# Theory, Technique and Teaching of Individual and Team Sports 1

## Prof. Giorgio Ripamonti; Prof. Nadia Brivio

First Module (*prof. Giorgio Ripamonti)*

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

The course aims to provide students the theoretical knowledge, and the basic technical, teaching and methodological skills relative to disciplines of track and field events. The purpose of the course is also to develop general teaching methods suitable for each athletic speciality.

The course aims also at giving a specific understanding on the basic methods of youth categories.

At the end of the course, students will know and be able to present the fundamental aspects of the various subjects covered. They will also be able to apply this knowledge on a practical level in various contexts.

***COURSE CONTENT***

* Historical background.
* Sports-motor performance in Athletics.
* Evolution of disciplines, techniques and performances.
* Track and field specialities.
* Development processes of techniques applied to different disciplines.

– Teaching and methods of youth activities

– Regulations and track marking.

Technique, teaching and regulations of each event:

 *Races*

* Sprints.
* Endurance running.
* Hurdles.
* Relays.

 *Jumps*

* Long jumps (long and triple).
* High jumps (high and pole vault).

 *Throws*

* Shot put.
* Discus throw.
* Hammer throw.
* Javelin throw.

*Race walking*

*Combined events* (Decathlon, Eptathlon)

***READING LIST***

The following reference text needs to be prepared in full:

AA.VV., *Il nuovo manuale dell’Istruttore di Atletica Leggera*, Centro studi e ricerche FIDAL, Rome, 2010 (reference textbook for the course) Supplement to no. 1-4/2010.

Material used by the lecturer during lectures will be made available on Blackboard platform.

Further readings (recommended):

C. Vittori, *Le gare di velocità*, Centro studi e ricerche FIDAL, Rome, 1995.

E. Arcelli e coll., *Le gare sulle medie e lunghe distanze*, Centro studi e ricerche FIDAL, Rome, 1996.

F. Angius, *La programmazione agonistica annuale di un giovane discobolo*, Centro studi e ricerche FIDAL, Rome, 1996.

R. Avogaro, *Il Decathlon*, Centro studi e ricerche FIDAL, Rome, 1998.

G. Paissan, *I salti nelle categorie giovanili*, Centro studi e ricerche FIDAL, Rome, 1998.

AA.VV., *La marcia-aspetti scientifici e tecnici*, Centro studi e ricerche FIDAL, Rome, 1999.

E. Arcelli, A. Dotti*, Il mezzofondo veloce*, Centro studi e ricerche FIDAL, Rome, 2000.

G. Paissan, L’insegnamento dell’atletica leggera a scuola (four volumes), Centro studi e ricerche FIDAL, Rome, 2002/2008.

AA.VV., *Correre-Saltare-Lanciare.* *La guida ufficiale IAAF per l’insegnamento dell’atletica*, Centro studi e ricerche FIDAL, Rome, 2010.

***TEACHING METHOD***

Lectures integrated with external experts' participation/reports.

Classroom lectures, as well as hours of practical teaching activity (separate courses and workshops) *with compulsory attendance for at least 70% of the hours*.

***ASSESSMENT METHOD AND CRITERIA***

The assessment takes place in three stages, all of which are compulsory for all students:

Written exam comprising 15 closed-ended questions (1 mark for each correct answer).

Oral exam consisting of an interview aimed at ascertaining the student's knowledge of the reference texts and the materials distributed by the lecturer. The oral exam is reserved for those who have achieved a minimum mark of 8/15 in the exam referred to at the previous point.

Practical exam (carried out at the same time as the exam referred to at point 2) which involves performing a number of technical and practical tests.

In the context of the overall evaluation will be considered further aspects, among which: the knowledge of the discipline, the speaking ability and the appropriateness of terminology.

***NOTES AND PREREQUISITES***

As it is aimed at first year students, and in consideration of its practical nature, the course has no prerequisites. However, students are advised to attend all the lectures.

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.

## Second Module *(Prof. Nadia Brivio)*

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

The course intends to provide students with the theoretical and practical knowledge of the fundamental technical elements of Artistic Gymnastics.

At the end of the course, students will be able to know and explain the fundamental aspects of the discipline. They will also be able to apply this knowledge on a practical level in various contexts.

***COURSE CONTENT***

– Organization of the central and peripheral bodies of Italian Gymnastic Federation.

– Historical background

– Code of international points.

– Axis and planes.

– Physical training of the gymnast.

– Basic actions.

– Introduction to Rythmic gymnastics

– Introduction to Aerobic gymnastics

*Floor*

– Forward and backward rolls.

– Handstand.

– Forward, backward and side round offs.

– Handsprings forward and backward with or without hands.

– Forward and backward saltos.

– Artistic parts: jumps and leaps, pirouettes, waves.

*Vault*

– Horizontal vaults.

– Vertical vaults.

– Fundamental jumps.

*Mini tramp*

– Introduction to mini tramp

– Basic jumps.

*Parallel bars*

– Basic positions.

– Swings.

– Handstand.

*Balance beam*

– Introduction to gym equipment

– Basic acrobatic and artistic elements.

*Uneven bars (low bar)*

– Holds and grips.

– Basic positions.

– Side passes of legs.

– “A” mounts and dismounts.

***READING LIST***

Reference textbook

C. Scotton-D. Senarega, *Corso di Ginnastica Artistica,* Libreria Cortina, Turin, 2003.

The materials used in class by the lecturer will be made available on the Blackboard platform (MATERIALS area).

Further reading list for research:

C. Scotton-M. Comoglio, *Ginnastica: gioco-sport e specialità sportive,* Libreria Cortina, Turin, 2003.

F. Casolo-G. Mari, *Pedagogia del movimento e della corporeità,* Vita e Pensiero, Milan, 2014.

***TEACHING METHOD***

Theoretical lectures with joint courses supplemented with interventions/reports by the sports expert testimonial.

Practical classes in the gym in sub-courses.

Gym lab in sub-courses.

***ASSESSMENT METHOD AND CRITERIA***

The final assessment (at the end of the course) takes place in two stages:

1. A written test consisting of 27 multiple choice questions (1 mark for each correct answer) and open-ended questions (maximum 3 marks) in which students must demonstrate their knowledge of the basic elements of artistic gymnastics, and express themselves correctly using the appropriate subject terminology.

2. A practical test on the basic technical elements, chosen by the student. Execution errors are deducted from the starting mark (30 marks).

In both tests a pass mark is required (18 points). The final mark is the average of the two test scores. Students' regular and active participation in practical and educational activities will count for the final assessment.

***NOTES AND PREREQUISITES***

Being introductory and practical in nature, there are no prerequisites for attending the course. Attendance at the theoretical lectures is also recommended.

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.

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