

EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2022 - 2023 - 1st year, First Semester -

MODULE 2 "Changing behavior towards a lifelong active lifestyle: from childhood to adulthood" - 28 November - 16 December 2022 (total face-to-face hours 96)

1ST WEEK: 28 November - 2 December 2021 (week 48^o) (unless otherwise specified, all lectures will be in Marinozzi Hall)

T I M E	M O N D A Y , 28 Nov	T U E S D A Y , 29 Nov	W E D N E S D A Y , 30 Nov	T H U R S D A Y , 1 Dec	F R I D A Y , 2 Dec
9.00 - 10.00	Module 1 Exam - MCQ test	Physical activity & sport as social phenomena (O. Weiss)	Introduction to Psychology and Physical Activity - part a (A. Zelli)	Models of Health Behavior Change (A. Zelli)	Physical Activity and Optimal Brain Functioning (A. Brancucci)
10.00 - 11.00			Introduction to Psychology and Physical Activity - part b (A. Zelli)		
11.00 - 12.00	Physical activity & sport as social phenomena (O. Weiss)	Break	Break	"Psychological Determinants of Physical Activity (A. Zelli)	Break
12.00 - 13.00	Break				
13.00 - 14.00	Break	Sociological issues in physical health (F. R. Lenzi)	Health Psychology and Physical Activity in elderly populations (A. Zelli)	Social Cognitive Models of Behavioral Change (A. Zelli)	Language Studies Academic writing course (F. Morino)
14.00 - 15.00	Physical activity & sport as social phenomena (O. Weiss)	Sociological issues on physical health and nutrition (F. R. Lenzi)	Practice in Statistics (G. Vannozzi)		
15.00 - 16.00	Language Studies: Italian (R. Ricci)				
16.00 - 17.00					

2nd WEEK: 5 - 10 December 2022 (week 49^o) (unless otherwise specified, all lectures will be in Marinozzi Hall)

(Please, remind that December 8th is National Holyday)

T I M E	M O N D A Y , 5 Dec	T U E S D A Y , 6 Dec	W E D N E S D A Y , 7 Dec	F R I D A Y , 9 Dec	S A T U R D A Y , 10 Dec
9.00 - 10.00	Enhancing physical activity: Towards a social-ecological approach (S. Gjesdal)	Effective interventions to enhance physical activity in young children and adolescents: A review (S. Gjesdal)	Biology and Genetics of growth and development (D. Caporossi)	Social impact of physical activity programs in emergency and special conditions (K. Petry)	The power of sport to promote development and peace: implementing physical activity projects in disadvantaged communities (A. Brunelli)
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	Enhancing physical activity: Towards a social-ecological approach (S. Gjesdal)	Effective interventions to enhance physical activity in young children and adolescents: A review (S. Gjesdal)	Language Studies Academic writing course (F. Morino)	Physical and Mental Wellbeing for vulnerable or social disadvantaged groups/ youth (K. Petry)	
15.00 - 16.00					
16.00 - 18.00					

3rd WEEK: 12 - 16 December 2022 (week 50^o) (unless otherwise specified, all lectures will be in Marinozzi Hall)

T I M E	M O N D A Y , 12 Dec	T U E S D A Y , 13 Dec	W E D N E S D A Y , 14 Dec	T H U R S D A Y , 15 Dec	F R I D A Y , 16 Dec
9.00 - 10.00	Motor Behaviour (N. Schott)	Motor development and cognition (N. Schott)	Growth, maturation and exercise in youth (A. Kær Gejl)	Promoting physical activity in children and young people (T. Skovgaard)	Settings based promotion of Physical activity among children and youth – from evidence to practice - Part II (T. Skovgaard)
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	Motor Behaviour (N. Schott)	Practice in motor development and cognition (N. Schott) (<i>Gym TBD</i>)	Physical activity, sedentary time and cardiometabolic health in youth (A. Kær Gejl)	Settings based promotion of Physical activity among children and youth – from evidence to practice - Part I (T. Skovgaard)	Practice in Physical activity among children and youth (T. Skovgaard)
15.00 - 16.00					
16.00 - 18.00	Language Studies: Italian (R. Ricci)		Practice in Statistics (G. Vannozzi)		