

## TRAINING METHODOLOGIES IN FITNESS SPECIALITIES

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

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

**ECTS:** 5

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

**Teacher:** PROFF. ESPOSITO MARIO e BRUNO RUSCELLO

**Objectives:** Provide the critical tools for an assessment of sporting performance, for preventive purposes and, where appropriate, for adapted physical activity.

Students should be able to recognize wrong postures, specific issues of the musculoskeletal system, the functionality of foot orthoses in sports and in metabolic disorders, in order to design specific kinesiological protocols.

### **Program:**

Match Analysis Procedures in Team Sports - The course is both theoretical and practical, it will consist of classroom and laboratory meetings and it will tend to:

1. provide an overview of what is the role of the Match Analysis procedures, inserted in the general context of the sport training methodology;
2. analyse the professional profile required to operate in this particular field, in the context of a medium-high level technical Staff;
3. illustrate the principles of the research methodology seen in the context of Match Analysis: collecting, processing and presenting the relevant match/performance data.
4. explain the concept of ecological and effective information - a sports pedagogy based on the passage of the relevant and early information;
5. define the methodology and the application areas of analysis for an extensive study of the motor skills and the levels of the physical demands, observed in athletes engaged in their respective competitions (First Level of Match Analysis);
6. define the methodology and the application areas of the Quantitative and Qualitative Biomechanics Analysis applied to the significant technical and tactical actions, in the context of a competition, in order to effectively deal with the study of the so-called "invariants of competition" (Second Level of Match Analysis);
7. define the methodology and the application areas of the Quantitative and Qualitative Match Analysis procedures applied to the tactical and strategical components in situational sports (Third Level of Match Analysis).

## POSTURAL ERGONOMIC ASSESSMENT

Postural analysis; Muscle - functional testing; Range of Motion (ROM) analysis; Ground pressure analysis; in static and dynamic conditions, through baropodometers devices; Gait analysis; Stabilometric analysis with open eyes that with closed eyes; Foot orthoses in sports; Foot orthoses in metabolic disorders.

**Textbooks:** Lecture notes and presentations related to the lectures given by the teaching staff.

**Exam method:** written evaluation at the end of the course of study (eventually supplemented by an oral assessment at the discretion of the teaching staff).