

## TRAINING METHODOLOGIES IN FITNESS METHODOLOGIES AND FUNCTIONAL ASSESSMENT

*[in 8059461 TRAINING METHODOLOGY IN FITNESS SPECIALITIES AND FUNCTIONAL ASSESSMENT]*

**Course ID:** M-EDF/02

**ECTS:** 14

**2<sup>nd</sup> Year:** 2<sup>nd</sup> 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