



UNIVERSITÀ DI PISA

ADE - RECUPERO FUNZIONALE E RIATLETIZZAZIONE

ALESSIO ORSINI

Anno accademico

2022/23

CdS

SPORTS AND PHYSICAL EDUCATION

Codice

1968Z

CFU

1

Moduli	Settore/i	Tipo	Ore	Docente/i
ADE - RECUPERO FUNZIONALE E RIATLETIZZAZIONE	NN	LEZIONI	15	ALESSIO ORSINI

Learning outcomes

Knowledge

At the end of the course, the student will be able to know the various steps for the main injuries that can occur in sports, from the traumatic event to the return to sport.

In particular, the student will have knowledge about returning to the field on:

Anterior Cruciate Ligament (ACL)

Muscle Injuries

Upper limb injury

Ankle Sprain

Assessment criteria of knowledge

Each meeting with the teacher will be subject to verification of the knowledge of the previous lesson.

Skills

The student will have the theoretical tools necessary to perform a functional re-education of the main sports injuries.

Prerequisites

Anatomy

Physiology

Training Methodology

Teaching methods

The lessons will take place with the help of slides and technical support material.

Syllabus

- Principles of Functional Re-education
- Re-athletization
- Evaluation and Test Return to Sport
- Return to sport following an ACL injury
- Muscle Injuries
- Ankle Sprains
- Achille's Tendon
- Recovery and return to activity following an upper limb injury

Bibliography

- "Fisiologia dell'esercizio fisico" J. Wilmore & D. Costill - Calzetti e Mariucci
- "Allenamento Funzionale applicato allo Sport" M. Boyle
- "Anatomia del corpo umano" M. Gesi, M. Ferrucci, G. Ghelarducci
- "Manuale multidisciplinare per l'allenamento funzionale nello sport, nella riabilitazione e nella formazione giovanile" C. Liebenson



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Assessment methods

The exam (eligibility) consists of a multiple choice written test. It will be a question of solving a quiz test and will take place in a normal classroom.

The test will be passed if the correct answers are at least 80% of the total.

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