

**EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2022 - 2023 - 1st year, First Semester -
MODULE 1 "Biomedical Issues in Health and Exercise" - 10 - 28 October 2022 (total face-to-face hours 98)**

1ST WEEK: 10 - 14 October 2022 (week 41°) - Unless otherwise specified, the lectures will be hosted in Marinozzi Hall

TIME	MONDAY, 10 OCT	TUESDAY, 11 OCT	WEDNESDAY, 12 OCT	THURSDAY, 13 OCT	FRIDAY, 14 OCT
8.15 - 9.00	Guided visit				
9.00 - 10.00	Opening Session (D. Caporossi – A. Baca - P. Caserotti – Y. Ommundsen C. Wilke)	Biomechanics and motion analysis: mechanical principles and methods (A. Baca) (Classroom MA4)	Methods of fitness assessment in health-enhancing physical activity: principles, methodology and Innovative Systems (A. Baca) (Classroom MA4)	Neuromuscular adaptation in muscles and tendons in response to health-enhancing PA (P. Aagaard) (Classroom MA4)	Molecular adaptation to health-enhancing PA - II (B. Wessner) (Classroom MA4)
10.00 - 11.00			Testing and prescription in pregnancy and postpartum (R. Santos Rocha) (Classroom MA4)		Molecular adaptation to health-enhancing PA - III (B. Wessner) (Classroom MA4)
11.00 - 11.30			Break		
11.30 - 12.00	Keynote Lecture Rita Santos Rocha (ESDRM, Portugal) "Health-enhancing exercise in pregnancy"				
12.00 - 13.00					
13.00 - 14.00	Welcome Reception	Break	Break	Break	Break
14.00 - 15.00	Outlines of program (Classroom MA4)	Biomechanics and motion analysis: practical issues (A. Baca – P. Kornfeind) (Classroom MA4)	Muscle strength assessment and testing (P. Aagaard) (Classroom MA4)	Molecular adaptation to health-enhancing PA - I (B. Wessner) (Classroom MA4)	Language Studies: Introduction to the Academic writing course (F. Morino) (Classroom MA4)
15.00 - 16.00					
16.00 - 17.00	Language Studies: Italian (R. Ricci) (Classroom MA4)				

2nd WEEK: 17 - 21 October 2022 (week 42°) - Unless otherwise specified, the lectures will be hosted in Marinozzi Hall

TIME	MONDAY, 17 OCT	TUESDAY, 18 OCT	WEDNESDAY, 19 OCT	THURSDAY, 20 OCT	FRIDAY, 21 OCT
9.00 - 10.00	"Omics" in training adaptation (Y. Pitsiladis) (Classroom MA4)	Genetic variability in health and diseases (D. Caporossi) (Classroom MA4)	"The neural control of force" (F. Felici) (Classroom MA4)	Metabolic effects of exercise protocols: practical applications (M. Sacchetti) (Classroom MA4)	Locomotor apparatus (bones) adaptation in response to health-enhancing physical exercise (H. Tschan) (Classroom MA4)
10.00 - 11.00					
11.00 - 12.00	"Omics" in training adaptation: practical aspects (Y. Pitsiladis) (Classroom MA4)	Genetic basis of movement-related disorders: monofactorial diseases (D. Caporossi) (Classroom MA4)	Influence of training on agonist-antagonist coactivation (F. Felici) (Classroom MA4)	Principles of Fitness/Wellness; Health benefits of endurance training (H. Tschan)	Descriptive statistics: introduction III (G. Vannozi) (Classroom MA4)
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Descriptive statistics: introduction I (G. Vannozi) (Classroom MA4)	Genetic basis of movement-related disorders: multifactorial diseases (D. Caporossi)	Metabolic effects of exercise protocols (M. Sacchetti) (Classroom MA4)	Principles of Fitness/Wellness; Health benefits of endurance training (H. Tschan)	Descriptive statistics: introduction III (G. Vannozi) (Classroom MA4)
15.00 - 16.00					
16.00 - 17.00	Descriptive statistics: introduction II (G. Vannozi) (Classroom MA4)				

3rd WEEK: 24 - 28 October 2022 (week 43°) - Unless otherwise specified, the lectures will be hosted in Marinozzi Hall

TIME	MONDAY, 24 OCT	TUESDAY, 25 OCT	WEDNESDAY, 26 OCT	THURSDAY, 27 OCT	FRIDAY, 28 OCT
9.00 - 10.00	Human nutrition in health, diseases, development and aging: basic principles and practical applications. (S. Migliaccio)	Neuroendocrine adaptation to physical exercise: theoretical and practical issues (P. Sgrò)	Physical activity and neurodegenerative diseases (P. Borrione)	Physical activity, sedentary behaviour and health outcomes from an epidemiological perspective (U. Ekelund) (Classroom tbd)	Physical activity, chronic diseases and public health (V. Romano Spica) (Classroom tbd)
10.00 - 11.00			Metabolic syndrome and type 2 diabetes (P. Borrione)		Health and safety in sport and PA (V. Romano Spica) (Classroom tbd)
11.00 - 12.00					
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Nutrition and metabolism in health and exercise (A. Parisi)	Medical risks of substance abuse (F. Pigozzi)	Metabolic syndrome and type 2 diabetes (P. Borrione)	Measurements of physical Activity (U. Ekelund) (Classroom tbd)	Language Studies: Academic writing course (F. Morino) (Classroom tbd)
15.00 - 16.00					
16.00 - 17.00					