



**Rome University of Movement Sciences
The German Sport University, Cologne
The University of Southern Denmark in Odense
The Norwegian University of Sport Sciences, Oslo
The University of Vienna**



with the contribution from the universities of

**•Athens •Bristol •Groningen •Malta
•Poitiers •Porto •Saarbrücken •Thessalonika**

A 2-yr postgraduate program (120 ECTS)

Fall-Winter 2007/08 in **Rome**

Spring-Summer 2008, internships in **Odense** or **Vienna**

with additional offerings in **Cologne, Rome**, and other partner universities

European Master in Health and Physical Activity

*Health and Prevention, Fitness/Wellness, Movement Reeducation and Therapy
in the General and Special Populations Across the Lifespan*

Children – Adults – Elderly

European Master Degree issued jointly by the partner Universities

giving access to corresponding national title

and to European Doctoral programs

A program cofunded by IUSM and the Italian University Ministry
under the University System Internationalisation Plan

Background

This is an integrated program of study involving Faculty and students from Italy and other countries, aimed at upgrading the graduate in sport or movement sciences to a higher and broader professional profile, apt to deal, in a European perspective, with the complexities of the social demands increasingly expressed in the area of physical activity in health, fitness and wellness, reeducation and rehabilitation. In fact, prevalent sport science approaches have for a long time been tailored for competitive sport performance, but less so for needs related to health, prevention and wellbeing, to stress management, and the psychosocial and cultural dimensions, in daily life and in the various age and health conditions.

Physical activity is now generally considered to represent the single major factor in disease prevention, its lack being associated, either directly or indirectly, to considerable increases in degenerative diseases and other health hazards. Promotional efforts are needed to raise current levels of physical activity in the general population. "Sport for All" campaigns are still not successful as one could wish, and coordinated studies in various European countries consistently report decreasing levels and quality of physical activity in childhood or adolescence, and at the same time a generalised epidemic of overweight and obesity, along with diabetes and other conditions in what has been called the *metabolic syndrome*, pointing to a great increase of major risk factors for the next generation. Medical information alone is not enough to sustain motivation, and psychosocially and culturally sensitive approaches along with special technical skills are required.

At the same time, a wider understanding is needed of the role of physical activity and the related factors in cell metabolism, such as oxidative stress, in modulating the genetic response of the organism, thereby inducing or preventing the expression of genes and the related conditions. Much of the current epidemics in chronic disorders can be traced back to the complexities of the mechanisms involved in gene regulation as well as in psychoendocrine, neuroimmunological interactions, in all of which life style, and specifically physical activity, or inactivity, play a key role.

In a growing share of the general population, involving subjects with disabilities, chronic disorders, or other limiting conditions, adapted physical activity programs can provide a very efficient tool in coping with these situations, achieving considerable psychosocial benefits, and increasing overall health and wellbeing. Authoritative sources have called for new, global approaches to this highly sensitive area, advocating the wider use of specially educated "*sports or movement therapists*" in the area of prevention, as well as their integration into the middle- and long-term rehabilitation or disease-management process, specifically calling for specialists technically and culturally qualified to deal with adapted physical activity for subjects with limiting conditions, such as the disabled, health impaired, or the elderly.

These aspects and the fundamental role of physical activity for individual and social health has been repeatedly stressed by prominent bodies, including the World Health Organisations and many professional societies, and the European Union and the United Nations have declared respectively 2004 the *European Year of Education through Sport*, and 2005 the *International Year of Sport and Physical Education*.

This program is meant to respond to these calls.

The program is structured to allow various areas of specialisation, and involves a one-year general program on health issues and a second year focused on one of three alternative areas of specialisation related to age groups: Children, Adults, Elderly. Its completion leads to a *European Master* degree issued jointly by the partner Universities and equally valid in the respective countries. A *Diploma Supplement* will specify the uniqueness of the program, with its intensive exposure to a European dimension and a highly specialised teaching and research environment, thereby certifying a high level of specialisation in the area.

A double title can also be obtained, the European Master degree giving access to the corresponding second-tier title (120 ECTS) in the respective national system.

The program is meant to provide wider understanding of the scientific and cultural issues involved, along with a focus on the specific methodologies and technical skills needed to plan, organise, coordinate or conduct, physical activity in the various age/health conditions and settings, whether for leisure, functional maintenance, psychosocial integration and wellbeing, disease prevention, coping with disabilities, or recovery and rehabilitation.

Particularly in view of the great challenges presented by the public health burden and the socioeconomic picture of Europe's increasingly globalised society, there will be a great need of highly qualified professionals, combining technical skills and management qualifications with a sound cultural background and a high-level specialistic education acquired in a European context.

