



## COURSE OF STUDY Attività Motorie e Sportive

### ACADEMIC YEAR 2023/2024

### ACADEMIC SUBJECT SPORTS KINESIOLOGY

General information	
Year of the course	II - III Year
Academic calendar (starting and ending date)	II Term
Credits (CFU/ETCS):	2
SSD	M-EDF 01
Language	Italian
Mode of attendance	Not Mandatory

Professor/ Lecturer	
Name and Surname	Vito Attorre
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Telephone	3493154933
Department and address	CUS Bari
Virtual room	1tkrrc0 teams code
Office Hours (and modalities: e.g., by appointment, on line, etc.)	at the end of each lesson

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		

<b>Learning Objectives</b>	The course aims to contribute to the knowledge in the field of prevention and rehabilitation of the movement, providing knowledge of methods, techniques of educational interventions and application of acquired skills. This course aims to address the centrality of motor activity as a tool for prevention, autonomy and efficiency, aimed at health, well-being and quality of life, as well as prevention and rehabilitation of athletes.
<b>Course prerequisites</b>	<ul style="list-style-type: none"> <li>• Knowledge of Joint Physiology.</li> <li>• Foundations of Anatomy of the Musculoskeletal System.</li> <li>• Basic knowledge of anatomy and physiology of human movement.</li> </ul>

<b>Teaching strategie</b>	Lectures
<b>Expected learning outcomes in terms of</b>	



<b>Knowledge and understanding on:</b>	<ul style="list-style-type: none"> <li>• Know how to make a biomechanical evaluation of basic movements and sports,</li> <li>• Recognize joints in action, the muscles involved,</li> <li>• Know the types of muscle contraction achieved, the purpose of contractions,</li> <li>• Examine the neurological systems required for motion control.</li> <li>• Knowing and identifying muscle and kinetic chains</li> <li>• Being able to recognize paramorphisms and structure a program that aims at prevention and possibly treatment</li> </ul>
<b>Applying knowledge and understanding on:</b>	<ul style="list-style-type: none"> <li>• Be able to develop a kinesiological intervention aimed at the prevention improvement of basic gestures and technical gestures for athletes at various levels</li> </ul>
<b>Soft skills</b>	<ul style="list-style-type: none"> <li>• Be able to integrate the fundamental concepts of applied biomechanics of basic movements, sports gestures, kinesiology of physical exercises, human physiology with the scientific evidence in the field of sports training to properly structure the plan of functional exercises to improve the technical component of sports performance.</li> <li>• Be able to present in verbal and written form the kinesiological intervention plan as formulated.</li> <li>• Be able to independently research the concepts needed to formulate the action plans according to the objectives set.</li> </ul>
<b>Syllabus</b>	
<b>Content knowledge</b>	<p>Axes and Planes of the human body, postures and movements          Notions of Kinetic Continuity - Kinetic Chains - Muscle Chains - Myofascial Chains          THE RACHIS AS A WHOLE. The curves of the rachis as a whole. Functional divisions of the rachis. The elements of intervertebral connection. The intervertebral disc. Flexion-extension, lateral flexion, rotation of the rachis as a whole. Problems connected with the spine and prevention Scoliosis, Scoliotic Attitude. Kyphosis, dorsal hyperkyphosis, the lumbar spine as a whole. Lumbar vertebrae. Flexion-extension and inclination. Rotation in the lumbar spine. The muscles of the trunk. The muscles of the abdominal wall. Static of the lumbar spine in an upright position. Lumbar lordosis and hyperlordosis. preventive and functional activity to prevent and recover spinal deviations          The muscles of breathing. Antagonism-synergy relationship between the diaphragm and the abdominal muscles.          The structure and function of the hip. The capsule and ligaments. The supporting structures located inside and outside the joint. Flexors, extensors, abductors, adductors and rotators. The sacroiliac joint. The ligaments of the sacroiliac joint. The nutation and counter-nutation.          The structure and function of the knee. Capsule and ligaments. Meniscus. Patella movements on the femur and tibia. Collateral ligaments. The anterior-posterior stability. The cruciate ligaments. The stability of the knee in rotation. The extensor muscles, flexors and rotators.          The structure and function of the ankle. The ligaments of the tibio-tarsica. The anterior-posterior and transverse stability. The peroneo-tibial joints.          The structure and function of the foot. The proximal joints: tibio-tarsica, sub-astraglica, medio-tarsica. Dorsi-flexion and plantar flexion, adduction and abduction, inversion and subversion. The distal articulations: tarsus-metatarsals, metatarsus-phalanx, interfalangee. Flexion and extension, abduction and adduction of the fingers. The muscles of the ankle and foot. The plantar vaults. Problems inherent in the hips and knees and their prevention. Problems related to plantar vault and prevention</p>
<b>Texts and readings</b>	material provided by professor
<b>Notes, additional materials</b>	
<b>Repository</b>	<a href="https://drive.google.com/drive/folders/16RNHf8nYg-rVcH2Njt5JQahG3CkGwbFS?usp=drive_link">https://drive.google.com/drive/folders/16RNHf8nYg-rVcH2Njt5JQahG3CkGwbFS?usp=drive_link</a>



Assessment	
Assessment methods	Any written tests in progress, will have only educational value - self evaluation. Generally, the oral examination shall cover a part requested by the committee and a part chosen by the candidate.
Assessment criteria	<p>At the end of the course the student will have to demonstrate that they have acquired Knowledge; Skills and Competencies related to the specific program in relation to:</p> <ul style="list-style-type: none"> <li>• Knowledge and understanding:</li> <li>• ability to organize discursively knowledge by demonstrating mastery of the theoretical and practical foundations of the discipline</li> <li>• Knowledge and understanding applied:</li> <li>• appropriate skills to apply knowledge in an operating system that involves intervention in sporting contexts</li> <li>• Autonomy of judgment:</li> <li>• critical reasoning skills on what is learned</li> <li>• know how to search for and discriminate reliable sources of information</li> <li>• Communication skills:</li> <li>• Ability to adequately expose and articulate learning using appropriate scientific language</li> <li>• Learning ability:</li> <li>• Ability to interpret and contextualize content</li> </ul>
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> <p>1) Failure to pass the test: insufficient knowledge of the course contents, insufficient evaluation and reasoning skills, lack of basic knowledge.</p> <p>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;</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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