



Italian code: M-EDF/01 (old) MEDF-01/A (new)

Credits: 6

Course: Basic Physical Activity

Main language of instruction: Italian

Other language of instruction: English

Head instructor

Professor Laura GUIDETTI - laura.guidetti@unicusano.it

Objectives

The course constitutes a first approach to physical activities and is fundamental for the subsequent course of Adapted Physical Activities. The course of Basic of Physical Activities aims to introduce the concepts and methods related to movement and its learning.

Pre-requisites

- None

Course structure

- Introduction: training and competition locations of some individual sports disciplines
- Performance model of some individual sports disciplines
- Plan a teaching progression of some individual sports disciplines

Competencies

A. Knowledge and understanding:

The knowledge and the ability to understand the fundamental principles of human movement, forms and classifications, the body schema, the terminology to describe positions and movements, motor patterns, motor capacities and skills, methods and teaching for learning motor activities will be acquired.

B. Applying knowledge and understanding:



The student will be able to plan a physical activity lesson by choosing methods and teaching in relation to the motor capacity objective of the lesson itself.

C. Making judgements:

The student will be able to evaluate the execution of a gesture in terms of its quality and quantity.

D. Communication skills:

The student will have acquired an appropriate technical language that will allow to clearly express the technical knowledge internalized in the context of the topics proposed and analyzed.

E. Learning skills:

The student will be able to adequately use the knowledge acquired for the study, analysis and application of the updating elements for the planning and execution of basic physical activity.

Syllabus

Subject 1 – Human movement, forms and classifications

1. Human movement.
2. Forms and classifications of movement: reflex, voluntary, learned (smooth and automatic) movement.
3. Body schema.

Subject 2 – Technical terminology

1. Technical terminology to describe positions.
2. Technical terminology to describe movements.

Subject 3 – Basic movement patterns and motor capacities

1. Basic movement patterns.
2. Motor capacities: conditional capacities
3. Motor capacities: coordinative capacities

Subject 4 – Methods and teaching of physical activity

1. Movement control
2. Motor learning

Subject 5 – Practicum 1

1. The structure of the physical activity lesson.
2. The warm-up exercises.
3. The exercises for the central phase.
4. The exercises for the cool-down.

Subject 6 – Practicum 2

1. Exercises for the acquisition, consolidation and awareness of the body schema.
2. Exercises for the development and consolidation of basic movement patterns.

Evaluation system and criteria

Attending the 2 credits of practical activity classes (face-to-face) is mandatory for the admission to the course examination. The examination consists of an oral examination or written test (30 multiple choice questions) up to 30 marks.

In addition, one e-tivity, consisting of practical exercise, is compulsory. The e-tivity counts up to 3 marks out of 30 marks.

Bibliography and resources

1. Materials to consult

Notes written by the instructor are available in Italian (part of the subjects are also available in a pdf English book).

2. Recommended bibliography

Suggested readings are:

- Casolo F. Lineamenti di teoria e metodologia del movimento umano. Vita e Pensiero Edizioni, Milano, 2009
- Raganato A. Teoria degli esercizi ginnastici, Società Stampa Sportiva, Roma.