



COURSE OF STUDY Attività Motorie e Sportive

ACADEMIC YEAR 2023/2024

ACADEMIC SUBJECT- Scientific, Health and Sports English

General information	
Year of the course	1 Year
Academic calendar (starting and ending date)	II Term
Credits (CFU/ETCS):	2 CFU
SSD	L-LIN/12
Language	Italian
Mode of attendance	Not Mandatory

Professor/ Lecturer	
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Department and address	Policlinico di Bari, Palazzo Istituti Biologici, 3rd Floor
Virtual room	
Office Hours (and modalities: e.g., by appointment, on line, etc.)	to be agreed by email with the professor
Professor/ Lecturer	
Name and Surname	Daniela Savino
E-mail	
Telephone	
Department and address	CUS Bari
Virtual room	
Office Hours (and modalities: e.g., by appointment, on line, etc.)	to be agreed by email with the professor

Work schedule			
Hours			
Total	Lectures	Hands-on (laboratory, workshops, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
50	20		30
CFU/ETCS			
2	2		

Learning Objectives
The class will be aimed at providing students with a real terminological glossary in English and dealing with the specific Sports Sciences and related disciplines. The students will be given English texts on various topics (e.g. biomechanics, anatomy of



	the muscles of the human body, training routines, names of exercise equipment, etc.) and an Italian translation will be proposed in order to facilitate full understanding. We will then proceed with classroom exercises to consolidate and verify the acquisition of industry terminology.
Course prerequisites	Knowledge of English at level A2/B1 of the Common European Framework of Reference

Teaching strategie	Reading and text analysis Lectures with classroom practices
Expected learning outcomes in terms of	
Knowledge and understanding on:	sector terminology in English and ability to express themselves in language with attention to the specific words and relating to the Sports Sciences
Applying knowledge and understanding on:	sector specific terms also through practical exercises in the classroom and through the reading in English of authoritative publications on the subject.
Soft skills	Communication skills: written and oral related to the sector Ability to learn how to independently draw on bibliographical sources of the sector in order to improve and expand their knowledge
Syllabus	
Content knowledge	<ul style="list-style-type: none"> • <i>English Vocabulary for Exercising at the gym. Fitness / Wellness.</i> • <i>Introduction to the Course. Course aims. The final exam. Suggested readings. Dictionaries.</i> • <i>Get fit, Keep fit:</i> <ul style="list-style-type: none"> - <i>Physical activity benefits</i> - <i>Definition of wellness</i> - <i>Physical activity and exercise.</i> • <i>Communication in the gym:</i> <ul style="list-style-type: none"> - <i>Giving V Push Ups (with clenched fists) instructions.</i> - <i>The many benefits of being physically active (Physical, Social, Psychological)</i> - <i>Fitness components (“health related” and “performance related”).</i> • <i>Going to the gym : dialogue, vocabulary notes, grammar notes (Wh questions</i> • <i>Can do</i> <ul style="list-style-type: none"> - <i>Giving exercise advice</i> - <i>Rephrasing</i> - <i>Giving instructions</i> - <i>Express disapproval.</i> • <i>Dictation of “Physical activity benefits”</i> • <i>Anatomy of Human Movement: terminology; terms describing the anatomic structures position.</i> <ul style="list-style-type: none"> • <i>Terms used in describing movement.</i> • <i>Inversion and eversion (composite movements of the foot).</i>



	<ul style="list-style-type: none"> • <i>Introduction to Anatomy and Physiology. Levels of structure atoms, molecules, tissue, organ, organ system, organism</i> • <i>THE Skeletal System: reading the text. Analyzing the text : paragraphing.</i> • <i>A guide to “writing”: Paragraph writing. Hints on summarizing.</i> • <i>Five functions of the Skeletal System.</i> • <i>Quick reading techniques : Skimming , Scanning.</i> • <i>Writing: Using connectors. Writing practice. Short text writing</i> • <i>Introduction to the Muscular System.</i> • <i>A guide to “writing</i>
Texts and readings	1) <i>Fitness Training – Virginia Evans, Jenny Dooley, J Donsa; 2) Essential Grammar in Use (Edizione italiana) – Raymond Murphy</i>
Notes, additional materials	<i>The text Essential Grammar in Use (Italian Edition) must be used independently by students who do not have the basic grammatical structures of level A2/B1 of the CEFR, essential to be able to relate with confidence to the specific terminology of the field of Motor Science. Alternatively you can use any high school English grammar text.</i>
Repository	<i>Slide provided by professors</i>

Assessment	
Assessment methods	<i>written examination The exam consists of 30 questions, 15 for the lexical and comprehension part and 15 for the content part.</i>
Assessment criteria	<p><i>At the end of the class the student will have to prove to have acquired:</i></p> <ul style="list-style-type: none"> • <i>Knowledge and ability to understand texts in English related to the topics studied.</i> • <i>Ability to apply acquired knowledge independently drafting short formal texts with arguments, taking care of their correctness morphosyntactic, lexical and spelling, the division into paragraphs, cohesion and consistency. Capacity for dialogue on the content of lessons.</i> • <i>Ability to collect data by interpreting them through different cultural perspectives, which the language allows you to grasp, in order to formulate independent opinions on sectoral or social issues to them connected.</i> • <i>Communication skills both written and oral on subjects related to the area of specialization, knowing how to adapt the form to the interlocutor, both specialist than non-specialist.</i> • <i>Ability to draw independently from different sources in order to improve the own competencies.</i>
Final exam and grading criteria	<p><i>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</i></p> <p>1) <i>Failure to pass the test: insufficient knowledge of the course contents, insufficient evaluation and reasoning skills, lack of basic knowledge.</i></p> <p>2) <i>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;</i></p>



	<p>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;</p> <p>4) 25 to 27: generally good preparation even if not particularly thorough; technical language and adequate expressive ability;</p> <p>5) 28 to 30: excellent or excellent preparation; precise and precise technical language and expressive ability;</p> <p>6) 30 e lode: preparation, technical language, expressive and argumentative skills of the highest level</p>
Further information	
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