

COURSE OF STUDY Attività Motorie e Sportive

ACADEMIC YEAR 2023/2024

ACADEMIC SUBJECT Training Theory and Methodology

General information	
Year of the course	<i>1 year</i>
Academic calendar (starting and ending date)	<i>II term (01-03-2024 / 30/06/2024)</i>
Credits (CFU/ETCS):	<i>5 CFU</i>
SSD	<i>M-EDF / 01</i>
Language	<i>ITALIAN</i>
Mode of attendance	<i>Not Mandatory</i>

Professor/ Lecturer	
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Department and address	<i>CUS Bari</i>
Virtual room	<i>Piattaforma TEAMS codice: 1ecsjn</i>
Office Hours (and modalities: e.g., by appointment, on line, etc.)	<i>Mercoledì dalle 15:00 alle 16:00 previo appuntamento telefonico o tramite mail</i>

Work schedule			
Hours			
Total	Lectures	Hands-on (laboratory, workshops, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
<i>125</i>	<i>50</i>	<i>0</i>	<i>75</i>
<i>5</i>			
<i>5</i>	<i>5</i>	<i>0</i>	<i>0</i>

Learning Objectives	<ul style="list-style-type: none"> • Knowledge and understanding • Knowledge and understanding applied • Autonomy of judgment • Communication skills • Ability to learn • Recognize professional correct techniques
Course prerequisites	Basic knowledge of training theory and methodology

Teaching strategie	<ul style="list-style-type: none"> • Lectures; • Use of concept maps, presentations;
Expected learning outcomes in terms of	



<p>Knowledge and understanding on:</p>	<ul style="list-style-type: none"> • Knowledge and understanding • Knowledge and understanding applied • Autonomy of judgment • Communication skills • Ability to learn • Recognize professional correct techniques
<p>Applying knowledge and understanding on:</p>	<ul style="list-style-type: none"> • apply the knowledge acquired to relate to subjects of various ages, abilities, gender and social status; • program motor activities for different ages, both individual and group, coded and uncoded, in different natural or built environments • sensitize users about the potential risks associated with adopting an incorrect lifestyle.
<p>Soft skills</p>	<ul style="list-style-type: none"> • relate to subjects of different ages, abilities, gender, socio-cultural condition using appropriate and correct language; • to present, also independently, scientific texts and articles acquired during the training period. • motivate, stimulate, involve and reassure users at all stages of motor and sports activity at the level of different age groups, individual and group; • motivate, stimulate, involve and reassure users at all stages of motor and sports activity at the level of different age groups, individual and group;
<p>Syllabus</p>	
<p>Content knowledge</p>	<p>The training of the graduate in Sports and Sports Sciences is achieved essentially through a process of integration between general content and content specific to individual sports. The general contents are common teachings, based on the main knowledge related to each training area and serve to better understand the specific themes. They are proposed, starting from a unique educational project and elaborated through the study of different sports. The training of each type of target group is based on some fundamental areas that constitute the core of their knowledge and skills.</p> <p>PROGRAM: Theory and methodology of training</p> <ul style="list-style-type: none"> -Neuromuscular activation -Muscle and its contraction -The motor unit -Muscular apparatus: characteristics of muscle fibres -Training and Coach -Motor skills and abilities -Theory of training -Neurological, muscular and endocrine changes -Training - adaptation -The physical load -Supercompensation -Overtraining -Sensitive phases -Strength - methods of training -The Speed -The resistance - training methods -Joint mobility and development methods -The coordination capabilities -The principles of training -Parameters of the training -The periodization -Training structure (macrocycles, mesocycles and 2icro cycles) -The training session -Method of continuous loading



	<ul style="list-style-type: none"> -Methods spaced out -Age -Motor method or practice -overall method or practice -analytical method or practice -Teaching style -Teaching strategies -Instruction on command -Assignment of tasks -Collaborative learning -Cooperative learning -Cognitive strategies for problem solving -Free exploration -Guided discovery -Divergent learning -Classification of styles -Teaching methodology -Teaching
Texts and readings	<p>L'ALLENAMENTO OTTIMALE Author: Jurgen Weinek Editore: Calzetti Mariucci</p> <ul style="list-style-type: none"> - ALLENARE: principi metodologici per l'allenamento nello sport e nelle attività motorie Author: F.Fischetti - ALLENARE: adattamenti, Valutazione, programmazione. Authors: A. Giunto-F.Fischetti
Notes, additional materials	Slides and lecture notes
Repository	The teaching material is available in the Teams class

Assessment	
Assessment methods	<p>Final oral examination. Use of multiple choice or open response tests on educational platforms; Elaboration, production and presentation of a Thesis on the topics of study;</p>
Assessment criteria	<p>Knowledge and ability to understand Students know about:</p> <ul style="list-style-type: none"> • the elements necessary for the realization of training programs in the various age groups in motor activity and in various sports; • the effects on motor preparation and health of training regimens; • the structures and functioning of the various body districts, in particular of the musculoskeletal system; • the basic mechanisms of theories of training methodology; <p>Ability to apply knowledge and understanding Students are able to:</p> <ul style="list-style-type: none"> • apply the knowledge acquired to relate to subjects of various ages, abilities, gender and social status; • program motor activities for different ages, both individual and group, coded and uncoded, in different natural or built environments; • sensitize users about the potential risks associated with adopting an incorrect lifestyle. <p>Autonomy of judgment Students know how to judge:</p> <ul style="list-style-type: none"> • the correctness of training and exercise programmes in relation to the gender, age and physical condition of the users; • the technical correctness and use of sports equipment;



	<ul style="list-style-type: none"> • the onset of uncomfortable situations related to the abandonment of motor activity in general; <p>Communication skills Students are able to:</p> <ul style="list-style-type: none"> • use technical terms appropriate to different types of motor activities; • motivate, stimulate, involve and reassure subjects in all stages of motor and sports activity both at the level of different age groups, individual and group; • relate to subjects of different ages, abilities, gender, socio-cultural condition using appropriate and correct language; • expose, also independently, scientific texts and articles acquired during the training period. <p>Learning ability students have the following:</p> <ul style="list-style-type: none"> • developed consciousness and knowledge of the most appropriate path to undertake with motivation the possible alternatives for the continuation of studies; • developed the ability to extrapolate between technical and humanistic knowledge; <p>developed the motivation to constantly update their professionalism.</p>
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	