Employment opportunities increasingly exist, ranging from public health services to private health companies, workplace health promotion, physical reeducation and rehabilitation, adapted physical activity for special groups, fitness or wellness clubs, social services, schools, leisure and recreation, tourism industry, etc.

The program is cofunded by the Italian government and the Rome University of Movement Sciences (IUSM), with contributions from partner institutions, as part of the process of European integration and the internationalisation of the university system. Its aim is to contribute to the expansion of student and Faculty mobility and the development of European curricula and titles and joint degrees, implementing the establishment of a European University system and excellency teaching networks.

Several European institutions will be involved, with the joint participation of students and Faculty from partner universities and the mutual recognition of the credits and titles issued, for academic purposes as well as for the labor market. Participants to the program may include students of other institutions, whether from the EU or from other countries.

The program is specifically designed to allow better working opportunities and to be available also to those who are already working, who may even get recognition for their work, if it fits in the area, particularly with respect to the internship and thesis requirements.

The curriculum will be developed, in English, through intensive teaching and internship periods, supplemented by tutoring, guided study, and some recourse to distance learning procedures. Basically, intensive *Teaching Modules* will be offered in Rome in the first year, while specialised work and *Internship* periods will be offered in the second year by partner institutions in the various countries and in the different areas of specialisation.

The Program

Postgraduate program of 2 years (120 ECTS), consisting of intensive Teaching Modules in the first year and a Specialisation Internship in the second year, in addition to Elective Activities and the Thesis, leading upon completion to a *European Master's Degree*.

Curriculum and specialisations

First-year study subjects will cover, along with general aspects aimed at strengthening and widening the basic cultural background, specific aspects related to the theory and practice of physical activity in relation to *health* and wellbeing, as well as disease and disability, both in general and specifically at the various ages, dealing with such issues as:

- Health and fitness, risk factors and prevention in the general population;
- Movement therapy in functional reeducation & rehabilitation;
- Wellness and coping in disability, chronic disorder, or other limiting conditions;
- Movement in education, maturation and social integration, wellness and creativity, personal growth and expression;
- ... and related subjects.

Students proceeding into the second year will need to select the age group on which they intend to specialise, and this will then be the focus of their Internship and the final Thesis. So, there will be one common path in the first year, and three alternative specialisations in the second year:

- 1 *Children*: Physical Activity in education, growth, development and maturation, and in relation to health and prevention, disease or disability, from childhood to young adulthood.
- 2 *Adults*: Physical Activity and life style for health and prevention, fitness & wellness, in the general population of average healthy adults, and in special groups with disease or disability.
- 3 *Elderly*: Physical Activity in relation to health and prevention, fitness and wellness, as well as personal expression, and coping with age problems, disease or disability in the elderly.

The first-year Teaching Modules will take place at IUSM in Rome, in the Fall-Winter of 2006/07. Alternative Internships, involving specialisation work in the three age groups, will then be offered in the Spring-Summer of 2007 by partner universities, particularly Odense & Oslo (*Children or Elderly*), and Vienna (*Adults*), with additional offerings by other institutions, such as Cologne (*Sport Therapy*), Rome (*Degenerative diseases in the elderly*; or *Sports trauma*), etc.

Partner institutions

The program involves *full partner institutions*, who will jointly offer the program and issue the related credits and title, i.e.:

- ⇒ Italy: *The Rome University of Movement Sciences (IUSM)*
- ⇒ Austria: *The University of Vienna*
- ⇒ Denmark: *The University of Southern Denmark, Odense*
- ⇒ Germany: *The German Sport University, Cologne*
- ⇒ Norway: *The Norwegian University of Sport Sciences, Oslo*

and *associate partners*, who will contribute to the program and recognise it, including:

- ⇒ UK: *The University of Bristol*

The program will also be enriched by lecturers from other prominent academic, professional and research institutions, including the Universities of Amsterdam, Athens, Groningen, Lisbon, London-Middlesex, Poitiers, Porto, Saarbrücken, Thessalonika and other institutions.

European and National Title

Upon completion of the program, the *European Master* title will be issued jointly by the partner Universities and be valid in the respective countries to all effects. The title will be accompanied by a *Diploma Supplement*, which will certify the special characteristics of the program, with the intensive exposure to a European dimension and highly specialised teaching and research environment, and the high level of cultural and professional specialisation achieved.

In line with the European and national policy encouraging double titles, the European Master title will also allow those who should so wish, to obtain in addition the corresponding national title:

- Italian students will be able to apply at IUSM and obtain the corresponding title (the *Laurea Magistrale in Attività Motorie Preventive e Adattate*), subject to an overall examination, based on discussion of assigned essays or related tasks, and final dissertation in Italian.
- Students of other partner Universities will have access to their corresponding national Master title through similar procedures at their home institution.

