# Teaching and Methodology of Physical Activities (with workshop)

## Prof. Claudio Bianchin

COURSE AIMS AND INTENDED LEARNING OUTCOMES

The course aims to teach students the objectives and forms of movement adapted to childhood, understood as a period of physical, socio-affective and intellectual-cognitive growth. 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 psycho-motor characteristics of childhood and the main aspects of teaching age- and gender-adapted play-physical activities;

c) the methodology and strategies for inclusion, self-control and self-perception.

Students will be able to apply this knowledge in the planning and management of recreational and physical activities aimed at the cognitive, social and physical growth of the child.

In addition, they will know the communication skills used in the educational relationship and in being able to appropriately assess learning outcomes in students.

COURSE CONTENT

Theoretical part:

Human movement and its forms in the context of contemporary culture and values.

Functions and structures of human movement.

Lack of movement: hypokinesis and physical illiteracy.

Physical development: ontogenesis and evolution of basic motor patterns from birth to 11 years.

Functional prerequisites and their structuring.

Psycho-motor education in its various aspects and the relationships between body growth, neuromotor and mental development.

The acquisition of skills and the development of coordination and conditional skills in childhood.

Body image and self-efficacy.

Physical activity and socio-intellectual, emotional and moral development.

General principles of gradualness and progressivity in the use of movement and methodological-didactic variables.

Teaching strategies.

Practical part:

Development of sociality

Sensory education

Postural education and proprioception

Breathing training

Body expressivity

Perception and spatiotemporal organisation and the development of laterality

From basic motor patterns to the first forms of gestures applied to sport: sports-games

From macro-design to operational programming: the didactic sequence, the work unit and the learning unit for different ages

The course is supplemented by didactic-workshop activities entrusted to expert conductors and characterised by specific topics and methodologies agreed with the lecturer. Each workshop edition will be aimed at producing a project/artefact 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

F. Casolo, *Didattica delle attività motorie per l 'età evolutiva,* Vita e Pensiero, Milan, 2011.

F. Casolo-G. Frattini, *Educazione motoria: percorsi ludici di apprendimento,* Scholé Editrice Morcelliana, Brescia, 2021.

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

M. Mondoni-C. Salvetti, Didattica del movimento per la scuola dell’infanzia, Vita e Pensiero, Milan, 2015.

D. Coco, *Pedagogia del corpo ludico-motorio e sviluppo morale,* Editoriale Anicia, Rome, 2014.

Aa.Vv. *Imparare giocando - Vademecum di giochi per la scuola primaria,* Libreria dello Sport, Milan, 2011.

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 is in two parts, both compulsory for all students:

1) A written/computerised exam on the theoretical part of the course consisting of 20 multiple-choice questions. 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. 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 and practical part, the learning paths 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 out of thirty is based on the sum of the marks obtained for the two parts.

NOTES AND PREREQUISITES

Being 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.

Should the current Covid-19 health emergency not allow face-to-face teaching, remote teaching will be guaranteed using methods that will be communicated in good time to students.

Information on office hours available on the teacher's personal page at http://docenti.unicatt.it/.