



UNICUSANO

Università degli Studi Niccolò Cusano - Telematica Roma

Course	Adapted Physical Activity
Level and Course of Study	Bachelor's degree in Human Movement Sciences (L-22)
Italian Academic Field (SSD)	MEDF-01/A - Physical Training Sciences and Methodology
Course Year	2
Academic Year	2024-2025
Credits	9
Propaedeuticity	Anatomy Physiology
Professors	<p>Davide Curzi (Head Professor) NICKNAME: Davide Curzi EMAIL: davide.curzi@unicusano.it</p> <p>Silvestri Fioretta NICKNAME: Silvestri Fioretta EMAIL: fioretta.silvestri@unicusano.it</p>
Course Presentation	The Adapted Physical Activity course explores physical activity for individuals with special needs, focusing on the role of Sports Science graduates. It delves into specific areas such as disability, aging, and chronic conditions, and also examines the link between adapted physical activity, psychomotor development and adapted sports.
Objectives	<p>The learning outcomes of the Adapted Physical Activity (APA) course are designed to:</p> <ul style="list-style-type: none"> - Develop a comprehensive understanding of APA's definitions, purposes, and scope. - Gain knowledge of relevant federations and institutions in the field of APA. - Acquire knowledge and develop skills related to: <ul style="list-style-type: none"> o APA in psychomotor development; o APA in physical and mental disabilities; o APA in old age; o Adapted Sports; o the role of posture in APA; o APA in pregnancy; o APA in ergonomics.
Prerequisites	<p>Understanding fundamental movement concepts, particularly regarding posture, motor patterns, and coordinative and conditional abilities.</p> <p>Knowledge of general psychology concepts, with a specific focus on the evolution of the concept of disability and the International Classification of Functioning, Disability and Health (ICF)</p>
Expected Learning Outcomes	<p>KNOWLEDGE AND UNDERSTANDING: Students will develop a comprehensive understanding of the fundamental principles of Adapted Physical Activity (APA) and the role of a Sports Science graduate in this field.</p> <p>APPLYING KNOWLEDGE AND UNDERSTANDING: Students will be able to design, implement, and evaluate effective APA programs tailored to meet the specific needs of different populations.</p> <p>MAKING JUDGEMENTS: Students will be able to assess the functional capacities of individuals and make informed decisions regarding appropriate intervention strategies.</p> <p>COMMUNICATION SKILLS: Students will acquire the specialized language and communication skills necessary to effectively interact with diverse populations and stakeholders.</p>

