ➤ 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> <p>SELF-LEARNING</p> <p>Teaching materials are provided for each module: in-depth thematic studies, articles and slides by the lecturer, open access readings, online resources, reference bibliography, etc.</p>
<p>Recommended texts</p>	<ul style="list-style-type: none"> ➤ L.Pannella - Attività fisica adattata - Edi.ermes ➤ P.A. Houglum - L'esercizio fisico come terapia negli infortuni muscolo-scheletrici (2 vols.) - Calzetti-Mariucci 2015 ➤ K.Francesconi, G.Gandini - Muoversi per non subire il tempo - Edi-ermes ➤ P.Benelli, M.Zanazzo - Idrochinesiterapia/Manuale di riabilitazione in acqua - Edi-ermes 2015 <p>In order to respond flexibly to the specific needs of each student, the lecturer 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 completion of the following 2 e-activities:</p> <ol style="list-style-type: none"> 1. Forum construction, access and motivation Modules 1-2: creating access modes and prerequisites for adequate communication on the Internet; acquiring the main access modes to the Internet 2. Exchange of information and possible solutions to problems and questions posed by the lecturer and coordinated by the tutor

	<p>module 3-4: promoting the ways in which students interact both with the tutor and the lecturer and among the students themselves; ability to use teaching materials and to devise practical methodologies to use knowledge, also through the web.</p>
<p>Procedure for the final examination</p>	<p>The assessment of learning will take place through an oral interview on the course contents (at least three). 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>