

PROGRAMMA DEL CORSO DI METODI E DIDATTICHE DELLE ATTIVITÀ MOTORIE

SETTORE SCIENTIFICO

M-EDF/01

CFU

10

AGENDA

```
/**/* cyrillic-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-ext-win.woff2") format("woff2"); unicode-range: U+0460-052F, U+1C80-1C88, U+20B4, U+2DE0-2DFF, U+A640-A69F, U+FE2E-FE2F; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-ext-mac.woff2") format("woff2"); unicode-range: U+0460-052F, U+1C80-1C88, U+20B4, U+2DE0-2DFF, U+A640-A69F, U+FE2E-FE2F; } /* cyrillic */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-win.woff2") format("woff2"); unicode-range: U+0400-045F, U+0490-0491, U+04B0-04B1, U+2116; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-mac.woff2") format("woff2"); unicode-range: U+0400-045F, U+0490-0491, U+04B0-04B1, U+2116; } /* greek-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-ext-win.woff2") format("woff2"); unicode-range: U+1F00-1FFF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-ext-mac.woff2") format("woff2"); unicode-range: U+1F00-1FFF; } /* greek */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-win.woff2") format("woff2"); unicode-range: U+0370-03FF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-mac.woff2") format("woff2"); unicode-range: U+0370-03FF; } /* vietnamese */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight:
```

400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-vietnamese-win.woff2") format("woff2"); unicode-range: U+0102-0103, U+0110-0111, U+1EA0-1EF9, U+20AB; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-vietnamese-mac.woff2") format("woff2"); unicode-range: U+0102-0103, U+0110-0111, U+1EA0-1EF9, U+20AB; } /* latin-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-ext-win.woff2") format("woff2"); unicode-range: U+0100-024F, U+0259, U+1E00-1EFF, U+2020, U+20A0-20AB, U+20AD-20CF, U+2113, U+2C60-2C7F, U+A720-A7FF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-ext-mac.woff2") format("woff2"); unicode-range: U+0100-024F, U+0259, U+1E00-1EFF, U+2020, U+20A0-20AB, U+20AD-20CF, U+2113, U+2C60-2C7F, U+A720-A7FF; } /* latin */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-win.woff2") format("woff2"); unicode-range: U+0000-00FF, U+0131, U+0152-0153, U+02BB-02BC, U+02C6, U+02DA, U+02DC, U+2000-206F, U+2074, U+20AC, U+2122, U+2191, U+2193, U+2212, U+2215, U+FEFF, U+FFFD; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 400; font-display: swap; src: local("Source Sans Pro Regular"), local("SourceSansPro-Regular"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-mac.woff2") format("woff2"); unicode-range: U+0000-00FF, U+0131, U+0152-0153, U+02BB-02BC, U+02C6, U+02DA, U+02DC, U+2000-206F, U+2074, U+20AC, U+2122, U+2191, U+2193, U+2212, U+2215, U+FEFF, U+FFFD; } /* cyrillic-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-ext-semi-bold-win.woff2") format("woff2"); unicode-range: U+0460-052F, U+1C80-1C88, U+20B4, U+2DE0-2DFF, U+A640-A69F, U+FE2E-FE2F; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-ext-semi-bold-mac.woff2") format("woff2"); unicode-range: U+0460-052F, U+1C80-1C88, U+20B4, U+2DE0-2DFF, U+A640-A69F, U+FE2E-FE2F; } /* cyrillic */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-semi-bold-win.woff2") format("woff2"); unicode-range: U+0400-045F, U+0490-0491, U+04B0-04B1, U+2116; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-semi-bold-mac.woff2") format("woff2"); unicode-range: U+0400-045F, U+0490-0491, U+04B0-04B1, U+2116; } /* greek-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-ext-semi-bold-win.woff2") format("woff2"); unicode-range: U+1F00-1FFF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-ext-semi-bold-mac.woff2") format("woff2"); unicode-range: U+1F00-1FFF; } /* greek */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-semi-bold-win.woff2") format("woff2"); unicode-range: U+0370-03FF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-semi-bold-mac.woff2")

