

**EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2018 - 2019 - First Semester**  
**MODULE 2 "Changing behavior towards a lifelong active lifestyle: from childhood to adulthood" -**  
**26 November - 14 December 2018**

**1ST WEEK: 26 November - 30 November 2018 (48°) (unless otherwise specified, all lectures will be in Marinozzi Hall)**

T I M E	M O N D A Y , 26 Nov	T U E S D A Y , 27 Nov	WEDNESDAY, 28 Nov	T H U R S D A Y , 29 Nov	F R I D A Y , 30 Nov
9.00 - 10.00	Module 1 Exam - MCQ test	Physical activity & sport as social phenomena (O. Weiss)	Enhancing physical activity: Towards a social-ecological approach (Y. Ommundsen)	Effective interventions to enhance physical activity in young children and adolescents: A review (Y. Ommundsen)	Social impact of physical activity programs in emergency and special conditions (K. Petry)
10.00 - 11.00		Physical activity & sport as social phenomena (O. Weiss)			
11.00 - 12.00					
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Physical activity & sport as social phenomena (O. Weiss)	Socio-pedagogical issues in health-enhancing PA (TBA)	Enhancing physical activity: Towards a social-ecological approach (Y. Ommundsen)	Effective interventions to enhance physical activity in young children and adolescents: A review (Y. Ommundsen)	Physical and Mental Wellbeing for vulnerable or social disadvantaged groups youth (K. Petry)
15.00 - 16.00					
16.00 - 17.00					Language Studies Academic writing course (A.R. Gerardi)
17.00 - 18.00					

**2nd WEEK: 3 - 7 December 2018 (49°) (unless otherwise specified, all lectures will be in Marinozzi Hall)**

T I M E	M O N D A Y , 3 Dec	T U E S D A Y , 4 Dec	WEDNESDAY, 5 Dec	T H U R S D A Y , 6 Dec	F R I D A Y , 7 Dec
9.00 - 10.00	Introduction to Psychology and Physical Activity (A. Zelli)	Models of Health Behavior Change (A. Zelli)	Physical Activity and Optimal Brain Functioning (D. Spinelli)	Effects of physical activity and exercise on mental health and cognitive processes (M. Audiffren)	Biology and Genetics of growth and development (P. Parisi)
10.00 - 11.00					
11.00 - 12.00					
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Health Psychology and Physical Activity in elderly populations (F. Lucidi)	Psychological Determinants of Physical Activity (A. Zelli)	Social Cognitive Models of Behavioral Change (A. Zelli)	Effects of physical activity and exercise on mental health and cognitive processes (M. Audiffren)	The power of sport to promote development and peace: implementing physical activity projects in disadvantage communities (A. Brunelli)
15.00 - 16.00					
16.00 - 17.00					

**3rd WEEK: 10 - 14 December 2018 (50°) (unless otherwise specified, all lectures will be in Marinozzi Hall)**

T I M E	M O N D A Y , 10 Dec	T U E S D A Y , 11 Dec	W E D N E S D A Y , 12 Dec	T H U R S D A Y , 13 Dec	F R I D A Y , 14 Dec
9.00 - 10.00	Motor Behaviour (N. Schott)	Language Studies: Italian (A. Vitali)	Exercise training in children (K. Froberg)	Physical activity, fitness and children's health (TBD)	Physical activity, fitness and children's health (T. Skovgaard)
10.00 - 11.00		Motor development and cognition C. Pesce		Physical activity, fitness and children's health: practical applications (TBD)	Settings based promotion of Physical activity among children and youth – from evidence to practice (T. Skovgaard)
11.00 - 12.00					
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Motor Behaviour (N. Schott)	Practice in motor development and cognition (C. Pesce) ( Gym TBA)	Physical activity, fitness and children's health (TBD )	Physical activity, fitness and children's health (T. Skovgaard)	Settings based promotion of Physical activity among children and youth – from evidence to practice (T. Skovgaard)
15.00 - 16.00					
16.00 - 18.00					Language Studies Academic writing course (A.R. Gerardi)