

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

### Unit 1: 25 November – 29 November 2019 - 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	Module 1 Exam - MCQ test	Physical activity & sport as social phenomena (O. Weiss)	Introduction to Psychology and Physical Activity (A. Zelli)	Models of Health Behavior Change (A. Zelli)	Physical Activity and Optimal Brain Functioning (D. Spinelli)	
10:00-11:00		Physical activity & sport as social phenomena (O. Weiss)			Sociological issues in physical health (F. R. Lenzi)	Social Cognitive Models of Behavioral Change (A. Zelli)
11:00-12:00						
12:00-13:00						
13:00-14:00						
14:00-15:00	Physical activity & sport as social phenomena (O. Weiss)	Sociological issues on physical health and nutrition (F. R. Lenzi)	Health Psychology and Physical Activity in the elderly (A. Zelli – F. Lucidi)	"Psychological Determinants of Physical Activity (A. Zelli)	Social Cognitive Models of Behavioral Change (A. Zelli)	
15:00-16:00						
16:00-18:00	Language Studies: Italian (V. Rossi)		Practice in statistics (A. Summa)		Language Studies Academic writing course (M. Burns)	

### Unit 2: 2 December – 6 December 2019 - Unless otherwise specified, all lectures will be hosted in Marinozzi Hall

TIME	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6
09:00-10:00	Enhancing physical activity: Towards a social-ecological approach (Y. Ommundsen)	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)	Social impact of physical activity programs in emergency and special conditions (K. Petry)	Biology and Genetics of growth and development (P. Parisi)
10:00-11:00					
11:00-12:00					
12:00-13:00					
13:00-14:00					
14:00-15:00	Enhancing physical activity: Towards a social-ecological approach (Y. Ommundsen)	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)	Physical and Mental Wellbeing for vulnerable or social disadvantaged groups/ youth (K. Petry)	The power of sport to promote development and peace: implementing physical activity projects in disadvantage communities (A. Brunelli)
15:00-16:00					
16:00-18:00			Practice in statistics (A. Summa)		

### Unit 3: 9 December – 13 December 2019 - Unless otherwise specified, all lectures will be hosted in Marinozzi Hall

TIME	Mon 9	Tue 10	Wed 11	Thu 12	Fri 13
9:00-10:00	Motor Behaviour (N. Schott)	Motor development and cognition (TBC) (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 (T. Skovgaard)
10:00-11:00				Promoting physical activity in children and young people - Part II (S. L. Domazet)	
11:00-13:00					
13:00-14:00					
14:00-16:00	Motor Behaviour (N. Schott)	Practice in motor development and cognition (TBC) (N. Schott) ( Gym TBD)	Physical activity, fitness and children's health (S. L. Domazet)	Settings based promotion of Physical activity among children and youth – from evidence to practice (T. Skovgaard)	Settings based promotion of Physical activity among children and youth – from evidence to practice (T. Skovgaard)
16:00-18:00				Language Studies Academic writing course (M. Burns)	

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