```
format("woff2"); unicode-range: U+0370-03FF; } /* vietnamese */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-vietnamese-semi-bold-win.woff2") format("woff2"); unicode-range: U+0102-0103, U+0110-0111, U+1EA0-1EF9, U+20AB; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-vietnamese-semi-bold-mac.woff2") format("woff2"); unicode-range: U+0102-0103, U+0110-0111, U+1EA0-1EF9, U+20AB; } /* latin-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-ext-semi-bold-win.woff2") format("woff2"); unicode-range: U+0100-024F, U+0259, U+1E00-1EFF, U+2020, U+20A0-20AB, U+20AD-20CF, U+2113, U+2C60-2C7F, U+A720-A7FF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-ext-semi-bold-mac.woff2") format("woff2"); unicode-range: U+0100-024F, U+0259, U+1E00-1EFF, U+2020, U+20A0-20AB, U+20AD-20CF, U+2113, U+2C60-2C7F, U+A720-A7FF; } /* latin */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-semi-bold-win.woff2") format("woff2"); unicode-range: U+0000-00FF, U+0131, U+0152-0153, U+02BB-02BC, U+02C6, U+02DA, U+02DC, U+2000-206F, U+2074, U+20AC, U+2122, U+2191, U+2193, U+2212, U+2215, U+FEFF, U+FFFD; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 600; font-display: swap; src: local("Source Sans Pro SemiBold"), local("SourceSansPro-SemiBold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-semi-bold-mac.woff2") format("woff2"); unicode-range: U+0000-00FF, U+0131, U+0152-0153, U+02BB-02BC, U+02C6, U+02DA, U+02DC, U+2000-206F, U+2074, U+20AC, U+2122, U+2191, U+2193, U+2212, U+2215, U+FEFF, U+FFFD; } /* cyrillic-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-ext-bold-win.woff2") format("woff2"); unicode-range: U+0460-052F, U+1C80-1C88, U+20B4, U+2DE0-2DFF, U+A640-A69F, U+FE2E-FE2F; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-ext-bold-mac.woff2") format("woff2"); unicode-range: U+0460-052F, U+1C80-1C88, U+20B4, U+2DE0-2DFF, U+A640-A69F, U+FE2E-FE2F; } /* cyrillic */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-bold-win.woff2") format("woff2"); unicode-range: U+0400-045F, U+0490-0491, U+04B0-04B1, U+2116; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-cyrillic-bold-mac.woff2") format("woff2"); unicode-range: U+0400-045F, U+0490-0491, U+04B0-04B1, U+2116; } /* greek-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-ext-bold-win.woff2") format("woff2"); unicode-range: U+1F00-1FFF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-ext-bold-mac.woff2") format("woff2"); unicode-range: U+1F00-1FFF; } /* greek */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-bold-win.woff2") format("woff2"); unicode-range: U+0370-03FF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"),
```

```
url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-greek-bold-mac.woff2")
format("woff2"); unicode-range: U+0370-03FF; } /* vietnamese */ @font-face { font-family: "LanguageTool-win"; font-
style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"),
url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-vietnamese-bold-win.woff2")
format("woff2"); unicode-range: U+0102-0103, U+0110-0111, U+1EA0-1EF9, U+20AB; } @font-face { font-family:
"LanguageTool-mac"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"),
