

## 1<sup>st</sup> year, 1<sup>st</sup> semester - Timetable Module 1- Biomedical issues in Health and Exercise

### Unit 1: 7 October – 11 October 2019 - Unless otherwise specified, all lectures will be hosted in Classroom MA2

TIME	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11
09:00-10:00	Opening Session (Marinozzi Hall) (D. Caporossi – A. Baca K. Froberg – Y. Ommundsen – C. Wilke)	Locomotor apparatus (bones) adaptation in response to health-enhancing physical exercise (H. Tschan)	Methods of fitness assessment in health-enhancing physical activity: principles, methodology and Innovative Systems (H. Tschan – A. Baca)	Biomechanics and motion analysis: practical issues (A. Baca – P. Kornfeind)	"The neural control of force" (F. Felici)
10:00-11:00	<b>Guest lecture</b>				Influence of training on agonist- antagonist coactivation (F. Felici)
11:00-12:00	Role of glycogen in skeletal muscle function and Ion Regulation: Location, location, location <b>Niels Ørtenblad</b> <b>University of Southern Denmark</b>				
12:00-13:00					
13:00-14:00	Welcome Reception				
14:00-15:00	Outlines of program – Academic issues (D. Caporossi)	Principles of Fitness/Wellness; Health benefits of endurance training (H. Tschan)	Biomechanics and motion analysis: mechanical principles and methods (A. Baca)	Outlines of program - Administrative issues	Language Studies: Academic writing course (M. Burns)
15:00-16:00					
16:00-18:00	Language Studies: Italian (V. Rossi)				

### Unit 2: 14 October – 18 October 2019 - Unless otherwise specified, all lectures will be hosted in Classroom MA2

TIME	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18
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 behavior and health outcomes from an epidemiological perspective (S. Mazic)	Physical activity and neurodegenerative diseases (P. Borriore)	Applied aspects of health-related PA (A. Isakovic)
10:00-11:00			Metabolic responses to physical activity for health (A. Isakovic)	Metabolic syndrome and type 2 diabetes (P. Borriore)	Neuroendocrine adaptation to physical exercise: theoretical and practical issues (P. Sgrò)
11:00-12:00	Metabolic effects of exercise protocols: practical applications (M. Sacchetti)				
12:00-13:00					
13:00-14:00					
14:00-16:00	Muscle strength assessment and testing (P. Aagaard)	Physical activity, chronic diseases and public health (V. Romano Spica)	Descriptive statistics: introduction I (G. Vannozzi/A. Summa)	Metabolic syndrome and type 2 diabetes (P. Borriore)	Descriptive statistics: introduction II (G. Vannozzi/A. Summa)
16:00-17:00		Health and safety in sport and PA (V. Romano Spica)		Applied aspects of health-related PA (S. Mazic)	

### Unit 3: 21 October – 25 October 2019 - Unless otherwise specified, all lectures will be hosted in Marinozzi Hall

TIME	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25
09:00-10:00	Medical risks of substance abuse (F. Pigozzi)	Molecular adaptation to health- enhancing PA - I (B. Wessner)	Abdominal Fat Reducing Effect of Exercise Training: Fat Burning or Carbon Source Redistribution? (C.H. Kuo)	"Omics" in training adaptation (Y. Pitsiladis)	Genetic basis of movement-related disorders: monofactorial diseases (D. Caporossi)
10:00-11:00					
11:00-12:00	Nutrition and metabolism in health and exercise (A. Parisi)	Molecular adaptation to health- enhancing PA - II (B. Wessner)	Exercise against Aging: Natural Selection among Fit and Unfit Cells inside Human Body (C.H. Kuo)	"Omics" in training adaptation: practical aspects (Y. Pitsiladis)	Genetic basis of movement-related disorders: multifactorial diseases (D. Caporossi)
12:00-13:00					
13:00-14:00					
14:00-15:00	Human nutrition in health, diseases, development and aging: basic principles and practical applications. (S. Migliaccio)	Molecular adaptation to health- enhancing PA - III (B. Wessner)	Genetics and Physical Activity: an overview (P. Parisi)	Genetic variability in health and diseases (D. Caporossi)	Language Studies: Academic writing course (M. Burns)
15:00-16:00					
16:00-17:00					

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