

1st year, 1st semester - Timetable Module 1- Biomedical issues in Health and Exercise

Unit 1: 1 October – 9 October 2020 – Teaching modality: blended & distance face-to-face learning

TIME	Thu 1	Fri 2	Mon 5	Tue 6	Wed 7	Thu 8	Fri 9	
09:00-10:00			Opening Session (D. Caporossi – A. Baca T. Skovgaard – Y. Ommundsen C. Wilke)	Biomechanics and motion analysis: practical issues (A. Baca – P. Kornfeind)	Methods of fitness assessment in health-enhancing physical activity: principles, methodology and Innovative Systems (H. Tschan – A. Baca)	The neural control of force and its adaptation to strength training (F. Felici)	Locomotor apparatus (bones) adaptation in response to health-enhancing physical exercise (H. Tschan)	
10:00-11:00								
11:00-12:00	Online learning resources	Outlines of program – Academic issues	Biomechanics and motion analysis: mechanical principles and methods 1 (A. Baca)					
12:00-13:00								
13:00-14:00	Online learning resources	Online learning resources	Biomechanics and motion analysis: mechanical principles and methods 2 (A. Baca)	Methods of fitness assessment in health-enhancing physical activity: principles, methodology and Innovative Systems (H. Tschan – A. Baca)	Principles of Fitness/Wellness; Health benefits of endurance training (H. Tschan)	Descriptive statistics: introduction I (G. Vannozi)	Language Studies: Academic writing course (F. Morino)	
14:00-15:00								
15:00-17:00					Language Studies: Italian (V. Rossi)	Online learning resources	Online learning resources	Online learning resources

Unit 2: 12 October – 16 October 2020 - Teaching modality: blended & distance face-to-face learning

TIME	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16
09:00-10:00	Metabolic effects of exercise protocols (M. Sacchetti)	Neuromuscular adaptation in muscles and tendons in response to health- enhancing PA (P. Aagaard)	Physical activity, sedentary behaviour and health outcomes from an epidemiological perspective – Part 1 (U. Ekelund)	Physical activity and neurodegenerative diseases (P. Borrione)	Physical activity, metabolic syndrome and type 2 diabetes (P. Borrione)
10:00-11:00					
11:00-12:00	Metabolic effects of exercise protocols: practical applications (M. Sacchetti)				
12:00-13:00					
13:00-15:00	Muscle strength assessment and testing (P. Aagaard)	Measurements of physical Activity (U. Ekelund)	Physical activity, chronic diseases and public health (V. Romano Spica)	Descriptive statistics: introduction II (G. Vannozi)	Neuroendocrine adaptation to physical exercise: theoretical and practical issues (P. Sgrò)
15:00-16:00		Online learning resources	Online learning resources	Online learning resources	Online learning resources
16:00-17:00	Online learning resources				

Unit 3: 19 October – 23 October 2020 - Teaching modality: blended & distance face-to-face learning

TIME	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23
09:00-10:00	Human nutrition in health, diseases, development and aging: basic principles and practical applications. (S. Migliaccio)	Genetics and Physical Activity: an overview (P. Parisi)	Genetic variability in health and diseases (D. Caporossi)	Molecular adaptation to health- enhancing PA - Part I (B. Wessner)	"Omics" in training adaptation: theoretical and applicative aspects (Y. Pitsiladis)
10:00-11:00					
11:00-12:00					
12:00-13:00					
13:00-14:00	Nutrition and metabolism in health and exercise (A. Parisi)	Medical risks of substance abuse (F. Pigozzi)	Genetic basis of movement-related disorders (D. Caporossi)	Molecular adaptation to health- enhancing PA – Part II (B. Wessner)	Language Studies: Academic writing course (F. Morino)
14:00-15:00					
15:00-17:00	Online learning resources	Online learning resources	Online learning resources	Online learning resources	

To be noted: Students are invited to check the timetable published online regularly (Foro Italico E-learning platform) so to be aware of any last-minute update