

1st year, 1st semester - Timetable Module 2 - Changing behavior towards a lifelong active lifestyle: from childhood to adulthood

Unit 1: 19 November – 27 November 2020 - Teaching modality: blended & distance face-to-face learning

TIME	Thu 19	Fri 20	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
9:00-10:00	Exam Module 1 – MCQs Test	Online learning resources	Physical activity & sport as social phenomena (O. Weiss)	Sociological issues in physical health and nutrition (F. R. Lenzi)	Models of Health Behavior Change (A. Zelli)	Social Cognitive Models of Behavioral Change (A. Zelli)	Physical Activity and Optimal Brain Functioning (TBC)
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00-14:00	Online learning resources	Online learning resources	Physical activity & sport as social phenomena (O. Weiss)	Introduction to Psychology and Physical Activity (A. Zelli)	Health Psychology and Physical Activity in the elderly (A. Zelli)	"Psychological Determinants of Physical Activity (A. Zelli)	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	

Unit 2: 30 November – 4 December 2020 - Teaching modality: blended & distance face-to-face learning

TIME	Mon 30	Tue 1	Wed 2	Thu 3	Fri 4
09:00-10:00	Enhancing physical activity: Towards a social-ecological approach (Y. Ommundsen)	Enhancing physical activity: Towards a social-ecological approach (Y. Ommundsen)	Effects of physical activity and exercise on mental health and cognitive processes (M. Audiffren)	Social impact of physical activity programs in emergency and special conditions (K. Petry)	Physical and Mental Wellbeing for vulnerable or social disadvantaged groups/ youth (K. Petry)
10:00-11:00					
11:00-12:00					
12:00-13:00					
13:00-14:00	Language Studies: Italian (V. Rossi)	Effective interventions to enhance physical activity in young children and adolescents: A review (Y. Ommundsen)	Effects of physical activity and exercise on mental health and cognitive processes (M. Audiffren)	Practice in statistics (G. Vannozi/A. Summa)	Implementing physical activity projects in disadvantage communities (A. Brunelli)
14:00-15:00					
15:00-17:00	Online learning resources	Online learning resources	Online learning resources	Online learning resources	

Unit 3: 7 December – 11 December 2020 - Teaching modality: blended & distance face-to-face learning

TIME	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11
9:00-10:00	Biology and Genetics of growth and development (P. Parisi)	Motor development and cognition (N. Schott)	Physical growth and exercise training in children (K. Froberg)	Promoting physical activity in children and young people - Part I (S. L. Domazet)	Settings based promotion of Physical activity among children and youth – from evidence to practice - II (T. Skovgaard)
10:00-11:00					
11:00-12:00	Motor Behaviour (N. Schott)				Practice in Physical activity among children and youth (T. Skovgaard)
12:00-13:00					
13:00-14:00	Motor Behaviour (N. Schott)	Application in Motor development and cognition (N. Schott)	Practice in statistics (G. Vannozi/A. Summa)	Settings based promotion of Physical activity among children and youth – from evidence to practice - I (T. Skovgaard)	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.