



UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione		
ACADEMIC YEAR	2017/2018		
MASTER'S DEGREE (MSC)	SCIENCE OF PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY AND SPORT PERFORMANCE		
INTEGRATED COURSE	TRAINING METHODOLOGY AND PLANNING IN INDIVIDUAL SPORT ACTIVITIES - INTEGRATED COURSE		
CODE	16354		
MODULES	Yes		
NUMBER OF MODULES	2		
SCIENTIFIC SECTOR(S)	M-EDF/02, M-EDF/01		
HEAD PROFESSOR(S)	BATTAGLIA GIUSEPPE	Professore Associato	Univ. di PALERMO
OTHER PROFESSOR(S)	BATTAGLIA GIUSEPPE	Professore Associato	Univ. di PALERMO
	ZANGLA DANIELE	Professore Associato	Univ. di PALERMO
CREDITS	9		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	2		
TERM (SEMESTER)	1° semester		
ATTENDANCE	Not mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	BATTAGLIA GIUSEPPE Tuesday 10:00 12:30 Si informano i prenotati che il ricevimento studenti si svolgerà tramite Microsoft teams collegandosi a RICEVIMENTO STUDENTI PROF. G BATTAGLIA utilizzando il seguente codice di accesso.: 5b3x17r		
	ZANGLA DANIELE Tuesday 10:00 11:00 Via Pascoli		

DOCENTE: Prof. GIUSEPPE BATTAGLIA

PREREQUISITES	Knowledge of theory and methodology of training
LEARNING OUTCOMES	<p>Students have demonstrated knowledge and understanding in a field of study that builds upon in tennis and athletics their general secondary education, and is typically at a level that, whilst supported by advanced textbooks, includes some aspects that will be informed by knowledge of the fore front of their field of study.</p> <p>Students can apply their knowledge and understanding in a manner that indicates a professional approach to their work or vocation in tennis and athletics, and have competences typically demonstrated through devising and sustaining arguments and solving problems within their field of study;</p> <p>Students have the ability to gather and interpret relevant data, usually within their field of study (tennis and athletics) to inform judgements that include reflection on relevant social, scientific or ethical issues.</p> <p>Students can communicate information about tennis and athletics, ideas, problems and solutions to both specialist and non-specialist audiences;</p> <p>Students have developed those sports specific learning skills that are necessary for them to continue to undertake further study with a high degree of autonomy.</p>
ASSESSMENT METHODS	<p>Oral-practical exam. The student will have to answer at least 2-4 questions in the oral and practical form. The exam aims at verifying technical-tactical knowledge, interpretative competence and autonomy of judgement of concrete cases.</p> <p>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.</p> <p>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 skills, no or very poor capability to independently implement the acquired knowledge'; unsatisfactory, 's/he doesn't possess an acceptable knowledge of the contents of the topics dealt with during the course'.</p>
TEACHING METHODS	Frontal lectures, exercises

MODULE
THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF ROWING

Prof. DANIELE ZANGLA

SUGGESTED BIBLIOGRAPHY

- AA.VV. – Voghiamo insieme, Guida Tecnica per l'avviamento al canottaggio giovanile – CONI / FIC 2006
- Dispense del docente

AMBIT	50540-Discipline motorie e sportive
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INDIVIDUAL STUDY (Hrs)	50
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COURSE ACTIVITY (Hrs)	25
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EDUCATIONAL OBJECTIVES OF THE MODULE

The course is aimed at deepening the knowledge of rowing technique , the methodology of training , issues related to security, ethical principles , of Federal Regulations , Planning and boats adjustment based on observations in training with newcomers to the subject rowing machine and youth preparatory boats , coastal rowing and Olympic .

SYLLABUS

Hrs	Frontal teaching
2	rowing hystory
3	The competition model and the training methods and evaluation
3	Theory of boats setting and video analysis
3	Theory of rowing technique and video analysis
2	federal rules , safety and ethical principles
12	Exercises rowing ergometer, boats for beginners, coastal rowing and Olympic boats. Training methods. Analysis of workouts. Boats trim.

MODULE THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF INDIVIDUAL SPORT ACTIVITIES

Prof. GIUSEPPE BATTAGLIA

SUGGESTED BIBLIOGRAPHY

Bompa T.O.: Periodizzazione dell'allenamento sportivo. Calzetti e Mariucci, 2001
 AAVV (FIDAL): Il manuale dell'istruttore di atletica leggera - Parte 1, 1999
 AAVV (FIDAL): Il manuale dell'allenatore di atletica leggera - Parte 2: salti e prove multiple; 2001
 AAVV (FIDAL): Il manuale dell'allenatore di atletica leggera - Parte 2: generalita, corse e marcia; 2001
 AAVV (FIDAL): Il manuale dell'allenatore di atletica leggera - Parte 3: i lanci; 2002
 500 Anni di Tennis / di Gianni Clerici. - Mondadori, 2004
 Biagio Moretti, Aldo Guerra. La scienza e il nuoto. CEA 2014
 1500 fasi di gioco per sviluppare tecnica, velocita' e ritmo nel gioco del tennis
 di: Alessandro Del Freato, Calzetti & Mariucci, 1996.
 Dispense del docente

AMBIT	50540-Discipline motorie e sportive
INDIVIDUAL STUDY (Hrs)	100
COURSE ACTIVITY (Hrs)	50

EDUCATIONAL OBJECTIVES OF THE MODULE

Acquisition of technical, tactical and methodological skills on the tennis and athletics
 Acquire the technical terminology of the studied sports

SYLLABUS

Hrs	Frontal teaching
3	Presentation of the course. Study of the relationship between the sport performance in athletics and anthropometric characteristics of an athlete. Principles on the distribution of the training load in young elite athletes.
3	Physiological aspects related to the specialty of athletics. The strength: general and specific aspects. Resistance: general and specific aspects. The speed / quickness: general and specific aspects.
3	The programming steps in athletics specialties. Cross-cutting aspects of methodology of training in various specialties. training and peculiarities of programming in athletes of high qualification. The choice of objectives. The choice of means and of the training methods.
3	Programming in athletics specialties. The periodization: single and double.
3	The methodology in the Swimming
3	Rules in the Swimming
3	The swimming-performance model. Methodological aspects training. Factors affecting the performance.
3	The annual training program in high-level swimmers
2	The swimmer
3	Means and methods of training of the strength and speed in sprinters. Exercises
3	Means and methods of training of the strength and speed in jumpers. Exercises
3	Means and methods of strength training in throwers. Exercises
3	Means and methods of exercise training in runners. Exercises
3	The physical preparation in swimming. Exercises
3	Means and methods of training of the strength in the swimming. Exercises
3	Means and methods of training of the speed in the swimming. Exercises
3	Means and methods of training of the endurance in the swimming. Exercises