

## 1<sup>st</sup> year, 2<sup>nd</sup> semester - Timetable Module 3 - Movement Therapy and Physical Activity for the Elderly and Special Populations

**Unit 1: 14 January – 22 January 2021 - Teaching modality: blended & in presence face-to-face learning (Unless otherwise specified, all lectures will be hosted in Marinozzi Hall)**

TIME	Thu 14	Fri 15	Mon 18	Tue 19	Wed 20	Thu 21	Fri 22
9:00-10:00	<b>Exam Module 2 – MCQs Test</b>		<b>Guided Visit to University facilities</b>	Mechanisms of skeletal muscle fatigue and effects of disuse and disease: From cell to whole body (N. Ørtenblad)	Exercise in old age - transferability from muscle & physical function to self-reported outcomes (P. Caserotti)	Complex interventions combining exercise and nutrition for older adults: from theory to practice (S Friis Buhl)	Exercise and cognition in older adults (M. Audiffren) (Marinozzi or Gym FP4*)
10:00-11:00		<i>Online learning resources</i>	Get together and welcome speech	Neuromuscular changes with ageing (P. Caserotti)	Nutrition and Ageing: Theory (S Friis Buhl)	Ageing and the dynamical systems approach to complexity and biological coordination in the neuro-musculo-skeletal system – Part I (J. Temprado)	Exercise and cognition in older adults: practical aspects (M. Audiffren) (Marinozzi or Gym FP4*)
11:00-12:00			Ageing population: a societal challenge? Epidemiology of Aging (P. Caserotti)				
12:00-13:00							
13:00–14:00			<b>Welcome reception</b>				
14:00-15:00	<i>Online learning resources</i>	<i>Online learning resources</i>	Biology and Genetics of Aging (D. Caporossi)	Testing functional ability - from theory to practice (P. Caserotti) (Gym FP4* or Marinozzi)	Exercise prescription for older adults (Practice) (P. Caserotti - S Friis Buhl) (Gym FP4* or Marinozzi)	Ageing and the dynamical systems approach to complexity and biological coordination in the neuro-musculo-skeletal system – Part II (J. Temprado)	Language Studies Academic writing course (F. Morino)
15:00-16:00			Skeletal muscle function and regulation by metabolism: role in fatigue and effects of disuse and disease (N. Ørtenblad)	Language Studies: Italian (V. Rossi)	Nutrition and Ageing: hands on assignments in groups (S Friis Buhl)		
16:00-17:00							
17:00-18:00							

**Unit 2: 25 January – 29 January 2021 - Teaching modality: blended & in presence face-to-face learning (Unless otherwise specified, all lectures will be hosted in Marinozzi Hall)**

TIME	Mon 25	Tue 26	Wed 27	Thu 28	Fri 29
9:00-10:00	Aquatherapy (C. Wilke, B. Biallas) (Marinozzi)	Sensomotoric system (C. Wilke, B. Biallas)	Injuries of the Lower Extremities Exercise: Theory & Practical applications (C. Wilke, B. Biallas, C. Remark) (Gym B* 9.00-11.00 or Marinozzi)	Injuries of the Upper Extremities, Systemic Diseases (C. Wilke, C. Remark)	PA in prevention of sports injuries (J. Rocchi)
10:00-11:00					
11:00-12:00	Aquatherapy (C. Wilke, B. Biallas) <b>CONI swimming pool **</b>				
12:00-13:00					
13:00-14:00					
14:00-15:00	Sports therapy and the ICF classification & Professional field (C. Wilke, B. Biallas)	Gait Training and Coordination (C. Wilke, B. Biallas) (Gym FP4* or Marinozzi)	Injuries of the Lower Extremities - Practical applications (C. Remark) (Marinozzi or Gym FP2*)	Injuries of the Upper Extremities, Systemic Diseases - Practical applications (C. Wilke, C. Remark) (Marinozzi or Gym B* 9.00 - 12.00)	Practical application of motor learning in injury prevention (J. Rocchi) (Gym FP4* or Marinozzi)
15:00-16:00					
16:00-17:00	Language Studies: Italian (V. Rossi)			Practice in statistics (G. Vannozi/A. Summa) (classroom MA4)	
17:00-18:00		<i>Online learning resources</i>	<i>Online learning resources</i>		

**Unit 3: 1 February – 5 February 2021 - Teaching modality: blended & in presence face-to-face learning (Unless otherwise specified, all lectures will be hosted in Marinozzi Hall)**

TIME	Mon 1	Tue 2	Wed 3	Thu 4	Fri 5
9:00-10:00	Functional evaluation following ACL reconstruction (A. Macaluso)	"IN SITU" EXPERIENCE Villa Stuart Clinic Musculo-skeletal orders and sports activity: Group A (P. Mariani / A. Macaluso/J. Rocchi)	Cancer and Sport (F. Baumann)	Basics of disabled sports (I. Stolz, J. Mockenhaupt)	Self-awareness of being visually impaired (Theoretical/Practical) (I. Stolz, J. Mockenhaupt) (Classroom MA6)
10:00-11:00				Introduction to wheelchair sports Wheelchair training (I. Stolz, J. Mockenhaupt) (Classroom MA6)	
11:00-12:00			"Small games" and modifications for heterogeneous groups (practical) (I. Stolz, J. Mockenhaupt) (Gym B* or Marinozzi)		
12:00-13:00				Inclusion vs. Integration, classification system (I. Stolz, J. Mockenhaupt)	
13:00-14:00					
14:00-15:00	"Knee surgery in this century, from sports medicine to joint replacement what we are looking for?" (F. Margheritini)	"IN SITU" EXPERIENCE Villa Stuart Clinic Musculo-skeletal disorders and sports activity: Group B (P. Mariani / A. Macaluso/J. Rocchi)	Practice in statistics (G. Vannozi/A. Summa) (classroom MA4)	Introduction to sports for people with visual impairments Self-awareness of being blind and visually impaired (practical) (I. Stolz, J. Mockenhaupt) (Gym FP4*)	Introduction to sports for people with amputation (I. Stolz, J. Mockenhaupt)
15:00-16:00					Team sports for amputees: Sitting Volleyball (Practical) (I. Stolz, J. Mockenhaupt) (Gym FP4* or Marinozzi)
16:00-17:00		<i>Online learning resources</i>	<i>Online learning resources</i>	<i>Online learning resources</i>	
17:00-18:00	<i>Online learning resources</i>				

**To be noted: Students are invited to check the timetable published online regularly (Foro Italoico E-learning platform) so to be aware of any last-minute update. \*\* Please make sure you wear appropriate clothing for the planned practical teaching activities. TBC: to be confirmed**