Syllabus

Course Description

Course Title	Physical activity, health, wellbeing
Course Code	64177
Course Title Additional	
Scientific-Disciplinary Sector	MEDF-01/A
Language	English
Degree Course	Bachelor for Social Education
Other Degree Courses (Loaned)	
Lecturers	Prof. Attilio Carraro, Attilio.Carraro@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/42261
Teaching Assistant	
Semester	Second semester
Course Year/s	2
CP	6
Teaching Hours	30
Lab Hours	15
Individual Study Hours	105
Planned Office Hours	18
Contents Summary	See the individual course modules
Course Topics	The aim of the course is to provide knowledge in the field of promoting physical activity for health and well-being in different population groups. In particular, it explores the role of social educators in motivating people to engage in regular physical activity. Theoretical activities and practical experiences will be offered. For more information, see the various course modules.
Keywords	Physical activity, Health, wellbeing, motivation
Recommended Prerequisites	Knowledge related to school PE practice.

Propaedeutic Courses	
Teaching Format	See the individual course modules
Mandatory Attendance	In accordance with the regulation
Specific Educational Objectives and Learning Outcomes	The course is "caratterizzante", the scientific area is Sport and Human Movement Science. By linking theoretical and practical contents, the course offers a general overview of the role and importance of physical activity, exercise and sport for individuals and society wellbeing, health and development. Students will have the opportunity to learn and experience the educational potential of physical activity, exercise and sport in the context of social education. The purpose is to provide knowledge and skills to support individual and group physical activity practice, also in people with special needs. Knowledge and understanding of the theoretical principals, conceptual frameworks and perspectives in sport sciences and adapted physical activity. Applying knowledge and understanding, being able to promote physical activity in people of different ages and with different needs and skills. Making judegments, being able to observe, understand and measure physical activity and the affective response to practice. Communication skills, being able to combine verbal and nonverbal languages. Knowledge of human movement and sport sciences basic scientific language. Learning skills, acquisition and critical reflection on the proposed contents, practical experiences and on student own body experience, with the aim to improve relational and professional skills and to develop an empathic approach to the promotion of active lifestyle in different groups of people.
Specific Educational Objectives and Learning Outcomes (additional info.)	
Assessment	Written and oral exam, consisting in the preparation, presentation and discussion of a portfolio of activities / project and in an oral exam aimed to verify the knowledge and personal re-elaboration of the modules topics and contents.

Evaluation Criteria	Final mark consists of the evaluation of the project/portfolio and the oral exam. Evaluations criteria are: knowledge of contents; being able to use appropriate language, argue and summarize; the quality and structure of the final project; the ability to demonstrate critical skills and to apply to specific situations and settings.
Required Readings	The parts indicated by the teacher in the following texts: • Carraro, A. & Probst, M. (2014). Physical activity and mental health. A practice-oriented approach. Milano: Edi-Ermes. • International Society for Physical Activity and Health (ISPAH) (2020). ISPAH's eight investments that work for physical activity. Available from: www.ISPAH.org/Resources • World Health Organization (2018). Active: a technical package for increasing physical activity. Genève: World Health Organization. • World Health Organization (2020). WHO Guidelines on physical activity and sedentary behaviour for children and adolescents, adults and older adults. Genève: World Health Organization. • Other materials presented during classes, available in the course repository.
Supplementary Readings	Supplementary readings will be suggested during the different modules.
Further Information	
Sustainable Development Goals (SDGs)	Good health and well-being, Quality education, Sustainable cities and communities, Reduced inequalities, Gender equality

Course Module

Course Constituent Title	Physical activity, health, wellbeing
Course Code	64177A
Scientific-Disciplinary Sector	MEDF-01/A
Language	English
Lecturers	Prof. Attilio Carraro, Attilio.Carraro@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/42261
Teaching Assistant	

Semester	Second semester
CP	4
Responsible Lecturer	
Teaching Hours	30
Lab Hours	0
Individual Study Hours	70
Planned Office Hours	12
Contents Summary	What physical activity, exercise, leisure time physical activity, physical education, sport are; The metaphors of exercise; The role of physical activity for physical and mental health; Reducing/controlling sedentary and unhealthy behaviour; Physical activity recommendations and guidelines for different ages and health conditions; Motivation to physical activity, identifying facilitators and barriers; Measuring physical activity level and quality, fitness and affective response to exercise; Adapted physical activity, definitions, aims, contents.
Course Topics	
Teaching Format	Frontal lectures and group working
Required Readings	Bess H. Marcus, B. H. & Pekmezi, D. (2024). Motivating People to Be Physically Active-3rd Edition. Human Kinetics. ISBN: 9781718222038 Materials discussed during classes and selected scientifici papers.
Supplementary Readings	To be suggested during classes.

Course Module

Course Constituent Title	Physical activity, health, wellbeing (lab.)
Course Code	64177B
Scientific-Disciplinary Sector	MEDF-01/A
Language	English
Lecturers	Prof. Attilio Carraro, Attilio.Carraro@unibz.it https://www.unibz.it/en/faculties/education/academic-

	staff/person/42261
Teaching Assistant	
Semester	Second semester
CP	2
Responsible Lecturer	
Teaching Hours	0
Lab Hours	15
Individual Study Hours	35
Planned Office Hours	6
Contents Summary	Planning, implementing, experiencing and assessing individual and group movement situations and movement-based educational interventions
Course Topics	
Teaching Format	Practical activities in the gym, pool and outdoor, critical discussion of the activities, group working, peer teaching
Required Readings	See lectures bibliography.
Supplementary Readings	