



Università degli Studi di Verona
Corso di Laurea Magistrale in Scienze e Tecniche dello sport

A.A. 2015/2016

Corso: <i>Tecnica e didattica del calcio</i>	Docente: <i>Maurizio Fanchini</i>
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AIMS OF THE COURSE:

Provide the basic elements for the selection of sources of knowledge and guidelines to evidence based approach to training. Description of the methods and exercises for aerobic, anaerobic, strength and speed training. Description of the test most widely used and validated. Description of the methodology of monitoring of training load. Organization of a training session. Injury prevention. The course aims to provide the foundation and theoretical - practical management training into its components.

Course program

Source of knowledge
Training process
Warm-up
Aerobic training
Anaerobic training
Strength
Testing
Training load
Injury prevention

Exam method

Written questionnaire (quiz)
Practical design of programs and data interpretation

Source of knowledge

Scientific papers (given) and slides of the lessons