

ATTIVITA' FISICA ADATTATA (DOTT. DARIO RAPISARDI)				
data	giorno	ora	argomento	collegamenti
09-apr	VEN	15:00	Invecchiamento e allenameto per patologie annesse	https://teams.microsoft.com/l/meetup-join/19%3ameeting_MzljMWRjOWItMGE1OS00MzgwLWFiNzMtM2FmNzVhNTgyZDZj%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
23-apr	VEN	15:00	Invecchiamento e allenameto per patologie annesse	https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmVknZBlZmQtYjA2OC00MmJiLTImYzAtYjdINDFhMjJlYT Nj%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
30-apr	VEN	15:00	Dismo e paramorfismi, lombalgie e disabilità	https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmU1YTlIYjMtOTc2MC00NDNkLWFIOTAtYzljMWE1YTEzMTM5%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
07-mag	VEN	15:00	Dismo e paramorfismi, lombalgie e disabilità	https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZDBkNWl3Y2QtNjRmYy00YjBkLWl1YTMTZDkyYWVvYkYTYz MjZj%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
ATLETICA LEGGERA (PROF. FILIPPO DI MULO)				
data	giorno	ora	argomento	collegamenti

10-mar	MER	15:00	Le specialità dell'atletica leggera: la velocità, i salti, gli ostacoli e i lanci	https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWZiNzZiZDktMjgxMy00ODJiLTk5MmYtYmI5NGEwMzFkZjAz%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
12-mar	VEN	15:00	La tecnica di corsa, analisi cinematica e dinamica, gli errori della corsa e le modalità di correzione	https://teams.microsoft.com/l/meetup-join/19%3ameeting_YjljZWUzM2ltNmY2NS00YjBiLTk4NTItNzdjMzEyOGE2OTE1%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
13-mar	SAB	11:00	*Principi generali che regolano lo sviluppo della forza nelle sue diverse espressioni, mezzi e metodi di allenamento	https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZTM3MmI4NzktZDE4NC00NmlwLWlyYTktNzc5M2VhZGFhYzBh%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
22-mar	LUN	11:00	Tecnica e didattica delle principali esercitazioni per lo sviluppo della forza con sovraccarico	https://teams.microsoft.com/l/meetup-join/19%3ameeting_MjgwMDdhOTMtMWM3OS00MThhLTkwYWQtYWRjNzhiMGM1M2I1%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d

24-mar	MER	15:00	Tecnica e didattica delle esercitazioni speciali e specifiche per lo sviluppo della forza: balzi (breve, alternati, successivi, e simultanei), teoria tecnica e didattica delle andature speciali e specifiche della corsa	https://teams.microsoft.com/l/meetup-join/19%3ameeting_MjgwMDdhOTMtMWM3OS00MThhLTkwYWQtYWRjNzhiMGM1M2I1%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
27-mar	SAB	11:00	Mezzi e metodi per lo sviluppo della Potenza anaerobica lattacida, anaerobica lattacida e della velocità	https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZjMyMTg0NDMtMDVhMy00ODkzLThiY2UtOTc0NzA5ZTUyZTQ0%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
NUOTO (DOTT. ALESSIO DE PASCQUALE)				
data	giorno	ora	argomento	collegamenti
13-apr	MAR	10:30	Scuola Nuoto ed organizzazione delle attività natatorie	https://teams.microsoft.com/l/meetup-join/19%3ameeting_NGJiYmVjMjgtYzJkMi00NzZhLTk4ZjYtM2M2ZDE4MGU1ZGFk%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
20-apr	MAR	10:30	Tecnica e didattica delle quattro nuotate: dorso e crawl	https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2E1OTNhN2ItNjYwMC00ZWwLThhOWUtZTAxYWQ4NzJkNTc1%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%22764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d

27-apr	MAR	10:30	Tecnica e didattica delle quattro nuotate: rana e farfalla	https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWQxZjQwNjktMGU4Mi00YjNlWjMjktZTNlZmJkNzQ3ZmM0%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%222764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
04-mag	MAR	10:30	Criteri di selezione ed avviamento all'attività agonistica - Fattori della prestazione"	https://teams.microsoft.com/l/meetup-join/19%3ameeting_YzQxMjc3ODgtMDQ0YS00YjlyLWFKM2UtNGE2MzlyM2Y3NjEw%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%222764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d
11-mag	MAR	10:30	Codici di comunicazione	https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzdkMDdmNmEtYzhjOS00NzFkLWE4MTktZWY0OTY5ZmM0NDZj%40thread.v2/0?context=%7b%22Tid%22%3a%2284679d45-8346-4e23-8c84-a7304edba77f%22%2c%22Oid%22%3a%222764ebfbd-c831-4668-9af0-c0279e73d8c2%22%7d

