

Università degli Studi di Verona
Corso di Laurea in Scienze delle attività motorie e sportive
A.A. 2015/2016
Corso: Technique and Education of movement in the water
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Objectives, contents and way to do

The course towards the means direct students to be able to fashion a basic exercitation about motoric activity in the water, introducing instruments to understand the peculiarity of equilibrium in the water for an additional specialization in the area. So I prepared a didactic sequence for the comprehension of the priority for the solution of the specific problems: from the beginnings to the “capability” about the movement I the water and under the water. Lessons will be illustrate almost in the classroom; in swimmingpool just didactic studios about the pragmatism and security. Every student ‘ll be find a reference point to start the didactic project, about durations, ways about aquatic learning, on the basis of theory “to learn to do by doing, learn to swim by swimming”.

We want guide every student to recognize a didactic way for an effective didactic experience in water to create the conditions permitting that everyone stay in water in efficient way.

The object of course is that every student, at the end, ‘ll be able to prepare a didactic program about basic motoric activity in the water: everyone must be sixteen hours in classroom and fifteen in swimmingpool.

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Program

Energetic price in the water motion

- Active and passive drag, efficient propulsion
- Tecnicque and water sensitivity
- Swimming style analysis

Water setting in period

- In water: new sensitive organisation
- Look, breath, balance

Floating

- Static down and up
- Slipping
- Dinamic down and up
- Static horizontal and vertical
- Dynamic horizontal and vertical

Entrance in the water

- By foot

- By head

Movement in the water

- Effective movement by basic coordination
- Movement by static down and by static up
- Legs and arms: efficient coordination

Advanced swim

- Olympic styles: backstroke, crawl, breaststroke, butterfly
- Strength, press hold in water, fullness and frequency
- Coordination: a great chance for swimmer
- Others swimming sports

Underwater

- Underwater swim: didactic
- Underwater for children: kids as dolphin

Aquafitness

- Aquafitness in low water, in deep water
- Didactic aids
- Aquabike, aquastep

Test: way to do

Test will be by written school test, by multiplex answers for thirty point

Recommended textbooks

Selected textbook: Campara - Di Pierri - Grazioli " **Equilibrio e Movimento in acqua**" CSS - Vr 2003

Recommended textbooks: Hannula D. Thornton " *The swim coaching bible*" - Ed. Hannula Thornton Human Kinetics - USA 2001

Maglischo E. W. " *Swimming even faster*" - Mayfield publishing company Mountain View Ca 1993

Hannula D. " *Coaching swimming successfully*" - Human Kinetics - USA 2001

Campara A. " *Prevenzione e salvataggio in piscina - nuotate di salvamento e linee guida per la formazione professionale del soccorritore nel centro natatorio*" - Grafiche SIZ- CSS S.G.L. 2004

Bovi G - Bovi F. " *Un tuffo nella pluralità*" Soc. Stampa Sportiva Roma 2001

