**-. Didactics and Methodology of Motor Activities (with workshop)**

Prof. Claudio Bianchin

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

The course aims to raise awareness of the objectives and forms of movement adapted to infancy and childhood, meant as periods of not only motor but also socio-affective and intellectual-cognitive growth. At the end of the course, students will be able to know and understand:

a) the movement theories and place them in the psycho-pedagogical context;

b) the psycho-motor characteristics of developmental age and the main aspects of teaching recreational-motor activities adapted to age and gender;

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

They will be able to apply this knowledge in the planning and management of recreational-motor activities aimed at the cognitive, socio-affective and motor growth of the child.

In addition, they will learn the communication skills useful for the educational relationship and the ability to appropriately assess the learning outcome of students.

***COURSE CONTENT***

THEORETICAL PART

* Human movement and its forms within contemporary culture and values
* Functions and structures of human movement
* Lack of movement: hypokinesia and motor illiteracy
* Motor development: ontogenesis and evolution of basic motor patterns from birth to 11 years
* The functional prerequisites and their structuring
* Psycho-motor education in its various aspects and the relationships between body growth, neuro-motor and psychic development.
* The acquisition of skills and the development of coordinative and conditional abilities in developmental age
* Body schema and self-efficacy
* Motor activity and socio-intellectual, emotional, and moral development
* General principles of graduality and progressiveness in the use of movement and the methodological-didactic variables
* Teaching strategies

PRACTICAL PART

* Development of sociability
* Sensory education
* Postural education and proprioception
* Respiratory education
* Bodily expressiveness
* Perception and spatio-temporal organisation and development of lateralization
* From basic motor patterns to the first forms of gestures applied to sport: sports games
* From macro-planning to operational programming: the teaching sequence, the work unit and the learning unit for different ages

The course is supplemented by didactic-workshop activities held by expert leaders and characterised by specific themes and methodologies agreed with the teacher.

Each workshop session will be aimed at producing a project/artefact that will be assessed by the conductor on the basis of parameters shared with the teacher and based on criteria such as: completeness, consistency, originality, didactic usability.

***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.

A.A.V.V. Imparare giocando - Vademecum di giochi per la scuola primaria, Libreria dello Sport, Milan, 2011.

***TEACHING METHOD***

The course is divided into:

- theoretical lessons in courses in the classroom,

- theoretical-practical lessons and separate courses in the gym with multimedia support,

- practical workshops in the gym.

***ASSESSMENT METHOD AND CRITERIA***

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

1) A written/IT test on the theoretical part of the course which consists of 20 multiple choice items. The 20 questions are assigned a score of 0.75 (correct answer) or 0 (incorrect answer). To access the oral exam, students must have passed the written test with a minimum score of 8.25.

2) An oral exam which consists of an interview on the in-depth analysis of the theoretical-practical part, the learning paths, and the workshops. The assessment of this part, which includes the relevance of the answers, the appropriate use of specific terminology, the reasoned and consistent structuring of the discussion and the ability to identify conceptual links and open questions, is on a 15 point-scale.

The final mark out of thirty is the result of the sum of the assessments obtained in the two parts.

***NOTES AND PREREQUISITES***

Since this is an introductory course, there are no content-related prerequisites for attending it. However, students are expected to have interest and willingness to participate in the theoretical and practical lessons. The practical lessons will have to be carried out in suitable sports clothing.

Further information on the course and lesson contents can be consulted on the “Blackboard” support in the course dedicated section.

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