

## Syllabus

### Course description

<b>Course title:</b>	Methods and teaching of physical education
<b>Course year:</b>	1st
<b>Semester:</b>	2nd
<b>Course code:</b>	64104
<b>Scientific sector:</b>	M-EDF/01
<b>Lecturer:</b>	Prof. Dr. Attilio Carraro
<b>Module:</b>	no
<b>Lecturer other module:</b>	//
<b>Credits:</b>	5
<b>Total lecturing hours:</b>	30
<b>Total Hours of availability for students and tutoring:</b>	15
<b>Office hours:</b>	Monday-Friday on request
<b>Attendance:</b>	according to the regulation
<b>Teaching language:</b>	English
<b>Propaedeutic course:</b>	none
<b>Course description:</b>	
<b>Specific educational objectives:</b>	<p>Linking theoretical and practical contents, the course offers a general overview of the role and importance of physical activity and exercise for individuals' wellbeing and health. Students have the opportunity to learn and experience the educational potential of exercise and sport in the context of social education.</p> <p>The purpose is to provide knowledge and skills to support individual and group physical activity practice, also in people with special needs.</p>
<b>List of topics covered:</b>	<ul style="list-style-type: none"> <li>– The meaning of physical activity, exercise, leisure time physical activity, physical education, sport;</li> <li>– The metaphors of exercise;</li> <li>– The role of physical activity for physical and mental health;</li> <li>– Reducing/controlling sedentary behaviours;</li> <li>– Physical activity recommendations for different ages and health conditions;</li> <li>– Motivation to physical activity, identifying facilitators and barriers;</li> <li>– Measuring physical activity level and quality, fitness and affective response to exercise;</li> <li>– Adapted physical activity aims and contents;</li> <li>– Planning, implementing, experiencing and assessing individual and group movement situations and movement-based educational interventions.</li> </ul>
<b>Teaching format:</b>	Lessons, labs and projects
<b>Learning outcomes:</b>	<p><b>Knowledge and understanding:</b> of the theoretical principals, conceptual frameworks and perspectives in sport sciences and adapted physical activity.</p> <p><b>Applying knowledge and understanding:</b> being able to</p>

	<p>promote physical activity in people of different ages and with different needs and skills.</p> <p><b>Making judgements:</b> being able to observe, understand and measure physical activity and the affective response to practice.</p> <p><b>Communication skills:</b> being able to combine verbal and non-verbal languages. Knowledge of human movement and sport sciences basic scientific language.</p> <p><b>Learning skills:</b> acquisition and critical reflection on the proposed contents, practical experiences and on student own body experience, with the aim to improve relational and professional skills and to develop an empathic approach to the promotion of active lifestyle in different groups of people.</p>
<b>Assessment:</b>	Written and oral exam, consisting in the preparation, presentation and discussion of a project and in a discussion aimed to verify the knowledge and personal re-elaboration of the course topics and contents.
<b>Evaluation criteria and criteria for awarding marks:</b>	Final mark consists of the evaluation of the project and the oral exam. Evaluations criteria are: knowledge of contents; being able to use appropriate language, argue and summarize; the quality and structure of the final project; the ability to demonstrate critical skills and to apply to specific situations and settings.
<b>Required readings:</b>	<p>Carraro, A. &amp; Probst, M. (2014). <i>Physical activity and mental health. A practice-oriented approach</i>. Milano: Edi-Ermes.</p> <p>World Health Organization (2020). <i>WHO Guidelines on physical activity and sedentary behaviour for children and adolescents, adults and older adults</i>. Genève: World Health Organization.</p> <p>Materials presented during classes, available in the course repository (OLE).</p>
<b>Supplementary readings:</b>	Will be suggested during classes.