



UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione		
ACADEMIC YEAR	2020/2021		
BACHELOR'S DEGREE (BSC)	PHYSICAL EDUCATION AND SPORT SCIENCES		
SUBJECT	THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF MOTORIAL ACTIVITIES FOR THE VARIOUS AGES-		
TYPE OF EDUCATIONAL ACTIVITY	C		
AMBIT	10683-Attività formative affini o integrative		
CODE	15296		
SCIENTIFIC SECTOR(S)	M-EDF/01		
HEAD PROFESSOR(S)	PALMA ANTONIO	Professore Ordinario	Univ. di PALERMO
OTHER PROFESSOR(S)			
CREDITS	6		
INDIVIDUAL STUDY (Hrs)	108		
COURSE ACTIVITY (Hrs)	42		
PROPAEDEUTICAL SUBJECTS	03380 - HUMAN PHYSIOLOGY - INTEGRATED COURSE		
MUTUALIZATION			
YEAR	3		
TERM (SEMESTER)	1° semester		
ATTENDANCE	Not mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	PALMA ANTONIO Wednesday 10:00 - 12:00 Via Giovanni Pascoli N. 6 o su piattaforma Teams da concordare tramite e-mail.		

DOCENTE: Prof. ANTONIO PALMA

PREREQUISITES	Physiology exam is needed
LEARNING OUTCOMES	LEARNING OUTCOMES Knowledge and understanding of functional effects of physical exercise on the different body components and on metabolism during the different ages of the life. Ability in implementing knowledge and understanding of the effects of physical exercise to improve well being and prevent and treat chronic diseases Judgement autonomy about the effects of physical exercise during the different ages of the life Communicative skills in academic, professional and social fields Learning skills about the specialised terminology and ability to consult scientific publications and to use informatic media.
ASSESSMENT METHODS	Oral exam. Out of 30.
EDUCATIONAL OBJECTIVES	EDUCATIONAL OBJECTIVES Objective of the course is to get the necessary information to understand the functional changes that appear with the age and to can apply the physical exercise to the prevention and the treatment of the chronic diseases that present during young and old age
TEACHING METHODS	Frontal lectures
SUGGESTED BIBLIOGRAPHY	Attivita' motorie e processo educativo – Sotgiu, Pellegrini - disponibile nella Biblioteca della Facolta' di Scienze Motorie Attivita motoria, Fitness e Salute nell'adulto e nell'anziano – Macchi, Lova, Cecchi- Maggiuli Editore – Firenze 2007 Attivita' Fisica per La Salute – Buono – Pigozzi – Salvatore - Seconda edizione – Idelson Gnocchi 2017

SYLLABUS

Hrs	Frontal teaching
4	Growth and Physical Exercise
4	Physical exercise and prevention of cardiovascular diseases in children
4	Childhood obesity and physical exercise
4	Pubertal development and physical exercise
4	Type 1 Diabetes and physical exercise
2	The aging process
2	Body composition changes with aging
4	Cardiovascular function and aging
4	Osteoporosis and physical exercise
4	Type 2 Diabetes and physical exercise
4	Sarcopenia
2	Physical exercise in the old subject