Abstract

The present pilot study addresses the need of assessing the existence of significant elements which would justify a more deep following study on how the lack of specific skills training in the areas of physical education assessment and technology for the measurement of physiological parameters involved in the experience of teaching-learning through and about physical and sports activities, could negatively affect the didactics, realizing movement activities in which the intensity level does not correspond to the real intentions of the teacher. Specifically, the aim was to analyze the relationship between expected values of energy expenditure with the actual energy expenditure during a light physical activity lasting 15 minutes, using a portable calorimeter. The methodology of the research required the adoption modalities appropriate to the Italian school context that has some peculiarities that do not allow the use of certain procedures traditionally used in other fields of research on motor-sports activities (Sibilio, 2008). The sample was made of 176 primary school students of Campania Region (Italy), from 11 classes including 2 classes of year one, 2 of year two, 2 of year three, 3 of year four and 2 of year five. The results showed that the teaching methods used by teachers appear not suitable for a light physical activity. In fact, in six classes out of 11 it was reached or exceeded the minimum level corresponding to intense physical activity.

Key words: physical and sports activities, teachers training, didactics, energy expenditure, calorimeter