



**Università degli Studi di Verona**  
**Corso di Laurea Magistrale in Scienze dello sport e della prestazione fisica**  
**A.A. 2015-2016**

<p><i>Programmazione e conduzione dell'allenamento per la preparazione fisica</i> <i>Metodi e didattica delle attività motorie</i></p>	<p><i>Paola Cesari</i></p>
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**Objectives**

Knowing the fundamental techniques applied for improving the motor performances through action imagination: the so-called "mental training". Knowing the fundamental ways to apply mental training considering different populations: healthy people or people with neuro-motor pathologies (stroke, Parkinson, amputees). Knowing the fundamental procedure utilized for testing the ability to anticipate and to preprogram actions.

**Outline**

*Mental practice and action imagination: positive effects on motor performance. Specific treatments on athletes and individuals presenting neuro-motor diseases. The neurophysiological underpinning for the internal action simulation. Action preparation and Anticipatory Postural Adjustments. Apparatus used: Electromyography Force Platforms. Laboratory experience.*

**Final Examination**

Written examination

**Bibliography**

Scientific Articles.