## 2<sup>nd</sup>

## Laurea Magistrale in Physical Activity and Health **Promotion**

2<sup>nd</sup> Year, 2<sup>nd</sup> Semester, a.a. 2023/2024

Start classes 4th March 2023 End lessons 10th May 2023

LEARNING AND MOTOR CONTROL, PROTOCOLS OFPHYSICAL ACTIVITY IN HEALTH, PREVENTION

AND DISEASE

FUNCTIONAL ASSESSMENT AND TRAINING METHODOLOGY IN

**FITNESSSPECIALITIES** 

JOB ORIENTATION

Proff. Iellamo, Salimei, Perrone

Prof. Annino Prof. Augeri

Prof. Sinibaldi

	1 <sup>st</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	week	4 March	5 March	6 March	7 March	8 March
ster	08:00 09:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room 1B6
emes	09:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND
	10:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL
d Se	10:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND
	11:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL
ar 2n	11:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND
	12:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL
∠e	12:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND
	13:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL
1st	13:00 14:00					

	2 <sup>nd</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	week	11 March	12 March	13 March	14 March	15 March
ster	08:00 09:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room 1B6
me	09:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL	LEARNING AND
	10:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT	MOTOR CONTROL
d Se	10:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL	LEARNING AND
	11:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT	MOTOR CONTROL
ar 2n	11:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL	LEARNING AND
	12:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT	MOTOR CONTROL
Year	12:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL	LEARNING AND
	13:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT	MOTOR CONTROL
1st	13:00 14:00					

	3rd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	week	18 March	19 March	20 March	21 March	22 March
	08:00	Room 1B5	Room 1B5	Room 1B5	Room 1B5	Room D19b
<u>_</u>	09:00					
nester	09:00 10:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
d Ser	10:00 11:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
r 2n	11:00 12:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
Year	12:00 13:00	LEARNING AND MOTOR CONTROL	TRAIN METH FITNESS SPECIALITIES	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	LEARNING AND MOTOR CONTROL
1st	13:00 14:00					

	4 <sup>th</sup> week	MONDAY 25 March	TUESDAY 26 March	WEDNESDAY 27 March	THURSDAY 28 March	FRIDAY 29 March
ster	08:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room 1B6
est	09:00					
Ξ	09:00	TRAIN METH FITNESS	LEARNING AND	LEARNING AND	FUNCTIONAL	LEARNING AND
Se	10:00	SPECIALITIES	MOTOR CONTROL	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL
0	10:00	TRAIN METH FITNESS		LEARNING AND MOTOR	FUNCTIONAL	LEARNING AND
2n	11:00	SPECIALITIES	MOTOR CONTROL	CONTROL	ASSESSMENT	MOTOR CONTROL
a	11:00	TRAIN METH FITNESS		LEARNING AND MOTOR		LEARNING AND
Œ	12:00	SPECIALITIES	MOTOR CONTROL	CONTROL	ASSESSMENT	MOTOR CONTROL
stY	12:00	TRAIN METH FITNESS	LEARNING AND	LEARNING AND	FUNCTIONAL	LEARNING AND
<del>~</del>	13:00	SPECIALITIES	MOTOR CONTROL	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL
	13:00					
	14:00					

	5 <sup>th</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	week	1 April	2 April	3 April	4 April	5 April
	08:00		Room 1B6	Room 1B6	Room 1B6	Room 1B6
<u>_</u>	09:00					
ester	09:00		LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS
ne	10:00		MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES
em	10:00		LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS
	11:00	Holiday	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES
pu:	11:00	Tronday	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS
r 2	12:00		MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES
ea	12:00		LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS
$\succ$	13:00		MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES
st	13:00					
`_	14:00					

	6 <sup>th</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	week	8 April	9 April	10 April	11 April	12 April
	08:00	Room 1B6	Room 1B6	Room 1B6	Room 1B6	Room D19b
ster	09:00					
st	09:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL
me	10:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT
Φ	10:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL
S	11:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT
pu	11:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL
r 2	12:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT
ea	12:00	LEARNING AND	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	FUNCTIONAL
<b>&gt;</b>	13:00	MOTOR CONTROL	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	ASSESSMENT
st	13:00					
	14:00					

	7 <sup>th</sup> week	MONDAY 15 April	TUESDAY 16 April	WEDNESDAY 17 April	THURSDAY 18 April	FRIDAY 19 April
ے	08:00	Room D19b	Room 1B6	Room 1B5	Room 1B5	Room 1A6
<u>ē</u>	09:00					
ester	09:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND	LEARNING AND
Ĕ	10:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL	MOTOR CONTROL
Se	10:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND	LEARNING AND
	11:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL	MOTOR CONTROL
pu	11:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND	LEARNING AND
r 2	12:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL	MOTOR CONTROL
ea	12:00	FUNCTIONAL	LEARNING AND	TRAIN METH FITNESS	LEARNING AND	LEARNING AND
>	13:00	ASSESSMENT	MOTOR CONTROL	SPECIALITIES	MOTOR CONTROL	MOTOR CONTROL
St	13:00					
`	14:00					

	8 <sup>th</sup> week	MONDAY 22 April	TUESDAY 23 April	WEDNESDAY 24 April	THURSDAY 25 April	FRIDAY 26 April
	08:00	Room D19b	Room D19b	Room D19b		
<u>_</u>	09:00					
emester	09:00 10:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	TRAIN METH FITNESS SPECIALITIES		
S	10:00 11:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	TRAIN METH FITNESS SPECIALITIES	Но	liday
r 2nd	11:00 12:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	FUNCTIONAL ASSESSMENT		
: Үеа	12:00 13:00	LEARNING AND MOTOR CONTROL	FUNCTIONAL ASSESSMENT	FUNCTIONAL ASSESSMENT		
1st	13:00 14:00					

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

	10th 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
ste	09:00					
Ö	09:00	FUNCTIONAL	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
E E	10:00	ASSESSMENT				
Se	10:00	FUNCTIONAL	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
st	11:00	ASSESSMENT	JOB ORIENTATION			
~	11:00	FUNCTIONAL	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
a	12:00	ASSESSMENT	JOB ONIENTATION			
ø	12:00	FUNCTIONAL	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION	JOB ORIENTATION
+	13:00	ASSESSMENT	JOB ORIENTATION			
18	13:00			JOB ORIENTATION	JOB ORIENTATION	
	14.00					