



University of Verona
Graduate Course in Sport Sciences and Physical Conditioning
A.A. 2015/2016

Course: Methods and didactics of sport activities: physical conditioning in golf and tennis	Docente Prof.ssa MILANESE CHIARA
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Purposes

The course aims to give students the knowledge and skills in methods and techniques for physical conditioning in golf and tennis

Course Programme

Physiological and biomechanical models of tennis

Physiological and biomechanical models of golf

Specific technical and tactical skills of tennis

Specific technical skills of golf

Morphological assessment:

- Anthropometry and body composition

Functional capability test:

- Muscle Flexibility
- Trunk rotation test.
- Wrist abduction and adduction tests
- Muscular strength of the upper and lower limbs
- Perceptuo-motor skills assessment in tennis

Scheduling of training for physical conditioning in tennis and golf

Scheduling of training for injury prevention

Final exam

Written exam: the aspects of theory and practice of physical conditioning in golf and tennis

Suggested books

Material provided by the professor and scientific literature references.

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