TRAINING METHODOLOGIES IN FITNESS METHODOLOGIES AND FUNCTIONAL ASSESSMENT

Course ID: M-EDF/02

ECTS: 14

2nd Year: 2nd semester

Teacher: PROF. ANNINO Giuseppe

Objectives: The formation of the student will be through theoretical and practical lessons. Will be dealt with topics related to the importance of functional assessment in relation to programming in control of metabolic and neuromuscular characteristics specific and individual, in response to the needs of physical activities and in relation to individual physiological and neuromuscular characteristics of each subject.

Program:
The Fundamental Principles of training methodologies
Purpose of the functional assessment of motor activity
Scientific basis of the movement sports assessment
Evaluation and control of training
Laboratory and Field Tests
Objectives of the Functional Tests
Assessment Methods and Techniques
Kinematic and dynamic analysis
Units of Measurement
Assessment Devices

Textbooks Notes and scientific papers provided by the teacher

Exam method: oral examination