



# UNIVERSITÀ DEGLI STUDI DI PALERMO

Department: Psychological, Pedagogical, Exercise and Training Sciences

A.Y. 2022/2023

## DEGREE COURSE IN PHYSICAL EDUCATION AND SPORT SCIENCES - PHYSICAL EDUCATION AND SPORT SCIENCES - AGRIGENTO -

### Characteristics



Class of Bachelor's Degree  
(BSc) on Sports and Physical  
Education (L-22)



3 YEARS



AGRIGENTO



PLANNED ACCESS



2246

### Educational objectives

The degree course aims to make students acquire a solid background in the field of physical activities and sports and, in particular, in the context of the four areas provided in the Law by Decree, May 8, 1998 No. 178 : Technical-sport, prevention and adapted physical education, managerial and teaching-methodological and educational.

The preparation in the field of physical activities and sports is based on the knowledge of the human body, its functions, cellular metabolism and bioenergetics and biomechanics of movement.

The fundamental knowledge acquired in the technical- sports area provide skills both on the theory and methodology of training and on the methods for the physical and aptitude assessment in sport, as well as on the theory, technique and teaching of various sports disciplines.

The fundamental knowledge acquired in the area of prevention and adapted physical education provide skills, in general, on the theory and methodology of human movement as well as on the theory, technique and teaching of physical activity directed to individuals of all ages and on the prevention and rehabilitation activities, designed to maintain a better physical efficiency in every period of life, and a more suitable lifestyle.

The fundamental knowledge gained in the management area, with respect to legal and economic disciplines provide the basic skills for the organization and management of the facilities in which physical activities, sports, leisure and tourism are carried out, as well as for the organization of events in the field of sports and physical activities.

The fundamental knowledge gained in the teaching methodology and educational area concerns, as well as the disciplines of psychology and pedagogy, the learning and development of physical skills in childhood and are aimed at the training of educators and entertainers for physical activities and sports and recreational free time.

The educational objectives are achieved through lectures, seminars, aimed at depth coverage of specific topics, exercises and related technical and practical field and laboratory activities, internships at qualified facilities where physical activities and sports are carried out, individual study of textbooks and of scientific and educational materials provided by teachers or collected independently by the student.

At the end of the course, students prepare a paper that demonstrates the acquired competencies in gathering information in their field of study, in processing them independently in a multidisciplinary synthesis perspective and in communicating them clearly and concisely.

### Professional opportunities

Profile:

Expert of physical and sport activities

Functions:

Physical and sport activities technician

Kinesiology technician

Skills:

- Management and control of individual and group sport activity programs;
- Management and control of educational and recreational individual and group physical activity programs;
- Management and control of physical activities aiming at the recovery and maintenance of psycho-physical wellbeing, in the kinesiological area too;
- Management and control of individual and group fitness activities.

Professional opportunities:

- Access to 2nd cycle Degrees in the classes: LM-47, LM-67 and LM-68;

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- Access to 1st level University Master Courses;
- Public and private sport facilities;
- Recreational associations;
- Media
- Sport industry at large

### Final examination features

To obtain the degree, students must have acquired 180 credits including those relating to the final examination (4 credits). The final test has the objective of assessing the level of maturity and critical skills of the undergraduate, with respect to learning and to the acquired knowledge, on completion of the activities provided by the course syllabus. The final examination consists of a written or oral test, in accordance with the rules fixed every year by the Degree Course Regulations for the final examination, respecting and consistent to the calendar, the ministerial requirements and to the relevant Guidelines of the University.

Subjects 1 ° year	CFU	Sem.	Val.	SSD	TAF
<b>09744 - GENERAL AND SPECIAL PEDAGOGY</b>	12	1	V		
- GENERAL PEDAGOGY <i>Alba(RD)</i>	6	1		M-PED/01	A
- SPECIAL PEDAGOGY AND TEACHING METHODOLOGY <i>Ferrara(RD)</i>	6	1		M-PED/03	B
<b>21079 - GENERAL PSYCHOLOGY OF DEVELOPMENT AND DISABILITY</b>	12	1	V		
- GENERAL PSYCHOLOGY <i>Falletta(PC)</i>	6	1		M-PSI/01	A
- PSYCHOLOGY OF DEVELOPMENT AND DISABILITY <i>Iannello(PC)</i>	6	1		M-PSI/04	A
<b>20672 - HUMAN MORPHOLOGY AND BIOMECHANICS</b>	12	1	V		
- ANALYSIS OF MOVEMENT <i>Patti(RD)</i>	6	1		M-EDF/01	C
- HUMAN ANATOMY I <i>Palma(PO)</i>	6	1		BIO/16	A
<b>02528 - PRIVATE LAW - INTEGRATED COURSE</b>	9	Ann.	V		
- ELEMENTS OF PRIVATE LAW <i>Valenti(RU)</i>	6	1		IUS/01	B
- SPORTS LAW <i>Valenti(RU)</i>	3	2		IUS/01	C
<b>20671 - HUMAN MORPHOLOGY AND NEURO-MOTILITY</b>	12	2	V		
- HUMAN ANATOMY II <i>Palma(PO)</i>	6	2		BIO/16	B
- THEORY AND METHODOLOGY OF HUMAN MOTION <i>Thomas(PA)</i>	6	2		M-EDF/01	A

