

Pierluigi De Pascalis
PERSONAL TRAINER
 Come sceglierlo, come diventarlo
 Calzetti&Mariucci Editori, Ferriera
 di Torgiano (PG), 2009.
 Pagg. 117, € 12,00.
 ISBN 978-88-6028-183-8

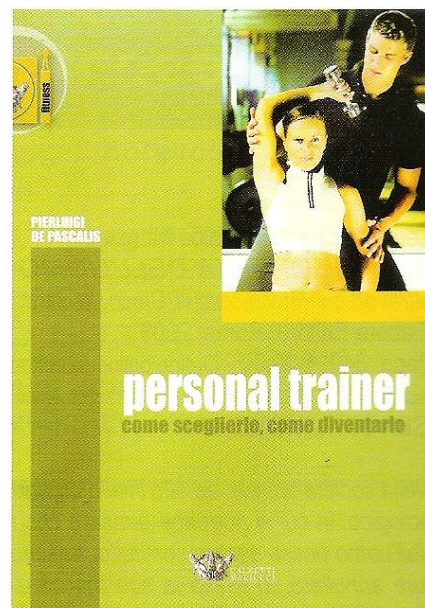
La professione del Personal Trainer è ormai nota e consolidata. Ma restano ancora dubbi e domande cui fornire una risposta. Questa guida cerca di chiarire ai Personal Trainer, ma anche alla loro clientela, numerosi aspetti di tale lavoro, rispondendo alle loro domande e ponendosi di volta in volta nei panni del Personal Trainer e dei suoi clienti.

Chiarirà ad esempio come valutare la preparazione e la serietà di un Personal Trainer, ma spiegando anche come diventare un serio e preparato professionista. Risponderà a domande del tipo:

"Quanto devo far pagare il mio lavoro?", ma anche: "Come posso assumere un personal trainer e risparmiare?". Ciascuna domanda sarà il pretesto per approfondire in modo accurato ciascun aspetto della professione.

La seconda e la terza parte del volume sono dedicate ai test generali e specifici di valutazione (o autovalutazione) dello stato di forma e efficienza fisica del soggetto. Test che spaziano dall'individuazione della composizione corporea alla determinazione della frequenza cardiaca di lavoro, passando a test per specifiche discipline sportive.

Infine, non meno importante, la quarta ed ultima parte affronta i falsi miti che ruotano attorno allo sport. Le errate, ma radicate, convinzioni che sono alla base di gravi errori



nell'allenamento e nell'alimentazione. Dai prodotti snellenti alle pedane vibranti, dai dolori muscolari all'uso di elettrostimolatori, passando per integratori ed esercizi.

Summaries & Key words

LA PROMOZIONE DELLA SALUTE E LA PREVENZIONE DEL TABAGISMO NELLA SCUOLA

Diana Candio

In Italy the share of tobacco smokers in 2009 reached 13 million, a figure highly increased over the previous year. Teenagers experienced their first cigarette at 15-16 years (average), and they account for 12% of smokers in the age bracket of 15-17 years. Exposure to second-hand tobacco smoke is dangerous to health, given that it kills 19,000 European non-smokers each year. The major psychoactive substance contained in tobacco is nicotine. Prevention initiatives and social communication campaigns aimed at creating greater awareness and sensitivity with respect to key issues such as prevention, quitting smoking and second-hand smoke.

KEY WORDS: tobacco, passive smoking, youngs, dependence, health education, school.

I CENTRI SPORTIVI SCOLASTICI

Quale futuro per la nuova organizzazione dello sport a scuola?

Maurizio Pisani

The article describes the stages of school sport reorganization and the characteristics of new School Sport Centres. Besides it shows the cruxes of new sport activities organization, and the importance of regulations for the School Sport Centres. At the end it pays attention to the route of its best advantage of the excellences, the School Sport Games, and it suggests the introduction to award a prize to the present School Sport Centres.

KEY WORDS: school sport, organizational form, regulations, budget, quality, excellence.

GINNASTICA ARTISTICA NELLA SCUOLA SECONDARIA DI 1° GRADO: PROPOSTE DIDATTICHE

Francesco Mondini, Lucia Da Sacco, Franco Merni

Data from an experience in teaching artistic Gymnastics are here reported. The teaching concerns the process in vaulting with horse in two of the 3rd classes in secondary school during the training of Graduate school for Secondary teaching. Equilibrium flight and learning techniques of vaulting were evaluated. Data were collected with a standard test and qualitative assessment through observation schedule. The results are positive.

KEY WORDS: gymnastics, school, research, teaching.

PROGETTO "È ORA DI MUOVERCI!"

Benefici dell'attività fisica quotidiana

Ilario Botto

Following the settlement between UNICEF and the Federazione Ginnastica d'Italia (FGI), was designed and implemented in its pilot version, a direction-finder project that serves to make usual daily physical activity. The proposed protocol was to perform autonomously a series of exercises with rope (provided to each subject by the sponsoring institutions) for 30 minutes every day. Was assessed by a standardized test trends in repetition and / or motor skills of each exercises. The experiment confirms the validity of the project, process of changes necessary for its implementation, and offers the prospect for the continuation of the project.

KEY WORDS: sedentary, motion, daily physical activity, school.