

EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2018 - 2019 - Second Semester
MODULE 3 "Movement Therapy and Physical Activity for Elderly and Special Population" - 21 January - 8 February 2019

1ST WEEK: 21 - 25 January 2019 (4°) (unless otherwise specified, all lectures will be in Marinozzi Hall)

TIME	MONDAY, 21 JAN	TUESDAY, 22 JAN	WEDNESDAY, 23 JAN	THURSDAY, 24 JAN	FRIDAY, 25 JAN
8.30 - 9.00	Module 2 Exam - MCQ test				
9.00 - 10.00					
10.00 - 11.00	Aquatherapy (C. Wilke, B. Biallas) (Marinozzi)	Sensomotoric system (C. Wilke, B. Biallas) (Marinozzi)	Injuries of the Lower Extremities Exercise: Theory & Practical applications (C. Wilke, B. Biallas, C. Remark) (FP4* or Marinozzi)	Injuries of the Upper Extremities, Systemic Diseases (C. Wilke, C. Remark) (Marinozzi)	Prevention of sports injuries (A. Benjaminse)
11.00 - 12.00	Aquatherapy (C. Wilke, B. Biallas) CONI swimming pool *	Sensomotoric system (C. Wilke, B. Biallas) (Gym)		Injuries of the Upper Extremities, Systemic Diseases - Practical applications (C. Wilke, C. Remark) (Gym A or Marinozzi)	
12.00 - 13.00			Break	Break	Break
13.00 - 14.00	Break	Break			
14.00 - 15.00	Sports therapy and the ICF classification & Professional field (C. Wilke, B. Biallas) (Marinozzi)	Gait Training and Coordination (C. Wilke, B. Biallas) (Gym or Marinozzi)	Injuries of the Lower Extremities - Practical applications (C. Remark) (FP2 or Marinozzi)	Practical applications: Injuries of the Upper Extremities (C. Remark) (FA4 & FA5)	Practical application of motor learning in injury prevention (A. Benjaminse) (Marinozzi or Gym A)
15.00 - 16.00				Language Studies Academic writing course (A.R. Gerardi)	
16.00 - 17.00					

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2nd WEEK: 28 January - 1 February 2019 (5°) (unless otherwise specified, all lectures will be in Marinozzi Hall)

TIME	MONDAY, 28 JAN	TUESDAY, 29 JAN	WEDNESDAY, 30 JAN	THURSDAY, 31 JAN	FRIDAY, 1 FEB
9.00 - 10.00	Basics of disabled sports (J. Heitzer, I. Stolz)	Self-awareness of being visually impaired (Theoretical/Practical) (J. Heitzer, I. Stolz)		"IN SITU" EXPERIENCE Villa Stuart Clinic Musculo-skeletal orders and sports activity: Group A (P. Mariani / A. Macaluso)	Cancer and Sport (F. Baumann)
10.00 - 11.00	"Small games" and modifications for heterogeneous groups (practical) (J. Heitzer, I. Stolz) (Marinozzi or FP4)		Musculo-skeletal disorders and sports activity Joint diseases: acute and overuse injuries (F. Margheritini)		
11.00 - 12.00		Introduction to wheelchair sports Wheelchair training (J. Heitzer, I. Stolz)			
12.00 - 13.00	Inclusion vs. Integration, classification system (J. Heitzer, I. Stolz)			Break	
13.00 - 14.00	Break	Break	Break	"IN SITU" EXPERIENCE Villa Stuart Clinic Musculo-skeletal disorders and sports activity: Group B (P. Mariani/ A. Macaluso)	Break
14.00 - 15.00	Introduction to sports for people with visual impairments Self-awareness of being blind and visually impaired (practical) (J. Heitzer, I. Stolz) (Marinozzi or Gym A)	Introduction to sports for people with amputation (J. Heitzer, I. Stolz)	Functional evaluation following ACL reconstruction (Andrea Macaluso)		Language Studies Italian (A. Vitali)
15.00 - 16.00		Team sports for amputees: Sitting Volleyball (Practical) (J. Heitzer, I. Stolz) (Marinozzi or Gym)			
16.00 - 17.00					

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3rd WEEK: 4 - 8 February 2019 (6°) (unless otherwise specified, all lectures will be in Marinozzi Hall)

TIME	MONDAY, 4 FEB	TUESDAY, 5 FEB	WEDNESDAY, 6 FEB	THURSDAY, 7 FEB	FRIDAY, 8 FEB
9.00 - 10.00	Biology and Genetics of Aging (D. Caporossi)	Exercise in old age - transferability from muscle & physical function to self-reported outcomes (P. Ølgaard-Larsen) (Marinozzi or FP4)	Testing functional ability (S. Vestergaard - P. Caserotti) (Marinozzi or FP4*)	Exercise and cognition in older adults (C. Pesce) (Marinozzi and FP1)	Aging and the dynamical systems approach to complexity and biological coordination in the neuro-musculo-skeletal system Part 1 (JJ. Temprado)
10.00 - 11.00					
11.00 - 12.00	Introduction to the module; Physical dimensions and individual dif. with age (P. Caserotti -S. Vestergaard)	Nutrition and healthy aging (P. Ølgaard-Larsen)	Aging in the sensory system and postural control (P. Caserotti)	Exercise and cognition in older adults: practical aspects (C. Pesce) (FP1)	
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Neuromuscular changes with aging (P. Caserotti)	Nutrition and healthy aging - practical exercise (P. Ølgaard-Larsen - P. Caserotti) (Marinozzi or FP4)	Exercise prescription in aging population (S. Vestergaard - P. Caserotti) (Marinozzi or FP4)	Language Studies Academic writing course (A.R. Gerardi)	Aging and the dynamical systems approach to complexity and biological coordination in the neuro-musculo-skeletal system Part 2 (JJ. Temprado)
15.00 - 16.00					
16.00 - 17.00	Functional ability - testing procedures and association with adverse health outcomes (S. Vestergaard) (Marinozzi or FP4)				

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