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M

Laurea Magistrale in Physical Activity and Health Promotion

2nd Year, 2nd Semester, a.a. 2023/2024

Start classes 4th March 2023

End lessons 10th May 2023

LEARNING AND MOTOR CONTROL, PROTOCOLS OF PHYSICAL ACTIVITY IN HEALTH, PREVENTION AND DISEASE

Proff. Iellamo, Salimei, Perrone

FUNCTIONAL ASSESSMENT AND TRAINING METHODOLOGY IN FITNESS SPECIALITIES

Prof. Annino

Prof. Augeri

JOB ORIENTATION

Prof. Sinibaldi

1st Year 2nd Semester	1 st week	MONDAY 4 March	TUESDAY 5 March	WEDNESDAY 6 March	THURSDAY 7 March	FRIDAY 8 March
	08:00 09:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room 1B6
	09:00 10:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL
	10:00 11:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL
	11:00 12:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL
	12:00 13:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL
	13:00 14:00					

1st Year 2nd Semester	2 nd week	MONDAY 11 March	TUESDAY 12 March	WEDNESDAY 13 March	THURSDAY 14 March	FRIDAY 15 March
	08:00 09:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room 1B6
	09:00 10:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	10:00 11:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	11:00 12:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	12:00 13:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	13:00 14:00					

1st Year 2nd Semester	3rd week	MONDAY 18 March	TUESDAY 19 March	WEDNESDAY 20 March	THURSDAY 21 March	FRIDAY 22 March
	08:00	Room 1B5	Room 1B5	Room 1B5	Room 1B5	Room D19b
	09:00					
	09:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	10:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	11:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	12:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	13:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	13:00					
	14:00					

1st Year 2nd Semester	4th week	MONDAY 25 March	TUESDAY 26 March	WEDNESDAY 27 March	THURSDAY 28 March	FRIDAY 29 March
	08:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room 1B6
	09:00					
	09:00	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	10:00	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	11:00	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	12:00	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	13:00	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
	13:00					
	14:00					

1st Year 2nd Semester	5th week	MONDAY 1 April	TUESDAY 2 April	WEDNESDAY 3 April	THURSDAY 4 April	FRIDAY 5 April
	08:00	Holiday	Room 1B6	Room 1B6	Room 1B6	Room 1B6
	09:00					
	09:00		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES
	10:00		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES
	11:00		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES
	12:00		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES
	13:00		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES
	13:00					
	14:00					

1st Year 2nd Semester	6 th week	MONDAY 8 April	TUESDAY 9 April	WEDNESDAY 10 April	THURSDAY 11 April	FRIDAY 12 April
	08:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room D19b
	09:00					
	10:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT
	11:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT
	12:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT
	13:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	FUNCTIONAL ASSESSMENT
	14:00					

1st Year 2nd Semester	7 th week	MONDAY 15 April	TUESDAY 16 April	WEDNESDAY 17 April	THURSDAY 18 April	FRIDAY 19 April
	08:00	Room D19b	Room 1B6	Room 1B5	Room 1B5	Room 1A6
	09:00					
	10:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL
	11:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL
	12:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL
	13:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	LEARNING AND MOTOR CONTROL
	14:00					

1st Year 2nd Semester	8 th week	MONDAY 22 April	TUESDAY 23 April	WEDNESDAY 24 April	THURSDAY 25 April	FRIDAY 26 April
	08:00	Room D19b	Room D19b	Room D19b	Holiday	
	09:00					
	10:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	TRAIN METH FITNESS SPECIALITIES		
	11:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	TRAIN METH FITNESS SPECIALITIES		
	12:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	FUNCTIONAL ASSESSMENT		
	13:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	FUNCTIONAL ASSESSMENT		
	14:00					

1st Year 2nd Semester	9 th week	MONDAY 29 April	TUESDAY 30 April	WEDNESDAY 1 May	THURSDAY 2 May	FRIDAY 3 May
	08:00	Room D19b	Room D19b	Holiday	Room D19b	Room D19b
	09:00					
	09:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT
	10:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT
	11:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT
	12:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT
	13:00	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL		LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT
	14:00					

1st Year 1st Semester	10 th week	MONDAY 6 May	TUESDAY 7 May	WEDNESDAY 8 May	THURSDAY 9 May	FRIDAY 10 May
	08:00	Room D19b	Room D19b	Room D19b	Room 1B6	Room 1B6
	09:00					
	09:00	FUNCTIONAL ASSESSMENT	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
	10:00	FUNCTIONAL ASSESSMENT	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
	11:00	FUNCTIONAL ASSESSMENT	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
	12:00	FUNCTIONAL ASSESSMENT	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
	13:00	FUNCTIONAL ASSESSMENT	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
	14:00			JOB ORIENTATION	JOB ORIENTATION	