



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	HEALTH, HUMAN WELLBEING AND LIFE STYLE		
TYPE OF EDUCATIONAL ACTIVITY	C		
AMBIT	10683-Attività formative affini o integrative		
CODE	19856		
SCIENTIFIC SECTOR(S)	MED/18		
HEAD PROFESSOR(S)	LEONARDI VINCENZA	Ricercatore	Univ. di PALERMO
OTHER PROFESSOR(S)			
CREDITS	5		
INDIVIDUAL STUDY (Hrs)	90		
COURSE ACTIVITY (Hrs)	35		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	2		
TERM (SEMESTER)	1° semester		
ATTENDANCE	Not mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	LEONARDI VINCENZA Thursday 10:00 12:00 Facoltà di scienze motorie, via Pascoli		

DOCENTE: Prof.ssa VINCENZA LEONARDI

PREREQUISITES	The prerequisites are: KNOWLEDGE OF ANATOMY AND PHYSIOLOGY, TRAINING METHODOLOGIES AND NUTRITION PRINCIPLES.
LEARNING OUTCOMES	Basic knowledge, the ability to assimilate new concepts and above all the integration of knowledge into application models will be evaluated.
ASSESSMENT METHODS	The evaluation will be done through a multiple choice test. The score will be 1 for the correct answers, 0 for the wrong answers and -1 for the missed answer.
EDUCATIONAL OBJECTIVES	The goal is to train a type of personal trainer able to suggest and create customized lifestyles models, which are able to add to the motor activity a nutritional scheme adapted to the needs of the individual, considering also the possible presence of pathologies.
TEACHING METHODS	Teaching will be organized with lectures, exercises on probable example cases.
SUGGESTED BIBLIOGRAPHY	Gli studenti si avvarranno di materiale didattico multimediale, slides e articoli scientifici.

SYLLABUS

Hrs	Frontal teaching
8	Evaluation of the subjects: BMI, fat mass / lean mass, eating habits, lifestyle, presence of pathologies.
6	Adipose tissue: properties, capacity and metabolism
8	Nutreutics: Principles, Mediterranean diet, ketogenic diet, adaptations in case of pathology
10	Motor activity: assessment of the physical state, motor skills, motor activity adapted in case of disease and age, training patterns
Hrs	Practice
8	Creation of lifestyle paths in all three stages of life: children and young people, adults and the elderly, in good health and with pathologies.