# Specialist Module with Workshop: Physical-Motor Techniques for Health and Wellbeing

## Prof. Christel Galvani

1. ***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

*Course aims*

The aim of the workshop is to lay the theoretical-practical foundations for working in the field of health prevention and promotion, and, hence, to learn about physical activity programmes for wellbeing and evidence-based empowerment.

Course content will focus on teaching students about healthy lifestyles from childhood to adulthood and old age, also explaining how to make proper assessments for the age bracket they are dealing with.

At the end of the course, students will be able to understand the relationship between physical exercise and wellbeing. They will understand the main methods for assessing people’s levels of physical activity and inactivity. Students will be able to understand if people are sufficiently active by making comparisons with current international guidelines. Students will be able to construct a project based on the psychology of exercise.

***COURSE CONTENT***

Topics examined in lectures and workshop

Module 1

*“If we could give each individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health”* Hippocrates 460 B.C.

The relationship between physical activity and health.

The damage caused by a sedentary lifestyle.

Guidelines for the right kind of physical activity for good health

*– in childhood;*

*– in adulthood;*

*– in old age.*

The right amount of physical activity

– *in childhood;*

*– in adulthood;*

*– in old age.*

Assessing lifestyle based on

– *subjective methods;*

*– objective methods.*

Work methods

Research applied to physical activity and health.

Module 2

Group project

The topics that are addressed seek to create a common language between well-being practitioners, in order to have better collaboration between professionals with different skills (Graduates in Motor Sciences with Well-being Psychologists).

Students will be involved in researching fields of application for physical activity-psychology, trying to understand in what role they could support Motor Sciences graduates in getting the population to do the right amount of physical activity.

Examples of topics addressed in past academic years:

*‘Intervention to promote stair use at the workplace’*

*‘Interventions to change physical activity behaviour’*

*‘Physical activity and enjoyment’*

*‘The psychology of physical activity behaviour: perceived exertion’*

*‘Barriers to participation in physical activity’*

*‘Physical activity, psychological constructs and academic achievement’*

***READING LIST***

President’s Council On Physical Fitness And Sports, *Dose-Response Issues Concerning the Relations Between Regular Physical Activity and Health. ResearchDigest. Series 3,* No 18, Sept 2002.

P. Kokkinos-H. Sheriff-R. Kheirbek, *Physical inactivity and mortality risk,* Cardiol Res Pract. 2011 Jan 20;2011:924945.

P. Kokkinos, *Physical activity, health benefits, and mortality risk*, ISRN Cardiol. 2012;2012:718789.

Sn. Blair-Mj. Lamonte-Mz. Nichaman,*The evolution of physical activity recommendations: how much is enough?* Am J ClinNutr. 2004 May;79(5):913S-920S*.*

P. Oja-Fc. Bull- M. Fogelholm-Bw Martin, *Physical activity recommendations for health: what should Europe do?* BMC Public Health. 2010 Jan 11;10:10.

President’s Council On Physical Fitness And Sports, *Physical Activity for Children: Current Patterns and Guidelines,* ResearchDigest. Series 5, No 2, June 2004.

C. Garber- B. Blissmer-Mr. Deschenes- Ba. Franklin- Mj. Lamonte- Im. Lee-Dc. Nieman,*Dp. Swain, American College Of Sports Medicine, American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise*, Med Sci Sports Exerc. 2011 Jul;43(7):1334-59.

American College Of Sports Medicine-Wj. Chodzko-Zajko-Dn. Proctor-Ma. FiataroneSingh- Ct. Minson-Cr. Nigg Cr-Gj Salem-Js. Skinner, *American College of Sports Medicine position stand. Exercise and physical activity for older adults,* Med Sci Sports Exerc. 2009 Jul;41(7):1510-30.

***TEACHING METHOD***

Lectures. Supervised practical work. Workshop activities and field work.

***ASSESSMENT METHOD AND CRITERIA***

The assessment takes the form of a work unit presentation where students must show that they have completed a group project and know how to present the results clearly and effectively.

Examination result: Pass or fail.

***NOTES AND PREREQUISITES***

All the material on the reading list posted on the tutor’s webpage.

There are no prerequisites for attending the course.

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.