local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-
vietnamese-bold-mac.woff2") format("woff2"); unicode-range: U+0102-0103, U+0110-0111, U+1EA0-1EF9, U+20AB; }
/* latin-ext */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 700; font-display: swap;
src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-
extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-ext-bold-win.woff2") format("woff2");
unicode-range: U+0100-024F, U+0259, U+1E00-1EFF, U+2020, U+20A0-20AB, U+20AD-20CF, U+2113, U+2C60-2C7F,
U+A720-A7FF; } @font-face { font-family: "LanguageTool-mac"; font-style: normal; font-weight: 700; font-display:
swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-
extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-ext-bold-mac.woff2") format("woff2");
unicode-range: U+0100-024F, U+0259, U+1E00-1EFF, U+2020, U+20A0-20AB, U+20AD-20CF, U+2113, U+2C60-2C7F,
U+A720-A7FF; } /* latin */ @font-face { font-family: "LanguageTool-win"; font-style: normal; font-weight: 700; font-
display: swap; src: local("Source Sans Pro Bold"), local("SourceSansPro-Bold"), url("chrome-
extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-latin-bold-win.woff2") format("woff2");
unicode-range: U+0000-00FF, U+0131, U+0152-0153, U+02BB-02BC, U+02C6, U+02DA, U+02DC, U+2000-206F,
U+2074, U+20AC, U+2122, U+2191, U+2193, U+2212, U+2215, U+FEFF, U+FFFD; } @font-face { font-family:
"LanguageTool-mac"; font-style: normal; font-weight: 700; font-display: swap; src: local("Source Sans Pro Bold"),
local("SourceSansPro-Bold"), url("chrome-extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Source-Sans-Pro-
latin-bold-mac.woff2") format("woff2"); unicode-range: U+0000-00FF, U+0131, U+0152-0153, U+02BB-02BC, U+02C6,
U+02DA, U+02DC, U+2000-206F, U+2074, U+20AC, U+2122, U+2191, U+2193, U+2212, U+2215, U+FEFF, U+FFFD;
} /* mono-space */ @font-face { font-family: "RobotoMono"; font-style: normal; font-weight: 700; font-display: swap; src:
local("Roboto Mono Bold"), local("RobotoMono-Bold"), url("chrome-
extension://oldceeleldhonbafppcapldpdifcinji/assets/fonts/Roboto-Mono-latin-bold.woff2") format("woff2"); unicode-
range: U+0000-00FF, U+0131, U+0152-0153, U+02BB-02BC, U+02C6, U+02DA, U+02DC, U+2000-206F, U+2074,
U+20AC, U+2122, U+2191, U+2193, U+2212, U+2215, U+FEFF, U+FFFD; }@charset "UTF-8"; /** !!! ATTENTION: Only
use lowercase characters for classNames and tag names. There seems to be a chrome bug that causes styling to fail
when document is created with document.write() Issue can be observed here:
https://www.w3schools.com/tags/tryit.asp?filename=tryhtml_textarea */:root { --lt-color-gray-100: #f8f9fc; --lt-color-
gray-200: #f1f3f9; --lt-color-gray-300: #dee3ed; --lt-color-gray-400: #c2c9d6; --lt-color-gray-500: #8f96a3; --lt-color-
gray-600: #5e636e; --lt-color-gray-700: #2f3237; --lt-color-gray-800: #1d1e20; --lt-color-gray-900: #111213; --lt-color-
white: #fff !important; --lt-color-black: #111213 !important; --lt-color-transparent: rgba(255, 255, 255, 0) !important; --
lt-color-background-light: var(--lt-color-gray-100) !important; --lt-color-background-default: var(--lt-color-gray-200)
!important; --lt-color-background-dark: var(--lt-color-gray-300) !important; --lt-color-border-light: var(--lt-color-gray-200)
!important; --lt-color-border-default: var(--lt-color-gray-300) !important; --lt-color-border-dark: var(--lt-color-gray-400)
!important; --lt-color-text-very-light: var(--lt-color-gray-500) !important; --lt-color-text-light: var(--lt-color-gray-600)
!important; --lt-color-text-default: var(--lt-color-gray-700) !important; --lt-color-text-dark: var(--lt-color-gray-800)
