UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione
ACADEMIC YEAR	2016/2017
MASTER'S DEGREE (MSC)	SCIENCE OF PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY AND SPORT PERFORMANCE
INTEGRATED COURSE	TRAINING METHODOLOGY AND PLANNING IN FITNESS SPORTS - INTEGRATED COURSE
CODE	13500
MODULES	Yes
NUMBER OF MODULES	2
SCIENTIFIC SECTOR(S)	BIO/16, M-EDF/02
HEAD PROFESSOR(S)	BIANCO ANTONINO Professore Ordinario Univ. di PALERMO
OTHER PROFESSOR(S)	BIANCO ANTONINO Professore Ordinario Univ. di PALERMO PALMA ANTONIO Professore Ordinario Univ. di PALERMO
CREDITS	9
PROPAEDEUTICAL SUBJECTS	
MUTUALIZATION	
YEAR	1
TERM (SEMESTER)	2° semester
ATTENDANCE	Not mandatory
EVALUATION	Out of 30
TEACHER OFFICE HOURS	**BIANCO ANTONINO** Tuesday 11:00 15:00 Via Giovanni Pascoli 6. 2 piano **PALMA ANTONIO** Wednesday 10:00 12:00 Via Giovanni Pascoli N. 6 o su piattaforma Teams da concordare tramite e-mail.

DOCENTE: Prof. ANTONINO BIANCO

PREREQUISITES	All students interested to this course must know as prerequisite the fundamentals of training periodization in sports, applied human anatomy and physiology with particular focus on on musculoskeletal system. Fundamentals od posture and biomechanics. Fundamentals of resistance training.
LEARNING OUTCOMES	Knowledge of fundamental of fitness. Comprehension of basic principles of training periodization and training programming in the filed of traditional fitness and group fitness filed, respectively. Ability to assess, plan and evaluate fitness programs regarding general population. Ability to work in team environment and also with different professionals coming from other related disciplines.
ASSESSMENT METHODS	The exam is an oral exam aimed at verifying the competences and skills to be acquired at the end of the course. The purpose of the questions is to verify knowledge of contents to be acquired at the end of the course, as well as analytical and expository skills. Knowledge check includes scrutiny of the capability to establish relationships between contents, theories, patterns and methodologies which have been an object of study during the course. As far as analytical skills are concerned, check will aim at verifying at least one of the following goals: -S\he can give judgements and opinions about the disciplinary contents -S\he can understand applications and\or implications of the disciplinary contents within the specific discipline of reference -S\he can set the disciplinary contents within the professional, technological and sociocultural setting of reference. The student will have to answer at least two\three questions in the oral form about aspects of the syllabus with reference to the suggested textbooks. The exam aims at verifying knowledge and understanding of topics, interpretative competence and autonomy of judgement of concrete cases. The passing grade threshold will be considered reached if the student shows to have acquired the topics of the specific subject matter and is able to solve specific concrete cases as well as to correctly convey knowledge with satisfactory expository skills. Below the above-mentioned threshold, the exam will be considered unsatisfactory. The more the student can interact with his\her examiner showing mastery of language, of the specific subject matter and ability to convey his\her knowledge of the topics of the specific field of reference, the more the assessment will be positive. The latter will be expressed by 18 to 30-30 with honours marks. A face to face interview will be provided to the students. A number of 3-4 questions will be administered according to the course topic and the learning outcomes. The assessment has a final grade included in the following range: 30-30 with honours (excellent), corresponding to 'excellent knowledge of topics, excellent use of language, good analytical skills, the student can implement his\her knowledge to solve the submitted issues'; 26-29 (very good), 'good mastery of topics, very good use of language, the student can implement his\her knowledge in order to solve the submitted issues'; 24-25 (good), corresponding to 'basic knowledge of the main topics, fair use of language, with moderate capability to independently implement knowledge to solve the submitted issues'; 21-23 (satisfactory), 's\he doesn't possess full mastery of the main teaching topics but s\he possesses knowledge of them, satisfactory use of language, poor capability to independently implement the acquired knowledge'; 18-20 (passing grade), 'very poor basic knowledge of both the main teaching topics and the technical language, no or very poor capability to independently implement the acquired knowlege'; unsatisfactory, 's\he doesn't possess an acceptable knowledge of the contents of the topics dealt with during the course'.
TEACHING METHODS	The course provide lectures, practical sessions and case studies. The course will include also work experience at gym.

