

**UNIVERSITÀ DEGLI STUDI DI VERONA**  
**DEPARTMENT OF NEUROSCIENCE BIOMEDICINE AND MOVEMENT SCIENCES**  
**ACADEMIC YEAR 2017-2018**  
**1<sup>ST</sup> SEMESTER**

**Master's degree in Sport Science and Physical Performance**

Course: **Planning and coaching of training for physical preparation**

Module: *Physical training sciences and methodology*

**Course description:**

This course focuses on the bases and applications of theories of motor learning. Principles and concepts related to the acquisition and relearning of motor skills are considered by examining practical applications of motor learning in sports and physical activity.

**Course objectives:**

- Understand the processes and theories that underpin motor learning;
- Promote critical thinking by reflecting on the strengths and limitations of motor learning research/theories;
- Assess motor function using the appropriate measurements in a sporting, health and exercise context;
- Understand how to manipulate a motor learning environment to optimize motor learning.

**Course credits: 3**

**Class format:** Lectures, 16 hours; Laboratory, 15 hours

**Teacher:**

Dr. Matteo Bertuccio, Ph.D.

Email: [matteo.bertuccio@univr.it](mailto:matteo.bertuccio@univr.it), Tel: 045-8425112

Office: Palazzo ex-ISEF (Via Casorati), 2<sup>nd</sup> Floor, 2.02.

Office hours: by appointment.

**Instructors:**

Dr. Valentina Muollo, M.S.

Dr. Gino Targhetta, M.S.

**Material study:**

- Material provided by the teacher.
- Suggested scientific articles.

**Grading:**

Final exam will consist on a Written Test and an Oral Exam.

Written test:

- The written test will evaluate the knowledge of bases and applications of theories of motor learning.
- The written test will contain 30 multiple-choice questions.
- Correct answers will have a score of 1. Incorrect and missing answers will have a score of 0.

Oral Exam:

- The admission to the Oral Exam requires  $\geq 18/30$  at the Written Test.
- The skills acquired during the laboratory classes will be evaluated during the Oral Exam.
- The only admission to the Oral Exam does not guarantee to pass the Final Exam.
- It will consist in an oral discussion aimed to evaluate:
  - Insightful understanding of course theoretical concepts;
  - Use of proper terminology
  - Competency to translate the theoretical concepts to practical settings.

Final Score will consist in a 33-point scale, and it will be averaged with Prof. Schena's and Prof. Tarperi's module. This module will have a weight of 25% on the Total Final Score of the course Planning and coaching of training for physical preparation.

**Course Contents*****Lectures:***

- Defining and assessing motor learning
- Stages of motor learning
- Theories of motor learning
- Skill acquisition, retention and transfer
- Variability in motor learning
- Organizing and scheduling practice
- Augmented feedback
- Ideomotor training

**Laboratory:**

- Augmented feedback
- Practice variability
- Ideomotor training

**Academic Honesty Policy:**

Given the professional nature of our program academic dishonesty **is not tolerated** in this course. Any substantiated instances of academic dishonesty will result in a zero for the assignments (projects and/or final exam) and consequently a final course grade of 0/30.