!important; --lt-color-overlay-default: #fff !important; --lt-color-overlay-dark: #fff !important; --lt-color-overlay-
transparent: rgba(0, 0, 0, 0.1) !important; --lt-shadow-website-overlay: 0 7px 0 rgba(0, 0, 0, 0.3) !important; --lt-
shadowDefault: 0 2px 6px -1px rgba(0, 0, 0, 0.16), 0 1px 4px -1px rgba(0, 0, 0, 0.04); --lt-shadowActive: 0 0 8px -2px
rgba(0, 0, 0, 0.1), 0 6px 20px -3px rgba(0, 0, 0, 0.2); } @media (prefers-color-scheme: dark) { [data-lt-adjust-
appearance=true][data-lt-force-appearance=dark], [data-lt-adjust-appearance=true][data-lt-force-
appearance=default] { color-scheme: dark !important; --lt-color-white: #111213 !important; --lt-color-black: #fff
!important; --lt-color-transparent: rgba(17, 18, 19, 0) !important; --lt-color-background-light: var(--lt-color-gray-800)
!important; --lt-color-background-default: var(--lt-color-gray-700) !important; --lt-color-background-dark: var(--lt-color-
gray-600) !important; --lt-color-border-light: var(--lt-color-gray-800) !important; --lt-color-border-default: var(--lt-color-
```

```
gray-700) !important; --lt-color-border-dark: var(--lt-color-gray-600) !important; --lt-color-text-very-light: var(--lt-color-gray-400) !important; --lt-color-text-light: var(--lt-color-gray-300) !important; --lt-color-text-default: var(--lt-color-gray-200) !important; --lt-color-text-dark: var(--lt-color-gray-100) !important; --lt-color-overlay: var(--lt-color-gray-700) !important; --lt-color-overlay-default: var(--lt-color-gray-700) !important; --lt-color-overlay-dark: var(--lt-color-gray-800) !important; --lt-color-overlay-transparent: rgba(0, 0, 0, 0.6) !important; --lt-shadow-website-overlay: 0 0 0 1px var(--lt-color-gray-600) !important; --lt-shadowDefault: 0 0 0 1px var(--lt-color-gray-700); --lt-shadowActive: 0 0 0 1px var(--lt-color-gray-600); } } [data-lt-force-appearance=dark] { color-scheme: dark !important; --lt-color-white: #111213 !important; --lt-color-black: #fff !important; --lt-color-transparent: rgba(17, 18, 19, 0) !important; --lt-color-background-light: var(--lt-color-gray-800) !important; --lt-color-background-default: var(--lt-color-gray-700) !important; --lt-color-background-dark: var(--lt-color-gray-600) !important; --lt-color-border-light: var(--lt-color-gray-800) !important; --lt-color-border-default: var(--lt-color-gray-700) !important; --lt-color-border-dark: var(--lt-color-gray-600) !important; --lt-color-text-very-light: var(--lt-color-gray-400) !important; --lt-color-text-light: var(--lt-color-gray-300) !important; --lt-color-text-default: var(--lt-color-gray-200) !important; --lt-color-text-dark: var(--lt-color-gray-100) !important; --lt-color-overlay: var(--lt-color-gray-700) !important; --lt-color-overlay-default: var(--lt-color-gray-700) !important; --lt-color-overlay-dark: var(--lt-color-gray-800) !important; --lt-color-overlay-transparent: rgba(0, 0, 0, 0.6) !important; --lt-shadow-website-overlay: 0 0 0 1px var(--lt-color-gray-600) !important; --lt-shadowDefault: 0 0 0 1px var(--lt-color-gray-700); --lt-shadowActive: 0 0 0 1px var(--lt-color-gray-600); } /** !!! ATTENTION: Only use lowercase characters for classNames and tag names. There seems to be a chrome bug that causes styling to fail when document is created with document.write() Issue can be observed here: https://www.w3schools.com/tags/tryit.asp?filename=tryhtml\_textarea */  
@keyframes lt-shineSkeletonCards { 0% { background-position: -620px; } 100% { background-position: 620px; } }  