Graduates, or qualified students in corresponding second-tier national programs, may have access to the European Master title upon completion of a special track, designed by the Faculty based on the student's background and related assessment of integrative requirements, which will as a rule include English proficiency, part of the teaching sessions, a mobility period, and the thesis. Admission and the integrative program will be subject to approval by all partner institutions.

Participation to only parts of the program can also be foreseen for qualified students.

Organisation

Structure of courses. The teaching will as a rule be offered through Intensive Courses, providing:

- a) *Theoretical work* – involving, for each specific course:
 - Introduction, program outline, and information on study materials;
 - Teaching corresponding to main aspects of the program;
 - Organisation of working plan and tutoring for program completion through individual study;
 - Outline of distance learning procedures, assessments and exams.
- b) *Field work* – involving laboratory and clinical work, such as measurements, assessments, exercise prescriptions, and other activities, both in the context of the first-year Teaching Modules and of the second-year Internship.

Each student will be assigned to a *tutor* who will be responsible for monitoring, assisting and directing all activities until completion of the program, including the selection of a *thesis supervisor*. The tutor will as a rule be selected among the student's home university Faculty. Local tutors may in addition be assigned, as needed, during study periods at the various locations.

Languages & Information Technology

English: The English course comprises:

- Four on-line modules (approximately 10 hours work each) to be completed during the study intervals. Students have access to on-line tutoring in this period.
- Four hours of classroom lessons per module focussing on introducing (and receiving feedback on) the language and academic writing skills components of the module.

Italian: Introductory classes offered to cope with local needs during study periods in Rome.

Computer skills: required as a prerequisite, and reinforced through special classes if required, with special respect to data base organisation, data analysis, presentation skills, etc.

Credit System: the ECTS (European Credit Transfer System)

The ECTS units are adopted as a measure of study and achievement, with 1 ECTS = 25 hr work load. As a rule, 1 contact hr will be held to correspond to ~5 hr work, accounting for intensity of

teaching, amount of study materials, essays to write, exams, etc., and each Teaching Module (2 weeks, ~75 contact hr) to 15 ECTS. Credits will be released upon completion of the corresponding activity and related assessment.

Attendance. Attendance will be strictly required. Delays or absence can be tolerated for exceptional reasons but must be notified and replaced by a specific assignment. Repeated absence or delay, and generally lack of adequate participation may cause dismissal.

Exams. Exams will be held at the beginning of the Module through the evaluation of written essays and other tutor-assisted procedures. The ECTS rating system will be adopted. There will be one exam, and a corresponding mark, for each Module, combining various study subjects. The average of individual marks will provide the baseline for the graduation mark.

Dismissal. In case of failure, an exam can be repeated. In case of a second failure, a final attempt is allowed, but in front of a Special Commission. After three failures, or in case no adequate participation to the program is shown, or in case of unacceptable behaviour, the Faculty may decide to dismiss a student, with a certification of the exams passed and credits obtained.

Students Participation

Admission. The program is addressed to students with at least 3 years (180 ECTS) undergraduate education in sport science or related areas, with good knowledge of written and spoken English and adequate credentials.

A total of 20 students will be admitted, with possible extensions in case of qualified applications.

Participation is open to all eligible students: students from partner Universities, or from other institutions in the respective countries, or from other countries, whether inside or outside the European Union, particularly the Balkans, the Mediterranean, and other non-European countries.

Requirements:

- 1) At least three years (180 ECTS) Bachelor education in sport science or related area;
- 2) Written and spoken English at or above B₁-B₂ level in the EU standard classification;
- 3) Basic computer skills;
- 4) Two letters of recommendation from relevant institutions or Faculty members.

Selection criteria (point system):

- 1) University education: studies completed, degree(s) obtained and graduation marks;
- 2) C.V. evaluation, with special respect to participation in previous European or other international educational programs, and to working experience in the area;
- 3) Assessed proficiency in English and computer skills, through computer-based standardised procedures (to serve also as entry test for continuing English classes);
- 4) Structured interview, focused on general and cultural background, and on motivation, professional experience, interpersonal abilities, international experiences, etc.

For students from partner universities, the selection will be the responsibility of the respective institution. For all other students, the selection will be the responsibility of IUSM.

A multiple choice entrance test will be held at the beginning of the program to assess background knowledge in specific areas of theoretical and practical relevance (i.e., human biology, anatomy and physiology; psychology and pedagogy of sport; sports medicine; principle of exercise testing and prescription, etc.). Results of this test will be not a selection criteria, but they will give to teachers and tutors the guidelines for individually-based study patterns.