MODULE
TRAINING METHODOLOGY AND PLANNING FOR FITNESS ACTIVITIES

Prof. ANTONINO BIANCO

SUGGESTED BIBLIOGRAPHY

- Wilmore J.H., Costill D.L., Fisiologia dell'esercizio fisico e dello sport. Cap 1, 3 e 4 (Calzetti Mariucci 2005);
- Paoli A, Neri M, Bianco A. Principi di Metodologia del Fitness. Elika Edizioni, 2013.
- Thomas R. Baechle, Roger W. Earle. NSCA -National Strength & Conditioning Association. ISBN: 0736058036. 2008 3rd Edition
- Dispense preparate dal Docente (2016).

AMBIT	50536-Discipline motorie e sportive
INDIVIDUAL STUDY (Hrs)	100
COURSE ACTIVITY (Hrs)	50

EDUCATIONAL OBJECTIVES OF THE MODULE

At the end of the course I'm expecting students able to work within gyms as fitness coaches and personal trainers. They will be able to manage the gyms as technical director or managing directors. The students also will be able to proper plan training sessions for sedentary people with different targets at all ages (fat burn, strength and conditioning).

SYLLABUS

Hrs	Frontal teaching
2	Course presentation
6	Definition and classification of all fitness disciplines. Muscle fibers: Slow-Twitch (ST) e Fast-Twitch (FT). Muscle strength, muscle power. Over training, Over Reaching.
6	The energetic systems, muscle metabolism and different kind of exercises
6	Fundamentals of training periodization for individual and group fitness activities. Fundamentals of motivation and communication within gyms context. Microcycles, mesocycle, macrocycles.
6	Physiology of muscle hypertrophy. New methods for training and power training. Advanced techniques in resistance training programs
6	Practical lessons with fitness gyms equipments.
6	Practical lessons with dumbbells and the own body weight.
6	Practical lessons: the fitness programs for females
6	Practical lessons: the fitness programs for males

MODULE
APPLIED HUMAN ANATOMY FOR SPORT PERFORMANCE

Prof. ANTONIO PALMA

SUGGESTED BIBLIOGRAPHY	
-Barni T. E coll.: Anatomia dell'apparato locomotore. Edises -Frederic Delavier, Strength Training Anatomy, Human Kinetics	
AMBIT	21001-Attività formative affini o integrative
INDIVIDUAL STUDY (Hrs)	55
COURSE ACTIVITY (Hrs)	20
EDUCATIONAL OBJECTIVES OF THE MODULE	
At the end of the course the student will acquire the skills needed to operate effectively in the context of gyms and fitness centers. In particular, they can structure training programs and, consequently, make technical direction in the weight room and fitness room music.	

SYLLABUS

Hrs	Frontal teaching
3	Modification of the muscle groups and their relationships with joints and bone segments during the exercises involving the shoulder.
2	Modification of the muscle groups and their relationships with joints and bone segments during the exercises involving the elbow.
3	Modification of the muscle groups and their relationships with joints and bone segments during the exercises involving the wrist and hand.
3	Modification of the muscle groups and their relationships with joints and bone segments during the exercises that involve the spine.
3	Modification of the muscle groups and their relationships with joints and bone segments during the exercises involving the hip.
3	Modification of the muscle groups and their relationships with joints and bone segments during the exercises involving the knee.
3	Modification of the muscle groups and their relationships with joints and bone segments during the exercises involving the foot.