@keyframes lt-loadingBar { 0% { transform: translateX(0%); } 100% { transform: translateX(200%); } } @keyframes lt-pulse { 0% { box-shadow: 0 0 0 2px transparent; } 50% { box-shadow: 0 0 0 2px #239aff; } 100% { box-shadow: 0 0 0 2px transparent; } } @keyframes lt-pulse-fade { 0% { background-color: #239aff; } 50% { background-color: var(--lt-color-white); } 100% { background-color: #239aff; } } @keyframes lt-wave { 100% { transform: translateX(-50%); } } @keyframes lt-fadein { 0% { opacity: 0; } 100% { opacity: 1; } } @keyframes lt-appear { 0% { transform: translateX(0); } 100% { transform: translateX(-6px); } } @keyframes lt-rotate { 0% { transform: rotate(0deg); } 100% { transform: rotate(-360deg); } } /** !!! ATTENTION: Only use lowercase characters for classNames and tag names. There seems to be a chrome bug that causes styling to fail when document is created with document.write() Issue can be observed here: https://www.w3schools.com/tags/tryit.asp?filename=tryhtml\_textarea */  
@keyframes lt-shineSkeletonCards { 0% { background-position: -620px; } 100% { background-position: 620px; } } @keyframes lt-loadingBar { 0% { transform: translateX(0%); } 100% { transform: translateX(200%); } } @keyframes lt-pulse { 0% { box-shadow: 0 0 0 2px transparent; } 50% { box-shadow: 0 0 0 2px #239aff; } 100% { box-shadow: 0 0 0 2px transparent; } } @keyframes lt-pulse-fade { 0% { background-color: #239aff; } 50% { background-color: var(--lt-color-white); } 100% { background-color: #239aff; } } @keyframes lt-wave { 100% { transform: translateX(-50%); } } @keyframes lt-fadein { 0% { opacity: 0; } 100% { opacity: 1; } } @keyframes lt-appear { 0% { transform: translateX(0); } 100% { transform: translateX(-6px); } } @keyframes lt-rotate { 0% { transform: rotate(0deg); } 100% { transform: rotate(-360deg); } }  
/** !!! ATTENTION: Only use lowercase characters for classNames and tag names. There seems to be a chrome bug that causes styling to fail when document is created with document.write() Issue can be observed here: https://www.w3schools.com/tags/tryit.asp?filename=tryhtml\_textarea */  
:root { --lt-color-gray-100: #f8f9fc; --lt-color-gray-200: #f1f3f9; --lt-color-gray-300: #dee3ed; --lt-color-gray-400: #c2c9d6; --lt-color-gray-500: #8f96a3; --lt-color-gray-600: #5e636e; --lt-color-gray-700: #2f3237; --lt-color-gray-800: #1d1e20; --lt-color-gray-900: #111213; --lt-color-white: #fff !important; --lt-color-black: #111213 !important; --lt-color-transparent: rgba(255, 255, 255, 0) !important; --lt-color-background-light: var(--lt-color-gray-100) !important; --lt-color-background-default: var(--lt-color-gray-200) !important; --lt-color-background-dark: var(--lt-color-gray-300) !important; --lt-color-border-light: var(--lt-color-gray-200) !important; --lt-color-border-default: var(--lt-color-gray-300) !important; --lt-color-border-dark: var(--lt-color-gray-400) !important; --lt-color-text-very-light: var(--lt-color-gray-500) !important; --lt-color-text-light: var(--lt-color-gray-600) !important; --lt-color-text-default: var(--lt-color-gray-700) !important; --lt-color-text-dark: var(--lt-color-gray-800)
```

```
