

04. PHYSICAL-ATHLETIC TRAINING SPECIALIST IN THE YOUTH SOCCER SECTORⁱ

Level I

Department of Experimental and Clinical Medicine (DMSC)*The course is conducted in collaboration with**Italian Soccer Federation (FIGC)***Course Co-Ordinator**

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STUDY PLAN

Subject	Academic Discipline	CREDITS
Soccer theory and technique: theory and practical exercises and soccer game regulations		8
Soccer theory and technique with emphasis on women's and men's youth sector	M-EDF/02	4
Workshop: individual and team fundamentals of soccer with an emphasis on the men's and women's youth sectors		1
Workshop: individual and team soccer fundamentals with particular attention to the men's and women's youth sector: technical-tactical aspects and practical exercises		1
Federal Papers	M-EDF/02	1
Soccer Game Regulations	M-EDF/02	1
Theory and methodology of training and Practical exercises		8
Training theory and methodology with emphasis on men's and women's youth sector	M-EDF/02	7
Workshop: Training theory and methodology with emphasis on men's and women's youth sector		1
Soccer: methodological and social aspects		7
Elements of psychology, psycho-sociology, and psycho-pedagogy applied to soccer with a focus on developmental age and the women's and men's youth sectors	M-PSI/08	3
Statistics applied to soccer	SECS-S/05	3
Effective Communication Techniques Workshop		1
Exercise: anatomical and endocrinological aspects		6
Anatomy applied to soccer with a focus on the women's and men's youth sectors	BIO/16	3
Exercise endocrinology elements with emphasis on the developmental age and the female and male youth sectors	MED/13	3
Soccer: physiology and biomechanics		5
Sports physiology applied to soccer with a focus on the developmental age and the women's and men's youth sectors	M-EDF/02	3
Biomechanics and integrated functioning of apparatuses in motor activities and application in soccer with an emphasis on developmental age and the men's and women's youth sectors: theory and practical exercises	ING-IND/34	2
Soccer: risks and injuries		11
Soccer-related injury epidemiology with a focus on	MED/44	3

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developmental age and the women's and men's youth sectors		
Injuries in soccer and risk factors, pathologies, overload and injury prevention, injury prevention programs in soccer with a focus on developmental age and the women's and men's youth sectors	M-EDF/02	3
Sports medicine applied to soccer, elements of first aid, cardiologic prevention with emphasis on the evolutionary age and the women's and men's youth sectors	MED/09	3
Injured athlete recovery and re-conditioning with emphasis on the developmental age and women's and men's youth sectors: theory and practice	MED/09	2
Soccer Aspects and Methodologies: theory and practical exercises		20
Functional assessment in soccer in the men's and women's youth sectors	M-EDF/02	3
Functional Assessment Laboratory with particular attention to the developmental age and to the female and male youth sectors		1
Soccer training: various developmental stages with particular attention to the developmental age and the female and male youth sectors	M-EDF/02	3
Soccer training: metabolic components with a focus on the developmental age and the women's and men's youth sectors	M-EDF/02	1
Nutrition and supplementation for performance in soccer with a focus on developmental age and the women's and men's youth sectors	MED/49	3
Strength training in soccer with a focus on the developmental age and the women's and men's youth sectors	M-EDF/02	1
The performance model of the game with a focus on the developmental age and the women's and men's youth sectors	M-EDF/02	2
Technical and tactical aspects of soccer Laboratory with a focus on the developmental age and the women's and men's youth sectors	M-EDF/02	4
Video analysis in soccer and workshop		2
Total credits for face-to-face classes		65
Internship		2
Final examination		3
Total credits		70

ⁱ This document is a translation of the form A.2 relating to the study plan of the course attached to the Decree of the Deputy number 652 (record 154925) of 13th of July 2023, drafted in Italian and issued on the Master | Didattica | Università degli Studi di Firenze | UniFI and which therefore constitutes the only official document. This English translation cannot be used for legal purposes and has the sole purpose of supplying information in English on the content of the public notice