



# UNIVERSITÀ DEGLI STUDI DI PALERMO

<b>DEPARTMENT</b>	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione		
<b>ACADEMIC YEAR</b>	2022/2023		
<b>MASTER'S DEGREE (MSC)</b>	SCIENCE OF PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY AND SPORT PERFORMANCE		
<b>INTEGRATED COURSE</b>	TRAINING METHODOLOGY AND PLANNING IN INDIVIDUAL SPORT ACTIVITIES - INTEGRATED COURSE		
<b>CODE</b>	16354		
<b>MODULES</b>	Yes		
<b>NUMBER OF MODULES</b>	2		
<b>SCIENTIFIC SECTOR(S)</b>	M-EDF/02		
<b>HEAD PROFESSOR(S)</b>	ZANGLA DANIELE	Professore Associato	Univ. di PALERMO
<b>OTHER PROFESSOR(S)</b>	GIACCONE MARCELLO	Professore a contratto	Univ. di PALERMO
	ZANGLA DANIELE	Professore Associato	Univ. di PALERMO
<b>CREDITS</b>	12		
<b>PROPAEDEUTICAL SUBJECTS</b>			
<b>MUTUALIZATION</b>			
<b>YEAR</b>	2		
<b>TERM (SEMESTER)</b>	Annual		
<b>ATTENDANCE</b>	Not mandatory		
<b>EVALUATION</b>	Out of 30		
<b>TEACHER OFFICE HOURS</b>	<b>GIACCONE MARCELLO</b> Monday 11:00 12:00 Polo delle Scienze Motorie, via Pascoli G. n. 6 Palermo <b>ZANGLA DANIELE</b> Tuesday 10:00 11:00 Via Pascoli		

DOCENTE: Prof. DANIELE ZANGLA

<b>PREREQUISITES</b>	Knowledge of theory and methodology of training
<b>LEARNING OUTCOMES</b>	<p>Students have demonstrated knowledge and understanding in a field of study that builds upon in studied sports 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. Students can apply their knowledge and understanding in a manner that indicates a professional approach to their work or vocation in studied sports, 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 to inform judgements that include reflection on relevant social, scientific or ethical issues.</p> <p>Students can communicate information about studied sports, 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>
<b>ASSESSMENT METHODS</b>	<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>
<b>TEACHING METHODS</b>	Frontal lectures, exercises

**MODULE**  
**THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF WATER SPORT ACTIVITIES**

*Prof. DANIELE ZANGLA*

**SUGGESTED BIBLIOGRAPHY**

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

<b>AMBIT</b>	50540-Discipline motorie e sportive
<b>INDIVIDUAL STUDY (Hrs)</b>	98
<b>COURSE ACTIVITY (Hrs)</b>	52

**EDUCATIONAL OBJECTIVES OF THE MODULE**

The course is aimed at deepening the knowledge of rowing, kayak, triathlon and swimming technique, the methodology of training, issues related to security, ethical principles, of Federal Regulations, Planning and technical tools adjustment based on observations in training with newcomers

**SYLLABUS**

Hrs	Frontal teaching
18	rowing, kayaking, triathlon and swimming theory. The competition model and the training methods and evaluation
39	Practical lessons. Training methods. Analysis of workouts. Adjusting equipment

**MODULE**  
**THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF INDIVIDUAL SPORT ACTIVITIES**

*Prof. MARCELLO GIACCONE*

**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

Dispense del docente

<b>AMBIT</b>	50540-Discipline motorie e sportive
<b>INDIVIDUAL STUDY (Hrs)</b>	108
<b>COURSE ACTIVITY (Hrs)</b>	42

**EDUCATIONAL OBJECTIVES OF THE MODULE**

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

**SYLLABUS**

Hrs	Frontal teaching
6	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.
6	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.
6	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.
6	Programming in athletics specialties. The periodization: single and double.
4	The performance model. Methodological aspects training. Factors affecting the performance.
6	Means and methods of training of the strength and speed in sprinters. Exercises
6	Means and methods of training of the strength and speed in jumpers. Exercises
6	Means and methods of strength training in throwers. Exercises
6	Means and methods of exercise training in runners. Exercises