

**EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2023 - 2024 - 1st year, First Semester -
 MODULE 2 "Changing behavior towards a lifelong active lifestyle: from childhood to adulthood" - 27 November - 16 December
 2023 (total face-to-face hours 97)**

1ST WEEK: 27 November - 1 December 2023 (week 48°) - Unless otherwise specified, the lectures will be hosted in Marinozzi Hall

TIME	MONDAY, 27 Nov	TUESDAY, 28 Nov	WEDNESDAY, 29 Nov	THURSDAY, 30 Nov	FRIDAY, 1 Dec
9.00 - 10.00	Module 1 Exam - MCQ test Physical activity & sport as social phenomena (O. Weiss)	Physical activity & sport as social phenomena (O. Weiss)	Introduction to Psychology and Physical Activity - part a (A. Zelli)	Models of Health Behavior Change (A. Zelli)	"Physical Activity and Optimal Brain Functioning (A. Brancucci) (Classroom MA4)
10.00 - 11.00			Break	Introduction to Psychology and Physical Activity - part b (A. Zelli)	
11.00 - 12.00		Break		Sociological issues in physical health (F. R. Lenzi)	
12.00 - 13.00					
13.00 - 14.00	Physical activity & sport as social phenomena (O. Weiss)	Sociological issues in physical health and nutrition (F. R. Lenzi)	Health Psychology and Physical Activity in elderly populations (A. Zelli)	Social Cognitive Models of Behavioral Change (A. Zelli)	Language Studies Academic writing course (F. Morino) (Classroom MA4)
14.00 - 15.00			Practice in Statistics (G. Vannozzi)		
15.00 - 16.00		Language Studies: Italian (R. Ricci)			
16.00 - 17.00	Break				
17.00 - 18.00					

2nd WEEK: 4 - 7 December 2023 (week 49°) - Unless otherwise specified, the lectures will be in Marinozzi Hall -

TIME	MONDAY, 4 Dec	TUESDAY, 5 Dec	WEDNESDAY, 6 Dec	THURSDAY, 7 Dec	FRIDAY, 8 Dec
9.00 - 10.00	Enhancing physical activity: Towards a social-ecological approach (S. Gjesdal)	Effective interventions to enhance physical activity in young children and adolescents: A review (S. Gjesdal)	Biology and Genetics of growth and development (D. Caporossi)	Motor development and cognition (C. Pesce)	National Holiday
10.00 - 11.00				Effects of physical activity and exercise on mental health and cognitive processes (C. Pesce)	
11.00 - 12.00					
12.00 - 13.00					
13.00 - 14.00	Enhancing physical activity: Towards a social-ecological approach (S. Gjesdal)	Effective interventions to enhance physical activity in young children and adolescents: A review (S. Gjesdal)	"Language Studies Academic writing course (F. Morino)"	Practice in motor development and cognition (C. Pesce) (Gym t.b.a.)	
14.00 - 15.00				Practice in Statistics (G. Vannozzi)	
15.00 - 16.00			Break		
16.00 - 17.00					
17.00 - 18.00					

3rd WEEK: 11 - 16 December 2023 (week 50°) - Unless otherwise specified, the lectures will be in Marinozzi Hall

TIME	MONDAY, 11 Dec	TUESDAY, 12 Dec	WEDNESDAY, 13 Dec	THURSDAY, 14 Dec	FRIDAY, 15 Dec	SATURDAY, 16 Dec
9.00 - 10.00	Motor Behaviour (N. Schott) (Marinozzi Hall)	Aerobic and anaerobic metabolism and performance during growth (A. Kær Gejl)	Promoting physical activity in children and young people (T. Skovgaard) (Classroom t.b.a.)	Settings based promotion of Physical activity among children and youth – from evidence to practice - Part II (T. Skovgaard) (Classroom 5 SNA)	Social impact of physical activity programs in emergency and special conditions (K. Petry) (Classroom MA4)	The power of sport to promote development and peace: implementing physical activity projects in disadvantage communities (A. Brunelli) (Classroom MA4, Gym t.b.a.)
10.00 - 11.00						
11.00 - 12.00						
12.00 - 13.00						
13.00 - 14.00	Motor Behaviour (N. Schott)	Screen media use during childhood (A. Kær Gejl)	Settings based promotion of Physical activity among children and youth – from evidence to practice - Part I (T. Skovgaard) (Classroom t.b.a.)	Practice in Physical activity among children and youth (T. Skovgaard) (Classroom 5 SNA)	Physical and Mental Wellbeing for vulnerable or social disadvantaged groups/ youth (K. Petry) (Classroom MA4)	
14.00 - 15.00						
15.00 - 16.00						
16.00 - 17.00						
17.00 - 18.00	Language Studies: Italian (R. Ricci)					