

EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2022 - 2023 - 1st year, Second Semester -
MODULE 3 "Movement Therapy and Physical Activity for Elderly and Special Population" - 23 January - 10 February 2023 (total face-to-face hours 100)

1ST WEEK: 23 - 27 January 2023 (week 4^o) (unless otherwise specified, all lectures will be in Marinozzi Hall)

TIME	MONDAY, 23 JAN	TUESDAY, 24 JAN	WEDNESDAY, 25 JAN	THURSDAY, 26 JAN	FRIDAY, 27 JAN
8.30 - 9.00	Module 2 Exam - MCQ test (Marinozzi or CLA)				
9.00 - 10.00					
10.00 - 11.00	Aquatherapy (C. Wilke, F. Füllgräbe) (Marinozzi)	Sensomotoric system (C. Wilke, F. Füllgräbe)	Injuries of the Lower Extremities Exercise: Theory & Practical applications (C. Wilke, F. Füllgräbe, C.Tholl) (Gym or Marinozzi, TBC)	Injuries of the Upper Extremities, Systemic Diseases C. Wilke, C. Tholl)	PA in prevention of sports injuries (J. Rocchi)
11.00 - 12.00	Aquatherapy (C. Wilke, F. Füllgräbe) CONI swimming pool *	Sensomotoric system (C. Wilke, F. Füllgräbe) (Gym, TBD)		Injuries of the Upper Extremities, Systemic Diseases - Practical applications (C. Wilke, C. Tholl) (Gym or Marinozzi, TBD)	PA in prevention of sports injuries: practical application (J. Rocchi) (Gym TBD)
12.00 - 13.00			Break	Break	Break
13.00 - 14.00	Break	Break			
14.00 - 15.00	Sports therapy and the ICF classification & Professional field (C. Wilke, F. Füllgräbe)	Gait Training and Coordination (C. Wilke, F. Füllgräbe) (Gym or Marinozzi, TBD)	Injuries of the Lower Extremities - Practical applications (C. Tholl) (Gym or Marinozzi, TBC)	Language Studies Academic writing course (F. Morino)	PA in prevention of sports injuries: practical application (J. Rocchi) (Gym A)
15.00 - 16.00					
16.00 - 17.00	Language Studies: Italian (R. Ricci)				
17.00 - 18.00					

* Please make sure you wear appropriate clothing for the planned practical teaching activities

2nd WEEK: 30 January - 3 February 2023 (week 5^o) (unless otherwise specified, all lectures will be in Marinozzi Hall)

TIME	MONDAY, 30 JAN	TUESDAY, 31 JAN	WEDNESDAY, 1 FEB	THURSDAY, 2 FEB	FRIDAY, 3 FEB
9.00 - 10.00	Cancer and Sport (F. Baumann)	Exercise and cognition in older adults (M. Audiffren)	Musculo-skeletal disorders and sports activity Joint diseases: acute and overuse injuries (F. Margheritini)	Basics of disabled sports (E. Weiber, I Stolz)	Self-awareness of being visually impaired (Theoretical/Practical) (I. Stolz, E. Weiber)
10.00 - 11.00				"Small games" and modifications for heterogeneous groups (practical) (I. Stolz, E. Weiber) (Marinozzi or Gym, TBD)	Introduction to wheelchair sports Wheelchair training (I. Stolz, E. Weiber)
11.00 - 12.00		Exercise and cognition in older adults: practice (M. Audiffren)		Inclusion vs. Integration, classification system (I. Stolz, E. Weiber)	
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Effects of physical activity and exercise on mental health and cognitive processes (M. Audiffren)	Practice in statistics (G. Vannozi)	Functional evaluation following ACL reconstruction (A. Macaluso)	Introduction to sports for people with visual impairments Self-awareness of being blind and visually impaired (practical) (I. Stolz, E. Weiber) (Marinozzi or Gym, TBD)	Introduction to sports for people with amputation (I. Stolz, E. Weiber)
15.00 - 16.00					Team sports for amputees: Sitting Volleyball (Practical) (I. Stolz, E. Weiber) (Marinozzi or Gym TBD)
16.00 - 17.00					

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3rd WEEK: 6 - 10 February 2023 (week 6^o) (unless otherwise specified, all lectures will be in Marinozzi Hall)

TIME	MONDAY, 6 FEB	TUESDAY, 7 FEB	WEDNESDAY, 8 FEB	THURSDAY, 9 FEB	FRIDAY, 10 FEB
9.00 - 10.00	Biology and Genetics of Aging (D. Caporossi)	Mechanisms of skeletal muscle fatigue and effects of aging and disuse: From cell to whole body (N. Ørtenblad)	Exercise in old age - transferability from muscle & physical function to self-reported outcomes (P. Caserotti)	Physical activity and aging: practice (P. Caserotti) (Gym TBD)	Aging and the dynamical systems approach to complexity and biological coordination in the neuro-musculo-skeletal system Part 2 (JJ. Temprado)
10.00 - 11.00					
11.00 - 12.00	Introduction to the module; Ageing population: a societal challenge? Epidemiology of Aging (P. Caserotti)	Functional ability - testing procedures and association with adverse health outcomes (P. Caserotti/N. Ørtenblad)	Exercise prescription and guidelines for physical activity for older adults (theory) (P. Caserotti)		
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	Aging and aerobic function, with special reference to mitochondria. (N. Ørtenblad)	Testing functional ability - from theory to practice (P. Caserotti/N. Ørtenblad) (Marinozzi or Gym, TBD)	Exercise prescription for older adults (Practice) (P. Caserotti) (Gym TBD)	Aging and the dynamical systems approach to complexity and biological coordination in the neuro-musculo-skeletal system Part 1 (JJ. Temprado)	Language Studies Academic writing course (F. Morino)
15.00 - 16.00					
16.00 - 17.00					

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