Participation to single Modules. Students of partner universities enrolled in a related second-tier program (e.g., the *Laurea Magistrale* in Italy), may apply with their own Board of Studies and take parts of the European Master program, obtain credits upon fulfilment of the requirements, and have them recognised in their original program. Other students may also do so, but should check with their own institution regarding recognition of credits and related arrangements.

Tuition fees and Support

- *Italian students:* Tuition fee, € 1400 per year (plus University taxes: € 60), payable to IUSM in Rome. Students may apply for an Erasmus or other mobility grant for the second-year Internship. For highly qualified students in situation of difficulty, additional forms of support are available.
- *Students from the universities of Cologne, Odense, Oslo, Vienna* are exempted from tuition fee at IUSM, provided their status of student in good standing is certified by the institution where they have been selected. In addition, they may apply with their home institution and come to Rome for the first-year Modules through Erasmus or other mobility grants. In principle, they can do so also for the second-year Internship, should they not plan to complete the program in their own university.
- *Students from other institutions.* Tuition fee, € 1400 per year (plus University taxes: € 60), payable to IUSM as for Italian students. In the case of highly qualified students with certified lack of resources and unable to get mobility grants or other support from own institution, forms of support can be offered by IUSM.

All kinds of support will be extended subject to regular evaluation of proficiency and will be immediately withdrawn in the case of any inadequacies.

Information, Applications, Selection procedures

Information requests can be addressed:

- to the local coordinators at partner universities,
- or to:
European Master / International Office
IUSM, Rome University of Movement Sciences
Piazza Lauro de Bosis 15, 00194 Rome-Foro Italico
Tel. +39.06.36733.221 -- Fax. +39.06.36733.222
e-mail: european.master@iusm.it (Diego Visentini) / relazioni.internazionali@iusm.it
Web site: www.iusm.it
- Students from the universities of Bristol, Cologne, Leeds, Odense, Oslo, Vienna should apply through their own institution and will be selected by their respective local coordinators, subject to the number of positions available.
- Students from IUSM and all other students should apply in Rome, through the on-line application procedure (at www.iusm.it) or submitting their application and documents to the above address.

Applications should be received at IUSM not later than **10 September 2007**.

Applicants will be immediately notified about selection procedures, which will be completed by 17 September -- three weeks before the beginning of the program, Monday 1 October.

**Timing, Curriculum structure,
and definition of activities**

<u>First year</u>		
60 ECTS	4 Intensive Teaching Modules in Rome (15 ECTS each)	1 Oct – 13 Oct 2007 5 Nov – 17 Nov 2007 3 Dec – 15 Dec 2007 7 Jan – 19 Jan 2008
<u>Second year</u>		
15 ECTS	Specialisation Teaching & Internship (4 to 12 weeks)	Mar-Jun 2008
15 ECTS	Elective Activities	
<u>30 ECTS</u>	Master Thesis	Sep 2008 / Feb 2009 & later sessions
60 ECTS		

<u>Activities</u>	<u>1st year</u>	<u>2nd year</u>
<ul style="list-style-type: none"> • COMPULSORY STUDY SUBJECTS AND INTERNSHIP – Teaching, both theory and practice, through Intensive Courses and Internship, and individual study in the intermediate periods, with the assistance of tutors and distance learning. Students must participate to all activities, and pass a structured exam for each part of the program. Exams will be rated according to the ECTS system and their ratings will add up in the baseline for the graduation mark. Activities and ratings will be listed in the Diploma Supplement. 	60	15
<ul style="list-style-type: none"> • ELECTIVE ACTIVITIES -- Elective activities will not be given marks and may include additional courses, individual studies, research seminars, and other activities to be negotiated between student and tutor. Credits obtained in related programs and professional experience in the area can be recognised. Activities in excess with respect to ECTS requirements can be accounted for in the final rating and contribute to the graduation mark. 		15
<ul style="list-style-type: none"> • THESIS -- Each candidate must defend a dissertation on a topic of scientific and practical interest in one of the three specialistic areas, devised and conducted under the supervision of a Faculty member, for an estimated total work load of 750 hr. The thesis must conform to the published guidelines and will be rated with respect to form (editing, layout, etc.), contents and presentation. A Language Supervisor and a Reviewer will contribute to the assessment. The rating will add up to the baseline, and possible extra credits, to produce the graduation mark. 		30
	60	60
	120 ECTS	

