

METHODS AND TEACHING OF MOTOR ACTIVITIES

[in LEARNING AND MOTOR CONTROL, PROTOCOLS OF PHYSICAL ACTIVITY IN HEALTH, PREVENTION AND DISEASE]

Course ID: M-EDF/01

ECTS: 14

2nd Year: 2nd semester

Teacher: PROF. IELLAMO Ferdinando

Objectives:

The course will provide deeper knowledge on Methods of and how teaching motor activity and exercise physiology. In particular, the course will examine topics concerning the different modalities of exercise and the cardiovascular responses to different types of exercise with their underlying mechanisms.

The course is divided in two sections: the first will examine in detail the acute cardiorespiratory responses to different kinds of exercise with their underlying, mainly neural, mechanisms.

The second section will deal with adaptations to different types of chronic exercise, i.e. exercise training, and its effects on the physiological systems

This latter section will also dwell on principles and application of cardiac rehabilitation programs.

Program:

Principles of cardiovascular and respiratory physiology and regulatory mechanisms.

Cardiovascular and respiratory responses to acute exercise: dynamic (isotonic and isokinetic) and static and regulatory mechanisms.

Physical activity as profilaxis and therapy.

Exercise training in the rehabilitation of cardiac patients: principles, protocols and effects.

Adaptations to training in athletes of different sport disciplines.

Textbooks

ACSM Guidelines for Exercise Testing and Prescription. American College of Sports Medicine. Ed. Lippincott Williams & Wilkins

Teacher's provided articles and PPT presentations

Exam method: oral exam