**Happy Bones: Train the Trainer Course**

Università degli Studi di Roma “Foro Italico”

Link zoom………………..

**TIME TABLE**

**Saturday 17 July**

8:45 Registration of the participants

*ISES- Foro Italico*

*THEORY*

9:00 - 9:15 Introduction

9:15 - 10:45 Epidemiology aspects of osteoporosis

Anatomy, Physiology and Biomechanics of bone tissue

**10:45 – 11:00 Coffee-break**

**11:00-12:30**

Effects of physical activity on health and physical fitness (Massimo Sacchetti)

Physical activity and Bone Health (Massimo Sacchetti)

12:30 – 13:30 Psychological aspects of menopause

**13:30 – 15:00 Lunch**

PRACTISE

15:15 - 19:15 *Dr. Marianna Broccatelli and Dr. Simona De Bellonia*

Definition and explanation of the protocol

* theoretical assumptions
* the innovative technical aspects of the protocol
* **the KEY POINTS for a successful training**
* structure of the training

Functional evaluation in osteopenic/osteoporotic patients

* technique and didactics of all the functional evaluation tests

Strategy and methodology to adapt physical exercise in adult and frailty patients

THE HOME TRAINING

* technique and didactics of all the exercises

**Sunday 18 July**

*9:00 – 13:00 Dr. Marianna Broccatelli and Dr. Simona De Bellonia*

THE SUPERVISED TRAINING

* training with customized loads: cardiovascular and muscle strengthening training
* group training: mandatory exercises specifically designed to promote the osteogenic action of the stimulated bone sites
* technique and didactics of all the exercises
* group training: creative exercise/how to create a new exercise!
* Progression of the group training
* **Week 1-2**
* Free group training: the focus will be the study of the mandatory exercises, according to the correct biomechanics and ergonomics; ergometer training
* **Week 3-4**
* Group training with small equipment; ergometer training; study of exercises on isotonic machines according to the correct biomechanics and ergonomics; strength tests at the end of the 4th week.
* **Week 5-23**
* Group training with small equipment; administration of the protocol according to the methods provided during the training and in compliance with the principles of customization, progression, MAP (maximum allowed load). From week n.5, the training protocol will be differentiated based on the data of the functional evaluation and on the response to the first sessions of exercise of each single participant.
* **Week 24**
* Group training with small equipment; ergometer training; administration of strength tests and repetition of initial evaluations.

**Saturday 24 July**

*9:00 – 13:00 Dr. Marianna Broccatelli and Dr. Simona De Bellonia*

Summary of the KEY POINTS of the training protocol

Questions TIME: discussion on any point to be clarified

Final evaluation

Conclusion and final greetings