



# UNIVERSITÀ DEGLI STUDI DI PALERMO

<b>DEPARTMENT</b>	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione
<b>ACADEMIC YEAR</b>	2023/2024
<b>BACHELOR'S DEGREE (BSC)</b>	PHYSICAL EDUCATION AND SPORT SCIENCES
<b>SUBJECT</b>	THEORY, TECHNIQUE AND TEACHING METHODOLOGY OF PREVENTIVE AND COMPENSATORY PHYSICAL EDUCATION
<b>TYPE OF EDUCATIONAL ACTIVITY</b>	B
<b>AMBIT</b>	50098-Discipline motorie e sportive
<b>CODE</b>	07507
<b>SCIENTIFIC SECTOR(S)</b>	M-EDF/01
<b>HEAD PROFESSOR(S)</b>	ZANGLA DANIELE      Professore Associato      Univ. di PALERMO
<b>OTHER PROFESSOR(S)</b>	
<b>CREDITS</b>	6
<b>INDIVIDUAL STUDY (Hrs)</b>	98
<b>COURSE ACTIVITY (Hrs)</b>	52
<b>PROPAEDEUTICAL SUBJECTS</b>	
<b>MUTUALIZATION</b>	
<b>YEAR</b>	2
<b>TERM (SEMESTER)</b>	2° semester
<b>ATTENDANCE</b>	Not mandatory
<b>EVALUATION</b>	Out of 30
<b>TEACHER OFFICE HOURS</b>	<b>ZANGLA DANIELE</b> Tuesday 10:00 11:00 Via Pascoli

**DOCENTE:** Prof. DANIELE ZANGLA

<b>PREREQUISITES</b>	Knowledge of anatomy and biomechanics. physiological models of strength training and endurance.
<b>LEARNING OUTCOMES</b>	<p>Knowledge and understanding</p> <p>Basic knowledge of the theory of preventive and compensatory motor activities .</p> <p>Knowledge of programming strategies for the presentation of motor activity .</p> <p>Applying knowledge and understanding</p> <p>Ability to apply knowledge acquired in the different engines and sports fields in each age group . Ability to interact with other professional profiles of rehabilitation .</p> <p>Making judgments</p> <p>The identification of short , medium and long term objectives and the data collection methods for the assessment of the achievement of these objectives .</p> <p>communication skills</p> <p>The ability to describe and comment on the knowledge gained by adapting the forms of communication with stakeholders .</p> <p>learning ability</p> <p>Possibility of updating through the consultation of specific scientific publications .</p> <p>Ability to fully pursue their studies , using the knowledge acquired during the course .</p>
<b>ASSESSMENT METHODS</b>	<p>The evaluation consists of two parts:</p> <ul style="list-style-type: none"> <li>- A test on technical theoretical and practical fundamentals</li> <li>- An oral or written test</li> </ul> <p>The exam is designed to test individual skills acquired, autonomy of judgment and reached interpretative skills.</p> <p>The purpose of the questions is to verify knowledge of contents to be acquired at the end of the course, as well as analytical and expository skills. Knowledge check includes scrutiny of the capability to establish relationships between contents, theories, patterns and methodologies which have been an object of study during the course. As far as analytical skills are concerned, check will aim at verifying that the student has achieved the following goals:</p> <ul style="list-style-type: none"> <li>- make judgements and opinions about the disciplinary contents</li> <li>- understand applications and/or implications of the disciplinary contents within the specific discipline of reference</li> <li>- set the disciplinary contents within the professional, technological and sociocultural setting of reference.</li> </ul> <p>The student will have to answer at least one/two of the two/three questions in the practical test and at least two/three of the four/five open question in the oral or written test.</p> <p>The exam aims at verifying knowledge and understanding of topics, interpretative competence and autonomy of judgement of concrete cases. 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 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>
<b>EDUCATIONAL OBJECTIVES</b>	At the end of the course the student should have acquired the basis for programming and control of preventive and compensatory motor activity through the various components, posture and executive dynamics, proving to having acquired the ability to design a practical and technical course for the organization of single teaching units or more structured unit and connected to each other for short, medium and long term planning
<b>TEACHING METHODS</b>	frontal lectures and practical classes
<b>SUGGESTED BIBLIOGRAPHY</b>	<p>F. Tribastone, P. Tribastone – Compendio di Educazione Motoria Preventiva e Compensativa –Societa' Stampa Sportiva</p> <p>P. Raimondi – O. Vincenzini – Teoria e Metodologia e Didattica del movimento compensativo, rieducativo e preventivo – Margiacchi Galeno</p> <p>Candela F. - Trattamento dei paramorfismi dell'eta scolare - Palermo Libreria Clemenza, 1981.</p>

## SYLLABUS

Hrs	Frontal teaching
1	physical activity , health and quality of life
1	Acquisition and control of motor activity
4	Physical activity Preventive and compensatory
6	Posture and Movement
6	Biomechanical analysis of the Spine and Basin. Gymnastics Abdominal
5	biomechanical analysis and respiratory gymnastics

## SYLLABUS

Hrs	Frontal teaching
5	Paramorphism and Dymorphisms of the spine and limbs . Breech propeller and paramorphism Foot
6	Scoliosis, metal influence, and physical re-education
4	lumbar lordosis, pelvic incidence and abdominal gymnastics
14	practical activity of Preventive and Compensatory Motor Activity for the achievement and maintenance of adequate mental and physical balance in all age groups. Preventive and Compensatory Motor activities in paramorphism of preschool and school age . Antiparamorfici games .