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Subjects 2 ° year	CFU	Sem.	Val.	SSD	TAF
<b>57017 - APPLIED DIETETIC TECHNICAL SCIENCES</b> <i>Randazzo(RD)</i>	6	1	V	MED/49	C
<b>01542 - BIOCHEMISTRY</b> <i>Proia(PA)</i>	6	1	V	BIO/10	A
<b>04039 - ELEMENTS OF PUBLIC LAW</b> <i>Pellingra Contino(PC)</i>	6	1	V	IUS/09	A
<b>86628 - ENGLISH LANGUAGE II</b> <i>Cappuzzo(RU)</i>	4	1	V	L-LIN/12	C
<b>03380 - HUMAN PHYSIOLOGY - INTEGRATED COURSE</b>	12	1	V		
- HUMAN PHYSIOLOGY I <i>Patti(RD)</i>	6	1		BIO/09	A
- HUMAN PHYSIOLOGY II <i>Patti(RD)</i>	6	2		BIO/09	B

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Subjects 2 ° year	CFU	Sem.	Val.	SSD	TAF
17540 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF INDIVIDUAL SPORT ACTIVITIES <i>Giaccone(PC)</i>	6	1	V	M-EDF/02	B
07507 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF PREVENTIVE AND COMPENSATORY PHYSICAL EDUCATION <i>Zangla(PA)</i>	6	2	V	M-EDF/01	B
17700 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF SPORT GAMES <i>Battaglia(PA)</i>	6	2	V	M-EDF/02	B
13351 - ADVANCED SKILLS RELATED TO THE LABOUR MARKET	3	2	G		F
Free subjects (suggested)	6				D

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Subjects 3 ° year	CFU	Sem.	Val.	SSD	TAF
09424 - SPORTS MEDICINE - INTEGRATED COURSE - <i>NEUROLOGY</i>	9	1	V		
	3	1		MED/26	C
- <i>SPORTS MEDICINE</i> <i>Lo Presti(PA)</i>	6	1		MED/09	B
19958 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF ADAPTED MOTORIAL ACTIVITY <i>Battaglia(PA)</i>	6	1	V	M-EDF/01	C
15296 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF MOTORIAL ACTIVITIES FOR THE VARIOUS AGES- <i>Thomas(PA)</i>	6	1	V	M-EDF/01	C
13121 - PRACTICE	5	1	G		F
19292 - SPORT BUSINESS ECONOMICS	6	2	V	SECS-P/07	A
11521 - THEORY AND METHODOLOGY OF SPORT ACTIVITIES - INTEGRATED COURSE	12	2	V		
- <i>MOTORIAL AND APTITUDE ASSESSMENT METHODS FOR SPORTS</i> <i>Bellafiore(PO)</i>	6	2		M-EDF/02	A
- <i>THEORY AND METHODOLOGY OF SPORT TRAINING</i> <i>Bianco(PO)</i>	6	2		M-EDF/02	A
19957 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF FITNESS <i>Bianco(PO)</i>	6	2	V	M-EDF/02	B
86626 - ENGLISH LANGUAGE <i>Cappuzzo(RU)</i>	2	2	G		E
05917 - FINAL EXAMINATION	4	2	V		E
Free subjects (suggested) II	6				D

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## OPTIONAL SUBJECTS

Free subjects (suggested)	CFU	Sem.	Val.	SSD	TAF
19855 - FIRST AID IN SPORTS <i>Vaccaro(PC)</i>	3	1	V	MED/18	D
22039 - METHODS AND TEACHING METHODOLOGIES OF ATHLETICS EDUCATION <i>Attanasio(PC)</i>	3	1	V	M-EDF/02	D

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## OPTIONAL SUBJECTS

Free subjects (suggested)	CFU	Sem.	Val.	SSD	TAF
22040 - PERSONAL TRAINING THEORY AND METHODOLOGY <i>Bianco(PO)</i>	3	1	V	M-EDF/02	D
22044 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF FITNESS IN THE WEIGHT ROOM <i>Vicari(PC)</i>	3	1	V	M-EDF/02	D
22041 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF FREE BODY TRAINING <i>Polizzi(PC)</i>	3	1	V	M-EDF/01	D
22045 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF PILATES <i>Patti(RD)</i>	3	1	V	M-EDF/02	D
22046 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF TWIRLING <i>Buccheri(PC)</i>	3	1	V	M-EDF/01	D
22491 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF KOSHIDO BUDO	3	1	V	M-EDF/02	D
Free subjects (suggested) II	CFU	Sem.	Val.	SSD	TAF
19855 - FIRST AID IN SPORTS <i>Vaccaro(PC)</i>	3	1	V	MED/18	D
22039 - METHODS AND TEACHING METHODOLOGIES OF ATHLETICS EDUCATION <i>Attanasio(PC)</i>	3	1	V	M-EDF/02	D
22040 - PERSONAL TRAINING THEORY AND METHODOLOGY <i>Bianco(PO)</i>	3	1	V	M-EDF/02	D
22044 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF FITNESS IN THE WEIGHT ROOM <i>Vicari(PC)</i>	3	1	V	M-EDF/02	D
22041 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF FREE BODY TRAINING <i>Polizzi(PC)</i>	3	1	V	M-EDF/01	D
22045 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF PILATES <i>Patti(RD)</i>	3	1	V	M-EDF/02	D
22046 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF TWIRLING <i>Buccheri(PC)</i>	3	1	V	M-EDF/01	D
22491 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF KOSHIDO BUDO	3	1	V	M-EDF/02	D

## PROPAEDEUTICAL TEACHINGS

03380 - HUMAN PHYSIOLOGY - INTEGRATED COURSE

01542 - BIOCHEMISTRY

11521 - THEORY AND METHODOLOGY OF SPORT ACTIVITIES - INTEGRATED COURSE

03380 - HUMAN PHYSIOLOGY - INTEGRATED COURSE

15296 - THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF MOTORIAL ACTIVITIES FOR THE VARIOUS AGES-

03380 - HUMAN PHYSIOLOGY - INTEGRATED COURSE

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