!important; --lt-color-overlay-default: #fff !important; --lt-color-overlay-dark: #fff !important; --lt-color-overlay-transparent: rgba(0, 0, 0, 0.1) !important; --lt-shadow-website-overlay: 0 0 7px 0 rgba(0, 0, 0, 0.3) !important; --lt-shadowDefault: 0 2px 6px -1px rgba(0, 0, 0, 0.16), 0 1px 4px -1px rgba(0, 0, 0, 0.04); --lt-shadowActive: 0 0 8px -2px rgba(0, 0, 0, 0.1), 0 6px 20px -3px rgba(0, 0, 0, 0.2); } @media (prefers-color-scheme: dark) { [data-lt-adjust-appearance=true][data-lt-force-appearance=dark], [data-lt-adjust-appearance=true][data-lt-force-appearance=default] { color-scheme: dark !important; --lt-color-white: #111213 !important; --lt-color-black: #fff !important; --lt-color-transparent: rgba(17, 18, 19, 0) !important; --lt-color-background-light: var(--lt-color-gray-800) !important; --lt-color-background-default: var(--lt-color-gray-700) !important; --lt-color-background-dark: var(--lt-color-gray-600) !important; --lt-color-border-light: var(--lt-color-gray-800) !important; --lt-color-border-default: var(--lt-color-gray-700) !important; --lt-color-border-dark: var(--lt-color-gray-600) !important; --lt-color-text-very-light: var(--lt-color-gray-400) !important; --lt-color-text-light: var(--lt-color-gray-300) !important; --lt-color-text-default: var(--lt-color-gray-200) !important; --lt-color-text-dark: var(--lt-color-gray-100) !important; --lt-color-overlay: var(--lt-color-gray-700) !important; --lt-color-overlay-default: var(--lt-color-gray-700) !important; --lt-color-overlay-dark: var(--lt-color-gray-800) !important; --lt-color-overlay-transparent: rgba(0, 0, 0, 0.6) !important; --lt-shadow-website-overlay: 0 0 0 1px var(--lt-color-gray-600) !important; --lt-shadowDefault: 0 0 0 1px var(--lt-color-gray-700); --lt-shadowActive: 0 0 0 1px var(--lt-color-gray-600); } } [data-lt-force-appearance=dark] { color-scheme: dark !important; --lt-color-white: #111213 !important; --lt-color-black: #fff !important; --lt-color-transparent: rgba(17, 18, 19, 0) !important; --lt-color-background-light: var(--lt-color-gray-800) !important; --lt-color-background-default: var(--lt-color-gray-700) !important; --lt-color-background-dark: var(--lt-color-gray-600) !important; --lt-color-border-light: var(--lt-color-gray-800) !important; --lt-color-border-default: var(--lt-color-gray-700) !important; --lt-color-border-dark: var(--lt-color-gray-600) !important; --lt-color-text-very-light: var(--lt-color-gray-400) !important; --lt-color-text-light: var(--lt-color-gray-300) !important; --lt-color-text-default: var(--lt-color-gray-200) !important; --lt-color-text-dark: var(--lt-color-gray-100) !important; --lt-color-overlay: var(--lt-color-gray-700) !important; --lt-color-overlay-default: var(--lt-color-gray-700) !important; --lt-color-overlay-dark: var(--lt-color-gray-800) !important; --lt-color-overlay-transparent: rgba(0, 0, 0, 0.6) !important; --lt-shadow-website-overlay: 0 0 0 1px var(--lt-color-gray-600) !important; --lt-shadowDefault: 0 0 0 1px var(--lt-color-gray-700); --lt-shadowActive: 0 0 0 1px var(--lt-color-gray-600); } /** !!! ATTENTION: Only use lowercase characters for classNames and tag names. There seems to be a chrome bug that causes styling to fail when document is created with document.write() Issue can be observed here: https://www.w3schools.com/tags/tryit.asp?filename=tryhtml_textarea */ @keyframes lt-shineSkeletonCards { 0% { background-position: -620px; } 100% { background-position: 620px; } } @keyframes lt-loadingBar { 0% { transform: translateX(0%); } 100% { transform: translateX(200%); } } @keyframes lt-pulse { 0% { box-shadow: 0 0 0 2px transparent; } 50% { box-shadow: 0 0 0 2px #239aff; } 100% { box-shadow: 0 0 0 2px transparent; } } @keyframes lt-pulse-fade { 0% { background-color: #239aff; } 50% { background-color: var(--lt-color-white); } 100% { background-color: #239aff; } } @keyframes lt-wave { 100% { transform: translateX(-50%); } } @keyframes lt-fadein { 0% { opacity: 0; } 100% { opacity: 