**Theory, Technique and Teaching of Motor Activities for Adults and the Elderly**

## Prof. Gustavo Fenaroli

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

The course aims to provide students with the basics for defining and applying specific physical activity protocols for adults and the elderly based on the recognition of specific needs.

*Intended learning outcomes:*

At the end of the course, students will be able to carry out the basic planning of physical activities for adults and the elderly. They will learn the main work management methods based on the recognition of an individual's specific needs, with particular reference to motor re-education. The student will be able to choose the best approach and most suitable exercises for the subject in question and the solution involving the most suitable and individualized specific exercises.

***COURSE CONTENT***

* The structuring and development of conditional motor skills.
* Evolution and involution of conditional abilities.
* Kinesiology and human movement:

Optimisation of motor activities.

Prevention and recovery.

Knowledge of motor gestures and postural education in relationships and in sports.

* Muscle strength capacity and contractions.
* Proprioception.
* Stretching.
* Work techniques aimed at maintaining and developing conditional abilities in adulthood.
  + Work techniques aimed at slowing down the deterioration of conditional abilities in old age.

***READING LIST***

B. Toso, *Mal di schiena,* Edi Ermes, Milan, 1994.

C. Trachelio, *Preparazione fisica agli sport di squadra,* Libreria dello sport, Milan, 1998.

F. Albanese, *Appunti.*

Fox-Bowers-Foss, *Le basi fisiologiche dell’educazione fisica e dello sport,* Il Pensiero Scientifico, Rome, 1995.

G.Fenaroli, Appunti.

I.A. Kapandji, *Fisiologia articolare*, Marrapese ed. Demi, Roma, 1974 (1st ed.).

P. Cerretelli, *Fisiologia dell’esercizio*, Società editrice Universo, Roma, 2001.

S.B. Brotzmann-K.E. Wilk, *La riabilitazione in ortopedia,* Ital. ed. edited by S. Boccardi, Excerpta Medica Italia Srl, San Donato Milanese.

V. Pirola, *Cinesiologia - Il movimento umano*, Edi Ermes, Milano, 1998

***TEACHING METHOD***

Frontal lectures in group sessions.

Participatory lectures involving guided practical work in distinct groups.

***ASSESSMENT METHOD AND CRITERIA***

The exam takes place in two parts, both mandatory for all students: 1. a written exam (partial exam) on the general (institutional) part of the course, which consists of ten open-ended questions. To gain admission to the second part of the exam, students must have passed the written exam. 2. a mini-thesis involving the preparation of a paper on the construction of practical and specific exercises for adults targeting each muscle dealt with in class. The assessment will focus on the relevance of the student's answers, their appropriate use of the specific terminology, the reasoned and coherent structuring of their discourse and their ability to identify conceptual links and open questions. The ten open-ended questions asked in the interim written test will all carry the same mark, from 0 (in the case of no answer) to 3 (in the case of an exemplary answer). The final single mark is based 90% on the mark for the written test and 10% on the mini-thesis produced.

***NOTES AND PREREQUISITES***

In case the current Covid-19 health emergency does not allow frontal teaching, remote teaching will be carried out following procedures that will be promptly notified to students.

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.