Program Outline

First Year TEACHING MODULES

Opening

Monday 1 Oct

08.30 REGISTRATION – STUDY MATERIALS

09.00 WELCOME AND GREETINGS

09.30 INTRODUCTION TO THE PROGRAM

- *The internationalisation and integration of the university system: European Master programs, Tempus Program & European Doctoral School* P. Parisi (Rome)

10.00 GUEST LECTURE

- *Lifecourse epidemiology: physical activity and health across the lifespan* C. Riddoch (London)

Welcome drink -- Social Hour & Lunch

14.30 VISITING FACILITIES

- Guided visit of IUSM facilities B. Casini, M. Pittaluga, D. Visentini (Rome)
- *Language Center: Facilities, needs, and programs* P. Evangelisti, G. Ladomery, A. Vitali (Rome)

15.30 OUTLINE OF ACTIVITY and ENTRANCE TEST

- Outline of activities, study materials and programs M. Pittaluga, S. Sabatini, A. Zelli (Rome)
- Multiple choice test to assess background knowledge in specific areas of theoretical and practical relevance (i.e., human biology, anatomy and physiology; psychology and pedagogy of sport; sports medicine; principle of exercise testing and prescription, etc.) M. Pittaluga S. Sabatini, A. Zelli, C. Pesce (Rome)

16.30 LANGUAGE AND COMMUNICATION STUDIES

- Language entrance tests and individual planning

P. Evangelisti, G. Ladomery
& A. Vitali (Rome)

MODULE 1

1-13 October 2007

(15 ECTS)

BIOMEDICAL ISSUES IN HEALTH AND EXERCISE

a. Human Biology, Sport Medicine and Public Health

2-6 Oct 07

P. Parisi (Rome) – N. Bachi (Vienna)

Tuesday

- Physical activity, public health, and fitness:
an approach from the point of view of epidemiology
Fundamentals of health and wellbeing.
Fundamentals of epidemiology, and public health issues.
Risk factors and chronic diseases.
Beneficial effects of physical activity on health and fitness,
and the costs of sedentariness.
Physical activity recommendations.
Physical activity and prevention. N. Bachi (Vienna)
- Medical risks of substance abuse F. Pigozzi (Rome)

Wednesday

- Genetic variability in health and diseases
Introduction to the genetic blueprint, gene action and environment. P. Parisi (Rome)
Basic human genetics: genetic variability and mutations,
simple and complex trait inheritance, from gene to phenotype. D. Caporossi (Rome)
Genetic basis of human disorders: origin, prevalence and risk, in the
general population; implications for motor abilities and the benefits of
movement/sport therapy. Gene-environment interactions and multifactorial
conditions: the epidemic of degenerative and chronic disorders..
- Genetic variability and gene-environment interactions
in relation to movement. B. Wessner (Vienna)
The modulation of the genetic response and the role of stress.
Gene-environment interactions in movement and sport performance

Thursday

- Nutrition and metabolism in health and exercise S. Sabatini & A. Parisi (Rome)
- Clinical nutrition in physical activity and sports B. Wessner (Vienna)
- Metabolic syndrome and type 2 diabetes A. Sgadari & M. Pittaluga (Rome)
- *Guest Lecture:*
Obesity and environmental variables J. Mota (Porto)

Friday

- Principles of Fitness/Wellness
Health benefits of endurance training H. Tschan (Vienna)
- Principles of Fitness/Wellness
Health benefits of strength training H. Tschan (Vienna)

MODULE 1

1-13 October 2007

(15 ECTS)

BIOMEDICAL ISSUES IN HEALTH AND EXERCISE

b. Exercise Physiology, Motor Analysis and Biomechanics

N. Bachl (Vienna)

8-13 Oct 07

Monday

- Cardiorespiratory regulation and adaptations with regard to health-enhancing physical activity in aerobic performance *S. Anderssen (Oslo)*
- Locomotor apparatus (bones) adaptation in response to health-enhancing physical exercise *H. Tschan (Vienna)*
- *Guest Lecture:* Neuroendocrine and immune adaptation in response to physical exercise *L. Di Luigi (Rome)*

Tuesday

- Research methods in fitness assessment *H. Tschan & A. Baca (Vienna)*
- Fitness assessment, and exercise testing and prescription *S. Anderssen (Oslo)*

Wednesday

- Biomechanics and motion analysis – (6 hr) *A. Baca (Vienna)*
Instruments and methods in sports science and practice:
Development and application of sports-specific feedback systems;
tracking systems.
Pervasive computing in sports, particularly health sports.
Motion analysis in sports – selected examples.