1; } } @keyframes lt-appear { 0% { transform: translateX(0); } 100% { transform: translateX(-6px); } } @keyframes lt-rotate { 0% { transform: rotate(0deg); } 100% { transform: rotate(-360deg); } } /** @see https://github.com/h5bp/html5-boilerplate/blob/7e67f887d3c5e596604768e8e24730d9d8a48f31/dist/css/style.css#L113 */ .lt-icon__options { background-image: url(data:image/svg+xml;charset=utf-8,%3Csvg%20xmlns%3D%22http%3A/www.w3.org/2000/svg%22%20width%3D%2220%22%20height%3D%2220%22%20fill%3D%22evenodd%22%20clip-rule%3D%22evenodd%22%3E%3Cpath%20d%3D%22M10%2014a4%204%200%201%200%200-8%204%204%200%200%200%200%208zm0-1a3%203%200%201%201%200-6%203%203%200%200%201%200%206z%22/%3E%3Cpath%20d%3D%22M11%201a1%201%200%200%201%201%2011.001.912a1%201%200%200%201%201.414%2001.414%201.414a1%201%200%200%201%200%201.4141.912.914c.227.419.413.864.551%201.331l8%208a1%201%200%200%201%201%201v2a1%201%200%200%201-1%201h-1.29c-.138.466-.324.91-.55%201.331.911.913a1%201%200%200%201%200%201.4141.414%201.414a1%201%200%200%201-1.414%2001-.914-.912a6.952%206.952%200%200%201-1.328.551l2%2018a1%201%200%200%201-1%201H9a1%201%200%200%201-1-1v-1.29a6.958%206.958%200%200%201-1.329-.551-.914.911a1%201%200%200%201-1.414%200L2.93%2015.657a1%201%200%200%201%200-1.4141.912-
```

```

.914A6.957%206.957%200%200%201%203.29%2012H2a1%201%200%200%201-1-
1V9a1%201%200%200%201%201-1l1.29-.001c.139-.465.324-.91.551-1.328l-.912-.914a1%201%200%200%201%200-
1.414L4.343%202.93a1%201%200%200%201%201.414%200l.913.912c.42-.227.865-.413%201.33-
.551V2a1%201%200%200%201%201-1zm4.965%208l-.213-.715a5.952%205.952%200%200%200-472-1.138l-.355-
.655%201.439-1.442-1.414-1.414-1.441%201.44-.656-.356a5.958%205.958%200%200%200-1.137-.471l-.714-
.213L11%202H9v2.036l-.715.212a5.957%205.957%200%200%200-1.138.472l-.656.355-1.44-
1.439L3.635%205.05l1.44%201.441-.356.656a5.957%205.957%200%200%200-.471%201.137l-
.213.714L2%209v2h2.036l.212.715c.118.395.276.776.472%201.138l.355.655-
1.439%201.442%201.414%201.414%201.442-1.439.655.355c.362.196.743.354%201.138.472l.715.212V18h2l.002-
2.036.714-.213a5.954%205.954%200%200%200%201.137-.471l.655-.355%201.442%201.439%201.414-1.414-1.439-
1.442.355-.655c.196-.362.354-.743.471-1.138l.213-.714L18%2011V9z%22/%3E%3C/g%3E%3C/svg%3E) !important; }
.lt-icon__picky_mode { background-image:
url(
!important; } .lt-icon__new_window { background-image:
url(
!important; } .lt-icon__chevron_down { background-image:
url(
!important; } .lt-icon__feedback { background-image: url(data:image/svg+xml;charset=utf-
8,%3Csvg%20xmlns%3D%22http%3A/www.w3.org/2000/svg%22%20width%3D%2220%22%20height%3D%2220%22%20fill%
.732-.68zM1.967%209.432l.239.44zm.14%201.82l-.167.472zm12.04%206.372l-.272.42zm-5.222-1.338l-.112-
.487zM17.282%202.91l-.497-.057zm-1.47-.992l.238.44zM6.727%2013.42l7.147%204.624.543-.84-7.146-
4.624zm9.452%203.535l1.599-13.989-.994-.114-1.599%2013.99zm-.607-
15.478L1.728%208.993l.478.879L16.05%202.356zM1.94%2011.724l4.892%201.747.336-.942-4.892-
1.747zm9.198%203.539l-2.325.536.225.975%202.324-.537zm-2.918.186l-.74-2.586-.96.274.738%202.587zm4.914-
9.79l-6.5%207%20.732.681%206.5-7zM1.728%208.994c-1.14.619-1.01%202.294.212%202.73l.336-
.941a.5.5%200%200%201-.07-.91zm12.147%209.05a1.5%201.5%200%200%200%202.305-1.088l-.994-
.114a.5.5%200%200%201-.768.363zM8.813%2015.8a.5.5%200%200%201-.593-.35l-
.962.275a1.5%201.5%200%200%200%201.78%201.05zm8.966-12.833c.137-1.206-1.14-2.068-2.206-
1.489l.477.88a.5.5%200%200%201%20.735.495z%22/%3E%3C/svg%3E) !important; } .lt-icon__help { background-
image:
url(
!important; } .lt-icon__disable { background-image: url(data:image/svg+xml;charset=utf-
