



COURSE OF STUDY: Sport Science and Techniques

ACADEMIC YEAR: 2023-2024

ACADEMIC SUBJECT: Theory, Technique and Didactics of Fitness and Wellness (2 CFU)

General information	
Year of the course	0
Academic calendar (starting and ending date)	II semester (01-03-24 to 15-06-24)
Credits (CFU/ETCS):	2
SSD	M-EDF/02
Language	Italian
Mode of attendance	mandatory

Professor/ Lecturer	
Name and Surname	Vito Eraldo Pinto
E-mail	vitoliving@gmail.com
Telephone	3930783385
Department and address	
Virtual room	
Office Hours (and modalities: e.g., by appointment, on line, etc.)	By appointment

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

Learning Objectives	
Course prerequisites	<i>first-year examination, there are no specific prerequisites different from those required for admission to the degree program.</i>

Teaching strategie	
Expected learning outcomes in terms of	<i>Frontal lectures.</i>
Knowledge and understanding on:	o Basic knowledge and methods of Motor Activity
Applying knowledge and understanding on:	o Apply the Basic Knowledge and Methods of Motor Activity
Soft skills	<ul style="list-style-type: none"> <li>• <i>Making informed judgments and choices</i> <ul style="list-style-type: none"> <li>o Students should have the ability to collect and interpret data deemed useful in determining independent judgments.</li> </ul> </li> <li>- <i>Autonomy of judgement</i></li> <li>o <i>Students must be able to communicate information, ideas, problems and solutions to specialist and nonspecialist interlocutors.</i></li> </ul>



	<p>- <i>Communication skills</i></p> <ul style="list-style-type: none"> <li>o <i>Ability to pursue study independently throughout life</i></li> <li>o <i>Students should have developed those skills of learning that are necessary for them to undertake further study with a high degree of autonomy.</i></li> </ul> <p>- <i>Ability to learn independently</i></p>
<b>Syllabus</b>	
<b>Content knowledge</b>	<p><i>The course aims to:</i></p> <ul style="list-style-type: none"> <li>- <i>Illustrate the management fundamentals of a Fitness center.</i></li> <li>- <i>Foster the theoretical and practical acquisitions of skills suitable for promoting Fitness and Wellness</i></li> </ul> <p><i>Fitness centers</i> <i>The equipment</i> <i>The technologies</i></p>
<b>Texts and readings</b>	<i>Hard copy materials and files provided by the lecturer</i>
<b>Notes, additional materials</b>	<i>Lecture notes</i>
<b>Repository</b>	<i>Teaching materials can be found on Teams and sent by the Lecturer to students</i>

<b>Assessment</b>	
<b>Assessment methods</b>	<i>Oral. Ongoing follow-up tests will be held.</i>
<b>Assessment criteria</b>	<p><i>The course aims to:</i> <i>illustrate the theoretical and practical foundations of methodology and Didactics in the field of Motor activities; foster the acquisition of suitable skills to promote the use of Motor activities within specific therapeutic programs.</i></p> <ul style="list-style-type: none"> <li>● <i>Knowledge and understanding</i></li> <li>● <i>Applying knowledge and understanding</i></li> <li>● <i>Autonomy of judgement</i></li> <li>● <i>Communicating knowledge and understanding</i></li> <li>● <i>Communication skills</i></li> <li>● <i>Capacities to continue learning</i></li> </ul>
<b>Final exam and grading criteria</b>	<i>The final grade is given in thirtieths. The examination is considered passed when the grade is greater than or equal to 18</i>
<b>Further information</b>	
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