Thursday

- Functional testing in research and practice *F. Felici & M. Sacchetti (Rome)*

Friday

- Muscle strength assessment and testing *P. Aagaard (Odense)*
- Neuromuscular adaptation in muscles and tendons in response to health-enhancing physical exercise *P. Aagaard (Odense)*
- Human muscular fatigue: relation with training and age *C. Kotzamanidis (Thessalonika)*

Language and Communication studies

*P. Evangelisti, G. Ladomery
& A. Vitali (Rome)*

- Language tests and individual planning of the language study for the Mod 1

Offerings will include:

⇒ *English reinforcement (general):*

- Tense review
- Passive constructions
- Prepositions (1)

⇒ *Academic writing skills:*

- Note taking
- Paraphrasing
- Summarizing
- Avoiding plagiarians

MODULE 2

5 – 17 November 2007

15 ECTS

PSYCHOSOCIAL AND EDUCATIONAL ISSUES IN HEALTH AND EXERCISE

a. Psychosocial Aspects of Physical Activity and Exercise

A. Zelli (Rome)

5-10 Nov 07

Monday

- Introduction S. Reichmann (Rome)
 1. Current recommendations for physical activity
 2. Health benefits of physical activity
 3. Current status of physical activity participation
 4. Physical activity and its relationship with other health behaviors
- Introduction Audiffren (Poitiers)
 5. Effects of physical activity and exercise on mental health
 6. Effects of physical activity and exercise on cognitive processes
- Exams Mod 1 – Language Evaluation

Tuesday

- Health behavior change: Social cognitive models A. Zelli (Rome)
 1. Control / Competence models
 2. Reasoned action/Planned behavior model
 3. Social-cognitive theory
- Research methods for the social sciences–Part 1 A. Zelli (Rome)

Wednesday

- Health behavior change: Process and stage models S. Reichmann (Rome)
 1. Trans-theoretical Model
 2. Health Belief Model
 3. Health Action-Process Approach
- Research methods for the social sciences–Part 2 A. Zelli (Rome)

Thursday

- Physical activity & sport as social phenomena–Part 1 O. Weiss (Vienna)
 1. Sport as a cultural product: Sport and society
 2. Sport and socialization
 3. Sport identity and motivation for sport participation
- Research methods for the social sciences–Part 3 A. Zelli (Rome)

Friday

- Physical activity & sport as social phenomena–Part 2 O. Weiss (Vienna)
 4. Sport and the media
 5. Sport and economy
 6. Trends and problems of sport today and tomorrow
- *Guest Lectures:*
Pedagogical & philosophical issues in sport and physical activity E. Isidori (Rome)
M. Aquilina (Malta)

MODULE 2

5 – 17 November 2007

15 ECTS

PSYCHOSOCIAL AND EDUCATIONAL ISSUES IN HEALTH AND EXERCISE

b. Interventions, Applications And Future Directions
12-17 Nov 07

A. Zelli (Rome)

Monday

- Psychological determinants of physical activity

S. Reichmann (Rome)

Psychosocial factors related to physical activity adoption and maintenance (e.g., age, gender, motivation, self-efficacy, social support, activity format, access to programs and facilities).

Tuesday

- Individual and public health approaches to physical activity adoption and maintenance
- Motivational interviewing

M. Hillsdon (Bristol)

M. Hillsdon (Bristol)

Wednesday

- Enhancing physical activity promotion by health practitioners
- Lifestyle assessment and counseling: Monitoring and management

J. McKenna (Leeds)

J. McKenna (Leeds)

Thursday

- Qualitative research methods - Theory
- Qualitative research methods - Practice

M. Aquilina (Malta)

M. Aquilina (Malta)

Friday

- Qualitative research methods - Theory
- Qualitative research methods - Practice

M. Aquilina (Malta)

M. Aquilina (Malta)

PSYCHOSOCIAL AND EDUCATIONAL ISSUES IN HEALTH AND EXERCISE

Language and Communication studies

*P. Evangelisti, G. Ladomery
& A. Vitali (Rome)*

- Language tests and individual planning of the language study for the Mod 2

Offerings will include:

⇒ *English reinforcement (general):*

- Conjunctions/linkers
- Punctuation
- Prepositions (2)

⇒ *Academic writing skills:*

- Sentence organisation
- Paragraph organisation
- Text organisation

PHYSICAL ACTIVITY FOR CHILDREN – PHYSICAL ACTIVITY FOR THE ELDERLY

a. Physical Activity for Children

3-8 Dec 07

K. Froberg (Odense)

Monday

- **Biology of growth & development**

Sociobiology of growth and development.
Somatic growth and development.
Genetics of growth and development.
Variability within populations: Physique, constitution, and somatotypes.

