

Bachelor's degree in “Sciences of Motor and Sports Activities”

General information	
Academic subject	Theory and Methodology of Motor Activities
Degree course	Sciences of Motor and Sports Activities
Academic Year	I Year
European Credit Transfer and Accumulation System (ECTS)	5
Language	Italian Language
Academic calendar (starting and ending date)	II Semester Academic Year 2023/2024
Attendance	Attendance is recommended

Professor/Lecturer	
Name and Surname	Antonio Ascione
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Department and address	Department of Education, Psychology, Communication via Scipione Crisanzio 42, 70122 - Bari, Palazzo Chiaia Napolitano - office n. 419
Virtual headquarters	
Tutoring (time and day)	The teacher receives the students at the end of the lessons or you can make an appointment by sending an email to: antonio.ascione@uniba.it

Syllabus	
Learning Objectives	The course deals with the study of Youth Motor Activity, the evaluation of motor efficiency and teaching strategies for Motor Education. The Learner will understand the use of the main Training Methods for different Motor Skills and Performance Improvement. At the end of the course, the student is able to choose and use the main training methods, differentiating the load according to the type of sport and individual performance.
Course prerequisites	Nobody
Contents	<ul style="list-style-type: none"> ➤ The Body in Motion ➤ Education and Motricity ➤ Knowing Movement and Body Pattern

	<ul style="list-style-type: none"> ➤ Analyze the modalities and process of Motor Learning ➤ The Evolutionary Phases of the Movement ➤ Motor Skills in Developmental Age ➤ Promoting Physical Literacy through Play ➤ Planning and Programming of Motor Activities ➤ Motor Activities ... for All
Books and bibliography	<ul style="list-style-type: none"> • Antonio Ascione, <i>Approccio Interdisciplinare e Inclusivo delle Attività Motorie e Sportive adattate nei contesti formativi</i>. Lecce: Pensa MultiMedia Editore s.r.l., 2023. • Antonio Ascione, <i>Educazione & Movimento. Proposte Multidisciplinari per l'Attività Motoria in Età Infantile</i>. Edizioni Universitarie Romane, 2021.
Additional materials	On the basis of specific interests expressed by the students it will be possible to integrate or modify the reference texts.

Workschedule			
Total	Lectures	Hands on (Laboratory, working groups, seminars, fieldtrips)	Out-of-class study hours/Self-study hours
80	50		30
ECTS			
5	5		
Teaching strategy			
<p>All the contents under study will be analyzed with participative and relational methodology in order to demonstrate "in reality how the study of the discipline consists in tracing" didactically effective "solutions that enhance both the individual and the collective dimension of teaching-learning processes.</p> <p>The organization of the course provides for the alternation of frontal lectures with multimedia aid and laboratories. The Microsoft Teams Platform will be used for sharing teaching material and for any online lessons.</p>			
Expected learning outcomes			
Knowledge and understanding on:		Know and understand the founding principles of Motor and Sports Activities for the design of new learning contexts.	
Applying knowledge and understanding on:		Advanced study knowledge, which presupposes a critical understanding of the Theories and Principles founding the Discipline.	
Soft skills		<p><i>Making informed judgments and choices</i></p> <p>The learner, in relation to the Study and the Critical Evaluation of Motor and Sports Activities, will develop the ability to collect and interpret data to improve their judgment and proposal skills.</p>	

	<p><i>Communicating knowledge and understanding</i></p> <p>Advanced skills, which demonstrate mastery and ability to solve complex and unpredictable problems in an Educational, Didactic and Sports field, both for study and work.</p> <p><i>Capacities to continue learning</i></p> <p>Students must have developed those learning skills that are necessary to manage Motor and Sports Activities or undertake subsequent study projects with a high degree of autonomy.</p>
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Assessment and feedback	
Methods of assessment	The Final Exam consists of an oral argumentative interview on the entire study program.
Evaluation criteria	<p>The evaluation of the final exam will take place taking into consideration 5 prevailing indicators according to the specific Evaluation Sheet:</p> <p>Knowledge and understanding</p> <p>Applied knowledge and understanding</p> <p>Autonomy of judgment</p> <p>Communication skills</p> <p>Ability to learn independently</p>
Criteria for assessment and attribution of the final mark	The exam will focus on questions of a general and specific nature with respect to the lesson plan. To pass the exam, the candidate's ability to summarize, the clarity and correctness of the presentation will be taken into account. The grade will be expressed in 30/30 and the minimum mark to pass the exam is 18/30.
Additional information	
	It is possible to agree with the students the production of a valid Project Work for the purposes of the final evaluation. The teacher is available to students, especially for non-attending students, for further information by appointment.

