

**University of Verona**  
**Degree in physical activities and sports science**  
**Academic year 2014/2015**  
*Teaching applied to sports science (6 credits)*  
(prof. Alberto Agosti)

**Objectives of the course**

This course aims to give students an up-to-date idea of teaching. Particular attention will be given to methodological and relational aspects of teaching. The purpose of this course is to identify with the students the behaviors and strategies useful to sports or physical activities operators. The aim is to promote the development of the individual gymnast or athlete, or the person to whom the teaching action in the sports field is directed. It is therefore intended to introduce the students to the building up or strengthening of professional skills, which will be accompanied by the constant reflection on each student's own work. One aspect which, amongst others, will be considered is the emotions which develop within the process of teaching and learning, taken into particular account is the socio-affective element. This is fundamental in the teaching process both from a strictly cognitive and an emotional intelligence point of view. About this latter topic the course aims to make the students aware of negative phenomena such as bullying, child and young people abuse, and doping.

**Course outline**

- Teaching: notes related to the theoretical aspects and its fundamental models
- The coach, sports or physical activities operator as an effective teacher and leader
- Relations and emotions in sports and physical activities
- Reinforcement strategies for trainees during the teaching process
- Symbols and metaphors in sports and physical activities
- Strategies and techniques to enhance the predispositions of the individual subjects and sports group
- Strategies for the promotion of a positive interdependence and contrast to the destructive phenomena (drugs, bullying, child abuse, abuse amongst adults / mobbing).

**Methodology:**

Interactive lectures, viewing of films, TV and youtube clips, as well as artistic representations, simulations and exercises in groups centered on specific teaching skills, using e-learning platform for working as a learning community.

**Examination method**

For attending students the examination will be carried out through a generic written test of conversational and argumentative nature. Their participation in the classroom and on the electronic platform will have a significant value.

For non attending students the examination will be written, with argumentative questions that cover the exam papers and the three films mentioned below, which should be viewed and analysed according to the objectives and contents of the course as specified above.

**Bibliography and filmography**

- 1) Agosti A., *Gruppo di lavoro e lavoro di gruppo. Aspetti pedagogici e didattici*, FrancoAngeli, Milano 2006; capp. 1, 2 e 6.
- 2) Belotti V., Bertolo C., Rettore V., Santamaria F., *Relazioni ed emozioni nello sport. Ricerca per una "Carta" sulle esperienze delle pratiche sportive degli adolescenti*, Regione del Veneto/Università di Padova, 2006.

This textbook, available on the e-learning platform, can also be downloaded **for free** at the following link:

[http://tutoreminori.regione.veneto.it/gestione/documenti/doc/Relazioni\\_emozioni\\_sport.pdf](http://tutoreminori.regione.veneto.it/gestione/documenti/doc/Relazioni_emozioni_sport.pdf)

3) Bortoli L., *Stili e strategie di insegnamento* in Carraro A., Lanza M. (a cura di), *Insegnare/apprendere in Educazione fisica*, Armando, Roma 2004, pp. 186-210.

4) Boniolo G., *Le regole, l'onore e il disonore* oppure *Il doping e la spiacevole libertà di farsi del male* in Idem, *Le regole e il sudore*, Raffaello Cortina Editore, Milano 2013.

5) Agosti A., *I giovani di fronte al doping: metodologie didattiche formative per imparare ad educare al diniego consapevole e responsabile*, in AA.VV., *Doping: aspetti medici, nutrizionali, psicopedagogici, legali ed etici ed indicazioni per la prevenzione. Manuale teorico-pratico per operatori della prevenzione e dei Dipartimenti delle Dipendenze* (a cura di Giovanni Serpelloni e Annalisa Rossi), VERONA , Regione del Veneto - Assessorato alle politiche sociali - Osservatorio regionale sulle dipendenze , 2006 , pp. 113-125.

This textbook, available on the e-learning platform, can also be downloaded at the following link:

<http://www.google.it/url?sa=t&rct=j&q=&esrc=s&source=web&cd=5&ved=0CEgQFjAE&url=http%3A%2F%2Fport.dronet.org%2Fcom%2Ffiledownloadlink%2FallegatoA.php%3Fkey%3D102%26lingua%3D1&ei=ov00UcO6JcS14ATzs4GwCA&usg=AFQjCNGXDeVnqppTcmPduAW03dCTTskIpQ&bvm=bv.43148975,d.bGE>

6) Film for non attending students: ***Jimmy Grimble*** (John Hay, United Kingdom 2000) ***Coach Carter*** (Thomas Carter, United States 2005) ***Il sapore della vittoria*** (Boaz Yachin, United States 2000).

Please note: students who need to complete with 3 credits 'old' exams of 10 credits, must take an oral exam with the teacher after carefully studying the textbook in point 2) and viewing the films in point 6) analysing them through the textbook above. These students will need a certificate by prof. Luciano Bertinato which proves that they have already passed all the other parts of the exam.