



UNIVERSITÀ DI PISA

ADE - LA VALUTAZIONE FUNZIONALE E LA PRESCRIZIONE DELL'ESERCIZIO IN SOGGETTI CON MALATTIE CRONICHE NON TRASMISSIBILI

ANGELO RENATO PIZZI

Anno accademico

2023/24

CdS

SPORT SCIENCE FOR PREVENTION
AND REHABILITATION

Codice

1956Z

CFU

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Moduli	Settore/i	Tipo	Ore	Docente/i
ADE - LA VALUTAZIONE FUNZIONALE E LA PRESCRIZIONE DELL'ESERCIZIO IN SOGGETTI CON MALATTIE CRONICHE NON TRASMISSIBILI	NN	LEZIONI	30	GIORGIO GALANTI ANGELO RENATO PIZZI

Learning outcomes

Knowledge

The course deals in detail with the issues of functional assessment and the practice of movement and sport in the various healthy population groups and carriers of pathologies, as well as in the so-called special ones as they are linked to particular physical conditions or to particular times of life. The new recommendations regarding the health assessment process will be evaluated with the indications for the FITT principles of prescribing physical exercise and the related evaluation tests of the components of fitness relating to the state of health.

Assessment criteria of knowledge

The student will be assessed on their demonstrated ability to discuss the content of the main course using the appropriate terminology. During the oral exam the student must be able to demonstrate his / her knowledge of the course material and be able to discuss the methods of prescribing physical exercise and its possible contraindications, with expressive correctness. The student's ability to correctly explain the main topics presented during the course and any simulations of clinical cases presented will be evaluated

Syllabus

Benefits and contraindications of physical exercise, sedentary lifestyle as a single and associated risk factor, pre-participation health assessment in exercise programs, fitness components, general principles of prescribing and performing physical exercise in healthy individuals, in those with chronic non-communicable diseases and in the elderly. Physical activity and sport in transplant recipients, in carriers of CNS and peripheral pathologies, in osteoarticular aptologies. Behavioral theories and strategies for promoting physical exercise. Evaluation through tests, the cardiopulmonary test.

Bibliography

Slides of the teacher's lectures on the university website
ACSM: Guidelines for functional assessment and exercise prescription

Non-attending students info

Attendance is mandatory

Assessment methods

Written / oral

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