



COURSE OF STUDY Attività Motorie e Sportive

ACADEMIC YEAR 2023/2024

ACADEMIC SUBJECT BASIC KINESIOLOGY

General information	
Year of the course	I II III Year
Academic calendar (starting and ending date)	I Term
Credits (CFU/ETCS):	1
SSD	M-EDF/01
Language	Italian English
Mode of attendance	Mandatory

Professor/ Lecturer	
Name and Surname	Dr.Cipolla Alessandro Pio
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Department and address	CUS BARI
Virtual room	https://meet.google.com/isg-szik-iix
Office Hours (and modalities: e.g., by appointment, on line, etc.)	EVERY SATURDAY MORNING FROM 10:00 TO 12:00, prior e-mail appointment.

Work schedule			
Hours			
Total	Lectures	Hands-on (laboratory, workshops, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
25	8	2	15
CFU/ETCS			
1			

Learning Objectives	The course is intended to develop in the student the ability to understand the principles of human body movement and define a professional figure able to interpret the movement integrating concepts of functional anatomy and biomechanics, in order to respond to complex problems in the field of sports, education, preventive and working.
Course prerequisites	knowledge of human anatomy and basic biomechanics



Teaching strategie	1 CFU including 8 hours of frontal teaching and 2 hours of lessons related to theoretical and practical exercises, for a total of 10 hours of class in presence. The lessons are carried out with the use of animated slides, prepared with PowerPoint and made available by the teacher, illustration and discussion of experimental results and articles scientific in English regarding the topics covered. Individual study by the student is 15 hours.
Expected learning outcomes in terms of	
Knowledge and understanding on:	Having achieved knowledge and understanding of Kinesiology that allows him to set the discussion of theoretical issues in a logical and comprehensive way, useful for and for the understanding of other subjects of the triennial in Sciences of Sport and Sport Activities;
Applying knowledge and understanding on:	Know how to set up the treatment of application problems in the field of Kinesiology;
Soft skills	3. Being able to assess any case independently and on grounds different opinions on problematic aspects of Kinesiology; 4. Know how to display in Italian correct and with property of language their own knowledge; 5. Demonstrate that they have achieved a good learning, not only in the form of information studied but also in the form of an organization thought around such information.
Syllabus	
Content knowledge	1. Definition of Kinesiology ; 2. The forces involved in achieving the movement and the attitude of the body ; 3. Kinesiology of the axial skeleton ; 4. Kinesiology of the upper limb ; 5. Kinesiology of the lower limb ; 6. Locomotion and its components ; 7. Centre of gravity and supporting range.
Texts and readings	MEMO CINESIOLOGIA- Autore: Vincenzo Pirola -Editore: Edi-Ermes ANATOMIA FUNZIONALE- Autore: A.I. Kapandji - Vol. I°, II°, III° Editore: Monduzzi
Notes, additional materials	To encourage the learning of topics related to the motor control we recommend the following teaching material Integrative: Principles of Neuroscience, Kandel ER, Schwartz JH et al, Ambrosiana Publishing House, Milan.
Repository	LECTURE NOTES AND SCIENTIFIC ARTICLES



Assessment	
Assessment methods	WRITTEN AND FINAL ORAL EXAMINATION
Assessment criteria	<p>To pass the oral exam the student must obtain a score of 18 . The oral exam focuses on questions related to the C.I. teaching program to define:</p> <ol style="list-style-type: none">1. Knowledge and understanding (25%)2. the ability to apply knowledge and understanding (25%)3. the autonomy of judgment (15%)4. communication skills (15%)5. learning ability (20%); single final grade for the C.I.
Final exam and grading criteria	<p>The student must demonstrate knowledge of the topics under study and have understood the issues related to them, as well as to have reached a level of knowledge to develop independently interpretative arguments</p> <ol style="list-style-type: none">1) Failure to pass the test: insufficient knowledge of the course contents, insufficient evaluation and reasoning skills, lack of basic knowledge.2) 18 to 21: sufficient or barely sufficient preparation; minimum knowledge of the institutions and of the problems tackled during the course; presence of minor gaps;3) 22 to 24: average preparation characterized by no particular deepening and by gaps that can be filled in the continuation of the overall training;4) 25 to 27: generally good preparation even if not particularly thorough; technical language and adequate expressive ability;5) 28 to 30: excellent or excellent preparation; precise and precise technical language and expressive ability;6) 30 e lode: preparation, technical language, expressive and argumentative skills of the highest level
Further information	
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