	<p>LEARNING SKILLS: Students will demonstrate the ability to apply their knowledge to address the different and evolving needs of individuals with disabilities and to adapt to new developments in the field of APA.</p>
Course Organization	<p>This 9-credit course in Adapted Physical Activity requires a minimum of 225 hours of student study. It is delivered through a combination of pre-recorded audio-visual lectures, slides, handouts, in-person activities, and other supplementary learning resources. All necessary study materials are available on the online learning platform, including readings recommended at the end of each module for further in-depth study.</p> <p>The course workload includes at least:</p> <ul style="list-style-type: none"> - 189 hours of self-study for viewing and reviewing pre-recorded lectures (assuming 7 hours of study per 1 hour of video lecture, including 2 hours for watching and 5 hours for independent study). - 36 hours of interactive activities on the online forum, known as e-tivities, involving exercises and assignments set by the instructors. <p>Synchronous tools such as web conference office hours and online chat are also available to facilitate real-time interaction with students.</p> <p>Students are advised to spread their study over 10 weeks, dedicating at least 20 hours per week to the course.</p>
Course Contents	<ul style="list-style-type: none"> ● Module I: Introduction to Adapted Physical Activity (APA) - Prof. Curzi ● Module II: APA and Psychomotor Development - Prof. Curzi ● Module III: APA and Physical Disabilities - Prof. Curzi ● Module IV: APA and Psychosocial Disabilities - Prof. Curzi ● Module V: APA and Aging - Prof. Curzi ● Module VI: Adapted Sports - Prof. Curzi ● Module VII: APA and Posturology - Prof. Silvestri ● Module VIII: APA and Pregnancy - Prof. Silvestri ● Module IX: APA and Ergonomics - Prof. Silvestri
Study Resources	<p>Pre-recorded video lectures delivered by the lecturer, divided into 9 modules.</p> <p>Supporting teaching materials provided by the lecturer (handouts, slides, and more).</p> <p>Recommended textbooks for further reading: a brief excerpt of the recommended texts is provided below, but for a complete list of texts and scientific articles, please refer to the bibliography at the end of each module.</p> <ol style="list-style-type: none"> 1. Winnick J, Porretta DL. Adapted Physical Education and Sport. Human Kinetics, 2016. 2. Franchi A. Attività fisica adattata: la ginnastica nella disabilità. Edizioni ETS, 2010. 3. Horvat M, Croce RV, Pesce C, Fallaize AE. Developmental and adapted physical education. Routledge, 2019. 4. Kelly LE. Adapted Physical Education National Standards. Human Kinetics, 2006. 5. Roth K, Zittel L, Pyfer J, Auxter D. Principles and Methods of Adapted Physical Education and Recreation. Jones & Bartlett Learning, 2016. 6. Martinelli E. Rieducazione posturale. Fondamenti per la progettazione della postura. Firenze University Press, 2012. 7. Busquet-Vanderheyden M.: Le Catene Muscolari - La Catena Viscerale - Descrizione e Trattamento Vol.6. Marrapese Editore, 2009. 8. Martinelli E., Raimondi P., Parodi V. Biomeccanica della postura nelle lombalgie. Chinesiologia, 2006. 9. Aldabe D., S. Milosavljevic, and M.D. Bussey. Is pregnancy related pelvic girdle pain associated with altered kinematic, kinetic and motor control of the pelvis? A systematic review. European Spine Journal, 2012. 10. Davenport et al. Exercise for the prevention and treatment of low back, pelvic girdle and lumbopelvic pain during pregnancy: a systematic review and meta-analysis. Br J Sports Med, 2019. 11. Gutke A., C. Betten, K. Degerskär, S. Pousette, and M. Fagevik Olsen. Treatments for pregnancy-related lumbopelvic pain: a 30 systematic review of physiotherapy modalities. Acta Obstetrica et Gynecologica Scandinavica, 2015.

<p>Evaluation System and Criteria</p>	<p>The examination will normally consist of a written test or an oral exam (which may be taken at our Rome headquarters). Both formats are designed to assess your analytical skills, command of the language, and ability to apply the concepts learned.</p> <p>The written exam includes 3 multiple-choice questions and 3 open-ended questions (theoretical and/or practical) covering the entire course content. Multiple-choice questions are worth 2 points each, while open-ended questions are worth up to 8 points each, based on the assessment of your learning outcomes. Alternatively, the exam may consist of 30 multiple-choice questions, each worth 1 point.</p> <p>The oral exam is a conversation designed to assess your level of preparation. The exam typically consists of 3 broad questions (theoretical and/or practical) covering the entire course content. Each question is equally weighted, with a maximum score of 10 points.</p> <p>In both examination formats, particular attention will be paid to your ability to apply, synthesize, and articulate the material presented on the platform.</p> <p>Your final assessment will also take into account your active participation in the forums and your successful completion of the activities.</p> <p>Students who have received official recognition of prior learning in Adapted Physical Activity from the Secretariat of the Department of Motor Sciences must contact their assigned tutor. After consulting with the relevant lecturer(s), the tutor will inform the student of the modules they need to complete in order to pass the exam.</p>
<p>Bachelor's thesis</p>	<p>The final project will be assigned based on an interview with the professor during which the student will express their specific interests in a particular topic. There are no restrictions on the topics that can be chosen for the thesis, and no minimum GPA is required to apply.</p>