

Syllabus

Course description

Course title	Physical activity, health, wellbeing
Course code	64177
Scientific sector	M-EDF/01
Degree	Bachelor in Social Education
Semester	2 nd
Course year	2 nd
Credits	6
Modular	Yes

Total lecturing hours	30
Total lab hours	15
Attendance	according to the regulation
Prerequisites	//

Specific educational objectives	<p>The course is "caratterizzante", the scientific area is Sport and Human Movement Science.</p> <p>By linking theoretical and practical contents, the course offers a general overview of the role and importance of physical activity, exercise and sport for individuals and society wellbeing, health and development.</p> <p>Students will have the opportunity to learn and experience the educational potential of physical activity, 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>
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Module 1	Physical activity, health, wellbeing
Lecturer	Prof. Dr. Attilio Carraro
Scientific sector of the lecturer	M-EDF/01
Teaching language	English
Office hours	from Monday to Friday on request
List of topics covered	<p>What physical activity, exercise, leisure time physical activity, physical education, sport are;</p> <p>The metaphors of exercise;</p> <p>The role of physical activity for physical and mental health;</p> <p>Reducing/controlling sedentary and unhealthy behaviour;</p> <p>Physical activity recommendations and guidelines for different ages and health conditions;</p> <p>Motivation to physical activity, identifying facilitators and barriers;</p> <p>Measuring physical activity level and quality, fitness and affective response to exercise;</p> <p>Adapted physical activity, definitions, aims, contents.</p>
Teaching format	Frontal lectures and group working
Total lecturing/lab hours	30
Credits	4

Module 2	Physical activity, health, wellbeing (lab.)
Lecturer	Prof. Dr. Attilio Carraro
Scientific sector of the lecturer	M-EDF/01
Teaching language	English
Office hours	from Monday to Friday on request
List of topics covered	Planning, implementing, experiencing and assessing individual and group movement situations and movement-based educational interventions.
Teaching format	Practical activities in the gym, pool and outdoor, critical discussion of the activities, group working, peer teaching.
Total lecturing/lab hours	15
Credits	2

Learning outcomes	<p><i>Knowledge and understanding</i> of the theoretical principals, conceptual frameworks and perspectives in sport sciences and adapted physical activity.</p> <p><i>Applying knowledge and understanding</i>, being able to promote physical activity in people of different ages and with different needs and skills.</p> <p><i>Making judgements</i>, being able to observe, understand and measure physical activity and the affective response to practice.</p> <p><i>Communication skills</i>, being able to combine verbal and non-verbal languages. Knowledge of human movement and sport sciences basic scientific language.</p> <p><i>Learning skills</i>, 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>
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Assessment	Written and oral exam, consisting in the preparation, presentation and discussion of a portfolio of activities / project and in an oral exam aimed to verify the knowledge and personal re-elaboration of the modules topics and contents.
Assessment language	English
Evaluation criteria and criteria for awarding marks	Final mark consists of the evaluation of the project/portfolio 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.

Required readings	<p>Carraro, A. & Probst, M. (2014). <i>Physical activity and mental health. A practice-oriented approach</i>. Milano: Edi-Ermes.</p> <p>International Society for Physical Activity and Health (ISPAH) (2020). <i>ISPAH's eight investments that work for physical activity</i>. Available from: www.ISPAH.org/Resources</p> <p>World Health Organization (2018). <i>Active: a technical package for increasing physical activity</i>. Genève: World Health Organization.</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>Other materials presented during classes, available in the course repository.</p>
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Supplementary readings

Supplementary readings will be suggested during the different modules.