# Theory and Methodology of Human Movement

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

The aim of the course is to study human movement and to provide the student with all the direction necessary to be able to understand and study the subject, integrating the different contributions of life sciences and biomedical sciences (anatomy, physiology, pedagogy, psychology, sociology, bio-engineering and kinesiology).

At the end of the course, students will be able to know and understand:

a) the theories of movement, knowing how to place them within the psycho-pedagogical context;

b) the forms and structures of human movement, by learning to interpret the qualities that make their execution possible;

c) the methodology and use of physical activities aimed at physical control and learning.

They will be able to apply this knowledge in the design and management of a learning unit oriented to the acquisition and improvement of partial conditional and coordinative components. They will also possess the communication skills needed in educational relationships, and the ability to appropriately assess learning outcomes in students.

***COURSE CONTENT***

1. Human movement and physical exercise in the educational framework.

2. The functions and structures of movement.

3. Structuration of biological systems and their correlations.

4. Ontogenesis of physical development; the first three years of life.

5. Theories and forms of movement.

6. Effects of movement on humans.

7. Movement deficiency: hypokinesia and physical inactivity.

8. Posture and movement patterns.

9. Wellbeing, culture and active health.

10. Physical control.

11. The quality of movement: conditional, coordinating and agile.

12. Movement planning: the learning unit.

The course is supplemented by teaching workshop activities entrusted to expert presenters and characterised by specific topics and methodologies agreed with the lecturer.

Each workshop edition will be aimed at producing a piece of work that will be assessed by the presenter on the basis of parameters shared with the lecturer and based on criteria of completeness, consistency, originality and didactic use.

***READING LIST***

Basic reading list

F. Casolo, *L’uomo e il movimento: lineamenti di teoria e metodologia,* Vita e Pensiero, Milano, 2020.

F. Casolo- M. Musaio- S. Nodari, *Pedagogia e cultura della corporeità nell’età evolutiva,* Vita e Pensiero, 2019.

M. Tripodi, *Stretching e flessibilità: teoria, tecnica e didattica,* Vita e Pensiero, Milano, 2020.

*Supplementary reading list*

R. Schmidt-C. Wrisberg, *Motor Learning and performance,* Società Stampa Sportiva, Roma, 2000.

F. Casolo-S. Melica, *Neuroscienze, corporeità ed espressività,* Vita e Pensiero, Milano, 2022.

***TEACHING METHOD***

The course is divided into: theoretical lectures, theoretical and practical lessons in separate multimedia gym courses, and practical gym workshops.

***ASSESSMENT METHOD AND CRITERIA***

The exam takes place in two parts, both compulsory for all students:

1) a written exam (partial test) on the theoretical part of the course, and consisting of 20 multiple-choice. The 20 questions are assigned a mark of 1 (correct answer) or 0 (wrong answer). The overall mark out of twenty is then converted to a mark out of fifteen which represents the admission mark to the oral exam. In order to sit the oral exam, students must have passed the written test with a minimum score of eight out of fifteen.

2) an oral exam consisting of an in-depth interview on the theoretical-practical part and the workshops. The assessment of this part, which is based on the relevance of the answers, the appropriate use of specific terminology, the reasoned and coherent structuring of the discourse and the ability to identify conceptual links and open questions contribute, is marked out of fifteen.

The final mark is based on the sum of the marks obtained for the two parts.

*“In addition to theoretical hours the course* *includes practice learning activities* *(Distinct courses and workshops) with mandatory attendance for at least 70% of hours”.*

***NOTES AND PREREQUISITES***

As introductory in nature, there are no prerequisites for attending the course. However, a degree of interest and willingness to participate in the theoretical and practical lessons (the latter to be carried out in appropriate sportswear) is assumed.

Further information on the course and lecture contents can be consulted on Blackboard in the section dedicated to the course.

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.