B. Casini & P. Parisi (Rome)

- Exams Mod 2 – Language Evaluation

Tuesday

- **The role of physical activity in psychosocial aspects of health, growth and development**

Young peoples' psychosocial growth and development and implications of physical activity as an influencing factor.
Patterns of young peoples' physical activity behaviour and determinants thereof.
Types of strategies/interventions aimed at increasing young peoples' physical activity.
The importance, for public health and the school system, of understanding the determinants of physical activity, its psychosocial health effects, and the approaches to promote it in young people.

Y. Ommundsen (Oslo)
& A. Page (Bristol)

Wednesday

- **Physical activity, fitness and children's health**

Health implications for children with an inactive lifestyle.
Physiological mechanisms behind the effects of activity, and psychological and sociological implications of children's health-related behaviour.
Methods to assess physical fitness. Current levels of fitness in children.
Approaches to intervention to change physical activity behaviour.

L.B. Andersen (Oslo)
& A. Cooper (Bristol)

Thursday

- **Exercise training in children**

Exercise-induced morphologic and functional changes in body tissues and systems.
Trainability of the aerobic, the anaerobic and the muscular systems.
Why understanding the principles and effects of training is important to scientists, clinicians and educators, also in the light of the increasing demands placed on young athletes at all levels.

K. Froberg (Odense)
& L.B. Andersen (Oslo)

Friday

- **Physical activity, motor and cognitive development**

C. Pesce (Rome),
K. Blischke (Saarbrücken)
& N. Schott (Liverpool)

- **Motor development during the lifespan**

Effects of physical exercise on cognition in children
Developmental coordination disorders

K. Blischke (Saarbrücken)
C. Pesce (Rome)
N. Schott (Liverpool)

Assessment of motor development and developmental coordination disorders: practice

N. Schott (Liverpool)

Cognitive training through movement plays for children: practice

C. Pesce (Rome)

PHYSICAL ACTIVITY FOR CHILDREN – PHYSICAL ACTIVITY FOR THE ELDERLY

b. Physical Activity for the Elderly

10-15 Dec 07

K. Froberg & P. Caserotti (Odense)

Monday

- Introduction
- Biology and epidemiology of aging
- Age-related changes in physical functional ability
Changes in physiological capacities with age and importance for functional ability and activities of daily living.

P. Caserotti & S. Vestergaard (Odense)

M. Pittaluga & P. Parisi (Rome)

N. Schott (Liverpool)

Tuesday

- Effects of physical activity in the elderly
Physical performance and ageing
- Exercise prescription
Applying exercise to elderly persons of different functional ability
Functional versus specific exercises (Practice and theory)

P. Caserotti (Odense)

S. Vestergaard & P. Caserotti (Odense)

Wednesday

- Functional tests
Understanding and application of tests applied to groups of elderly individuals on the range of the physical hierarchy (Practice and theory)

S. Vestergaard & P. Caserotti (Odense)

Thursday

- Exercise and common geriatric disorders
Impact of diseases on the ageing human body
The plasticity of ageing
Health promotion among elderly people through physical activity
Why ageism towards elderly people must be fought

K. Andersen-Ranberg (Odense)

Friday

- Psychosocial and cultural gerontology
Ageing as a social phenomenon
Ageing from a historical and cultural perspective
Lifestyle, ageing and leisure involvement
Cross-cultural aspects of ageing
- Physical activity for the elderly – interdisciplinary approaches
Ageing and physical activity in an interdisciplinary approach
The complexity of ageing
Towards strategies for intervention within interdisciplinary approaches
- Exercise and cognitive functions
Preventive role of exercise in cognitive deterioration and related diseases in the elderly

M. Hoff (Odense)

M. Hoff & P. Caserotti (Odense)

C. Pesce (Rome)

PHYSICAL ACTIVITY FOR CHILDREN – PHYSICAL ACTIVITY FOR THE ELDERLY

Language and Communication studies

*P. Evangelisti, G. Ladomery
& A. Vitali (Rome)*

- Language tests and individual planning of the language study for the Mod 3

Offerings will include:

- ⇒ *English reinforcement (general):*
 - Clause relations
 - Emphasis
 - Modal verbs for hypotheses / deductions
- ⇒ *Academic writing skills:*
 - General – specific
 - Problem – solution
 - Claim / counter-claim
 - Sign-posting

MOVEMENT THERAPY AND PHYSICAL ACTIVITY FOR SPECIAL POPULATIONS

a. Issues in Traumatology, Rehabilitation and Sport

7-10 Jan 08

*P.P. Mariani &
F. Margheritini (Rome)*

Monday

- Exams Mod 3
- Language study – conclusive session
- Meeting with faculty for orientation to 2nd year , thesis, etc.

