



TEORIA, TECNICA E DIDATTICA DEGLI SPORT INDIVIDUALI A - L

8 CFU - 1° Semester

Teaching Staff

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LEARNING OBJECTIVES

▪ ATLETICA LEGGERA

The course aims to provide students with the technical, didactic and theoretical knowledge of the world of athletics and provide the basis for understanding the key factors that determine the sports performance, with particular reference to the rapid speed with and without obstacles, jumps and throws.

▪ TENNIS

Development of the basic knowledge of the discipline, with particular respect to the fundamentals, the shots, the phases of movement and the pre-requisites of the technique.

▪ SCHERMA

To develop theoretical and practical knowledge to play the main technical and tactical gestures of fencing.

COURSE STRUCTURE

▪ ATLETICA LEGGERA

Direct execution by all students of technical - practical activities proposed by the teacher.

- **SCHERMA**

Direct execution by all students of technical - practical activities proposed by the teacher.

DETAILED COURSE CONTENT

- **ATLETICA LEGGERA**

- Technical and instructional exercises for strength development;
- Sprint: general factors that determine the performance; biomechanical analysis of the starting blocks; technical analysis and biomechanics of running thrown;
- The Relay (4x100), technical analysis and teaching;
- Obstacles: the general factors that determine the performance; technical analysis and teaching of the overcoming of the obstacle
- Throws: general factors that determine the performance; technical analysis and biomechanics of throwing technique: weight, discus and javelin
- Jumps; factors that determine the performance: technical analysis and teaching of the long jump, high jump and triple jump

- **TENNIS**

The origins of Tennis and its development. The knowledge of the racket and its evolution. The activity promoted by FIT and the teaching of the minitennis with its tools. Tennis shots, the phases of movement and the action of the non-dominant limb. The pre-requisites of the technique and the motor skills for the tennis player. Knowledge of basic terminology. The rules and dimensions of the field.

- **SCHERMA**

The task of the sport. The fencing master and pupil. Foil, Sabre and Foil: differences and similarities between the weapons. Essential elements. Compound actions. The basic elements of fencing. Regulation notions.

TEXTBOOK INFORMATION

- **ATLETICA LEGGERA**

LECTURE NOTES

- **TENNIS**

Handouts provided by the teacher.

- **SCHERMA**

Handouts provided by the teacher.
