# Theory, technique and teaching of motor activities for adulthood

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

The course aims to provide the fundamental knowledge for the formulation and implementation of motor activity protocols for adults based on the recognition of individual and specific needs.

Upon completion of the course, the students will be able to:

Employ techniques and methodologies for the pedagogy of adult motor activity, capable of adapting to their specific requirements.

Utilize key approaches to work management, particularly emphasizing post-rehabilitation motor prevention and education.

Select the optimal program and most suitable exercises for each individual, identifying specific and personalized solutions.

Design physical activities for adult subjects, taking into account their particular needs.

***COURSE CONTENT***

* Introduction to the vocation of kinesiologist.
* Evidence-Based Practice.
* Benefits and hazards of physical activity.
* Kinesiology, biomechanics, and physiology of physical activity (overview).
* Initial screening for physical activity.
* Definition of objectives and development of the physical activity program.
* Postural observation.
* Physical activity for:
	+ Joint mobility and flexibility;
	+ Muscular strength, endurance, and power;
	+ Cardiorespiratory endurance and power;
	+ Balance and proprioception;
	+ Coordination skills;
	+ Injury prevention;
	+ Athletic preparation (overview).
* Physical activity for populations with special considerations (developmental age, pregnancy, overweight, obesity, elderly individuals (overview).
* Indoor and outdoor physical activity (overview).
* Physical activity and technology (overview).

***READING LIST[[1]](#footnote-1)***

 Foundational for the examinations

Cereda, F.(2023). *Teoria,* *tecnica e didattica dell’attività motoria per gli adulti.* Milano: Vita e Pensiero.

Cereda, F., Gambaretto, A., Albanese, F., Fenaroli, G. (2023). *Appunti TTDAMA, a.a. 2023-2024*.

 Recommended for further study

American College Of Sports Medicine (2021). *ACSM's Guidelines for Exercise Testing and Prescription*, 11th edition. Philadelphia (PA): Wolters Kluver.

Brotzmann, S.B.-Manske, K.E. (2014). *La riabilitazione in ortopedia, terza edizione*. Milano: Edra-Masson.

Ferrario, A., Monti, G.B., Jelmoni, G.P. (eds) (2005). *Traumatologia dello sport. Clinica e terapia*. Milano: Edi·Ermes

Heyward, V.H.-Cereda, F. (a cura di) (2013). *Fitness: un approccio scientifico.* Milano: Edizioni Sporting Club Leonardo Da Vinci.

Kapandji, I.A. (2020) *Anatomia funzionale*, 7ª edizione. Milano: Monduzzi Editoriale.

Pirola, V. (2017). *Cinesiologia - Il movimento umano applicato alla rieducazione e alle attività sportive – Seconda Edizione*. Milano: Edi·Ermes.

Schoenfeld, B.J. & Snarr, R.L. (eds.) (2022). *NSCA’s essential of personal training*. Champaign (IL): Human Kinetics.

Toso, B. (2003). *Back school, neck school, bone school. Programmazione, organizzazione, conduzione e verifica*. Milano: Edi·Ermes.

***TEACHING METHOD***

The course encompasses both theoretical exposition of the topics and practical implementation thereof, conducted in specifically equipped environments.

*In addition to the theoretical hours, the instruction incorporates practical educational activities (distinct courses and laboratories), the latter requiring mandatory attendance for at least 70% of the scheduled hours.*

***ASSESSMENT METHOD AND CRITERIA***

The examination comprises two mandatory parts: a written exam on the general course content and the preparation of a thesis. The written exam consists of 35 multiple-choice questions, with a correct answer worth 2 points, an incorrect answer deducting 1 point, and no points awarded for unanswered questions. The final score is evaluated on a scale of thirty, and the test is considered passed with a score between 37 and 70 points (37 points = 15/30, 53 points = 21/30, 70 points = 27/30). The thesis is evaluated on a maximum scale of 5/30. The final examination score is the sum of the grades obtained in the written exam and the thesis. In order to take the written exam, the thesis must be submitted within two weeks from the examination date.

***NOTES AND PREREQUISITES***

Reception Schedule and Location The location and schedule for reception will be arranged with the instructors upon prior request via email (ferdinando.cereda@unicatt.it; alessandro.gambaretto@unicatt.it).

1. The texts mentioned in the bibliography are available for purchase at the university bookstores; they can also be acquired from other retailers. [↑](#footnote-ref-1)