Tuesday

- Prevention and treatment of degenerative diseases in the elderly --
The Fitness Centre experience at the Geriatric Unit ,Catholic University
- A. Sgadari (Rome)

Wednesday

- Musculo-skeletal disorders and sports activity
 - Joint diseases: acute and overuse injuries,
(lectures and practical experience at Villa Stuart Sport Medicine Unit)
 - *Guest lecture*
Managing of the overuse injury
- P.P.Mariani &
F.Margheritini (Rome)
- B. Dikkeboer (Groningen)

Thursday

- Neurorehabilitation in post-traumatic cerebral palsy --
The experience at the Cavalieri di Malta Hospital
 - *Guest lecture*
Health and safety in sport and PA
- L. Guidetti &...(Rome)
- V. Romano Spica (Rome)

b. Movement Therapy and Physical Activity for Special Populations

11-18 Jan 08

C. Wilke (Cologne)

Friday

- Sports therapy and the ICDH-2 / ICF classification
- C. Wilke, S. Schnieders-Bölle,
& V. Anneken (Cologne)

International classification of functioning, disability and health;
principles, intensions and contents in sportstherapy;
Rehabilitation chain (acute hospital, rehabilitation center,
rehabilitation sport, sport for the disabled);

- Professional fields
Professional fields, tasks and responsibility in: hospital, school,
local sport clubs and community health centre;
Therapeutic-educational interventions; methodic-didactic principles in therapy

Saturday

- Aquatherapy.
Fundamentals (physical properties and characteristics of water);
Technical skills and purpose in sportstherapy (aqua-jogging,
aqua-gymnastics);
Suspended deep water running and deep water running;
Training of aerobic and local muscle endurance, flexibility and mobility;
Indications and contra-indications for aquatherapy;
Practical applications and self experience in the medium water; Equipment

MOVEMENT THERAPY AND PHYSICAL ACTIVITY FOR SPECIAL POPULATIONS

b. Movement Therapy and Physical Activity for Special Populations

Practical applications

C. Wilke (Cologne)

Monday 14 – Friday 18

5 intensive days (9-13 15-18) on:

C. Wilke, S. Schnieders-Bölle,
& V. Anneken (Cologne)

- **Muscle training**
Fundamentals; Purpose in sportstherapy;
Contents (dynamic; static; isokinetic);
Indications / contra-indications
- **Flexibility training**
Fundamentals; Purpose in sportstherapy;
Contents (dynamic; static; isokinetic);
Indications / contra-indications
- **Immobilization**
Effects of immobilization after injuries and diseases on cardiovascular, neuromuscular, and musculoskeletal system (muscles, soft-tissues, cartilage, bones and joints), and consequences for sport-therapy
- **Coordination training**
Fundamentals (sensorimotor system, receptors, reflexes)
Purpose in sportstherapy
Contents: a) posture and gait;
b) activities of daily living (ADL), sports and professional life;
Indications / contra-indications
- **Endurance training.**
Fundamentals; Purpose in sportstherapy;
Contents (dynamic; static; isokinetic);
Indications / contra-indications
- **Systemic diseases**
Osteoporosis (impairment, disabilities, handicaps and treatment of patients with osteoporosis disease);
Articular-nonarticular rheumatic diseases (impairment, disabilities, handicaps and treatment of patients with: fibromyalgia syndrome), chronic fatigue syndrome (CFS), morbus bechterew, ankylosing spondylitis, gout (arthritis urica) and rheumatoid arthritis
- **Upper extremity**
Shoulder (impingement-syndrome, dislocation, rotator cuff, fractures);
Elbow (radius head fracture, epicondylitis mediales/radiales);
Hand (rheumatism, arthrosis, fractures)
- **Trunk**
Chronic back diseases;
Disc-prolaps / protruded disc
Malposition (scoliosis, kyphosis, m. scheuermann)
Vertebral fractures
Spondylolisthesis/-lolyse
- **Lower extremity**
Hip (arthrosis, total endoprosthesis, femoral neck fractures, osteotomy)
Knee (injuries of meniscus, ligaments, bones; (total-) endoprosthesis)
Ankle joint (injuries of ligaments, achilles tendon, bones)

MOVEMENT THERAPY AND PHYSICAL ACTIVITY FOR SPECIAL POPULATIONS

Language and Communication studies

*P. Evangelisti, G. Ladomery
& A. Vitali (Rome)*

- Language tests and individual planning of the language study for the Mod 4

Offerings will include:

⇒ *English reinforcement (general):*

- Common errors

⇒ *Academic writing skills:*

- Thesis statement
- Abstract
- Register
- In-text citation
- References
- Final proof-reading