



**University of Verona**  
**Undergraduate Degree in Motor Activities and Sport Sciences**  
**2015/2016**

<i>Course in Technique and Didactics of Sport Activities 3° anno</i>	<i>Prof. Chiara Milanese</i>
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**Purposes**

*The course aims to give students the knowledge and skills in didactics and technique. This will lead to greater professional competence in individual sport. The programme includes both theory and practice in a number of field and track events as well as gymnastics. Analysis both qualitative and quantitative will be studied with respect to the currently established movement models.*

**Course Programme**

*Qualitative technique analysis of sport movement models and learning strategies for correcting technical errors.*

- Technique analysis of sprint running and endurance running; didactic progression drills; motor pattern of touchdown of the foot and the push-off phase. An in-depth analysis of the difference of amplitude and frequency of the step in sprint running and endurance running.*
- Technique analysis of the sprint start: the study of joint angles at set position and block clearance, and an overview of the typical technical errors.*
- Technique analysis of high hurdles: didactic progression drills for the first movement leg and the second movement leg, and an overview of the typical technical errors.*
- Technique analysis of high jump and long jump: didactic progression drills of the penultimate and the takeoff steps, and an overview of the typical technical errors.*
- Technique analysis of shot put drills used to teach throwing from the power position, and an overview of the typical technical errors.*
- Preparatory exercises as an introduction to some of the standard gymnastic events ( forward and backward rolls, handstands, cartwheels, floor mat and crash mat, trampoline, etc.)*
- Vault (run up, spring, preflight, off-flight and block)*
- Pommel horse*

- *Asymmetric bars (F) and Parallel Bars (M) ;*
- *High bar;*
- *Standard scoring technique according to International regulations*

**Final exam**

*Written exam: based on the theory and practice techniques in athletics and gymnastics.*

**Books suggested**

*Bartlett R. Introduction to Sport Biomechanics Second Edition – Routledge, Taylor & Francis Group, London and New York, 2007.*

*Cavagna G. , Muscolo e locomozione, Raffaello Cortina Editore, Milano, 1981.*

*Gori M., Tanga M., L'apprendimento motorio tra mente e cervello, Calzetti-Mariucci Linea Editoriale, 1996.*

*Gottardi Gianfranco. Avviamento alla ginnastica artistica. Soc. Stampa Sportiva, Roma.*

*Knudson D.V., Morrison C.S. Qualitative analysis of human movement, Second Edition – Human Kinetics, 2002.*

*Milanese C., “ Ideali modelli biomeccanici di base corsa - salto - lancio”, Libreria Cortina, Verona, 2002.*

*Schmidt R., Wrisberg C., Motor Learning and Performance, Second Edition, Human Kinetics, 2000.*

*Scotton C., Senerega D., Corso di Ginnastica Artistica. Ed. Libreria Cortina Torino*

*Federation of Gymnastics (Feder ginnastica.it).*

*Material provided by the professor.*

**Placement: 75 hours**

- *70 hours to be completed in one of the structures listed on the university website.*
- *5 hours dedicated to writing the final report*