8,%3Csvg%20width%3D%2224%22%20height%3D%2224%22%20viewBox%3D%220%200%2024%2024%22%20fill%3D%22r
rule%3D%22evenodd%22%20clip-
rule%3D%22evenodd%22%20d%3D%22M11.4%206.6C11.4%206.26863%2011.6686%206%2012%206C12.3314%206%2012
!important; } .lt-icon__disable_circle { background-image:
url(
!important; } .lt-icon__default { background-image:
url(
!important; } .lt-icon__right { background-image:
url(
!important; } .lt-icon__left { background-image:
url(
!important; } .lt-icon__pause { background-image:
url(
!important; } .lt-icon__rephrasing { background-image: url(data:image/svg+xml;charset=utf-
8,%3Csvg%20width%3D%2220%22%20height%3D%2220%22%20viewBox%3D%220%200%2020%2020%22%20fill%3D%22r
!important; } .lt-icon__save { background-image:
url(
!important; } .lt-icon__scroll-to-link { background-image:

```

```
url(
!important; } .lt-icon__ignore { background-image:
url(
!important; } .lt-icon__lt { background-image: url(data:image/svg+xml;charset=utf-
8,%3Csvg%20xmlns%3D%22http%3A/www.w3.org/2000/svg%22%20width%3D%2220%22%20height%3D%2220%22%20fill%
.634%200-1.148-.52-1.148-1.161V6.588H4.375zM16.05%206.124v1.207h-1.607v-.743H13.18v5.665h-
1.607V6.588H10.31v.743H8.703V6.124c0-.641.514-1.16%201.148-
1.16h5.05c.635%200%201.149.519%201.149%201.16z%22/%3E%3Cpath%20fill%3D%22%2345a1fc%22%20d%3D%22M3.63
1.495-1.08c.44-.62.892-1.102%201.369-1.439.53-.375%201.092-.574%201.674-
.574.54%200%201.009.132%201.427.386.169.102.324.22.48.36.109.097.186.172.35.338.249.252.352.344.476.42a.867.867%
.121c.124-.075.229-.168.477-.42l.003-.002c.163-.164.241-.24.35-.337.156-.14.31-.257.479-
.359a2.675%202.675%200%200%201%201.422-
.385c.538%200%201.005.132%201.423.385.168.102.323.22.479.36.108.095.186.172.35.336l.002.003c.248.25.353.344.477.
.072.622-.238.288-.205.6-.536.927-.998l1.495%201.08c-.44.62-.893%201.102-1.37%201.439-.529.375-1.092.574-
1.674.574-.54%200-1.008-.132-1.427-.386a3.246%203.246%200%200%201-.48-
.36%206.951%206.951%200%200%201-.35-.338l-.003-.002c-.248-.25-.352-.343-.476-.418a.86.86%200%200%200-
.478-.121.86.86%200%200%200-.478.12c-.124.076-.228.168-.476.419l-.002.002a6.951%206.951%200%200%201-
.35.338c-.157.14-.312.258-.481.36A2.685%202.685%200%200%201%208.393%2017a2.68%202.68%200%200%201-
1.427-.386%203.242%203.242%200%200%201-.48-.36%206.986%206.986%200%200%201-.35-.338c-.249-.252-.352-
.344-.476-.42a.866.866%200%200%200-.482-.121c-.183%200-.385.072-.62.238-.29.205-.602.536-
.928.998z%22/%3E%3C/svg%3E) !important; } .lt-icon__lt-white { background-image:
url(data:image/svg+xml;charset=utf-
8,%3Csvg%20xmlns%3D%22http%3A/www.w3.org/2000/svg%22%20width%3D%2220%22%20height%3D%2220%22%20fill%
rule%3D%22evenodd%22%20d%3D%22M5.902%204.963H4.375v1.625h1.068v4.504c0%20.641.513%201.16%201.147%201
1.624H7.05V6.124c0-.641-.514-1.16-1.148-1.16zM16.05%207.331V6.124c0-.641-.514-1.16-1.148-1.16H9.85c-
.634%200-1.148.519-1.148%201.16v1.207h1.607v-.743h1.263v5.665h1.607V6.588h1.263v.743zm-
13.915%208.211.495%201.08c.326-.462.638-.793.927-.998.236-.166.438-.238.621-
.238.206%200%20.348.04.482.122.124.075.227.167.476.419.164.166.242.241.35.338.156.14.311.257.48.36A2.68%202.68%
.132%201.427-.386a3.24%203.24%200%200%200%20.48-.36c.11-.096.187-.173.35-.338l.003-.002c.248-.25.352-
.343.476-.418a.86.86%200%200%201%20.478-
.121.86.86%200%200%201%20.478.12c.124.076.228.168.476.419l.002.002c.164.165.242.242.35.338.157.14.312.258.481.3
.2%201.675-.574.477-.337.93-.818%201.369-1.44l-1.495-1.08c-.326.462-.639.794-.927.998-.236.167-.438.239-
.622.239a.87.87%200%200%201-.483-.122c-.124-.075-.228-.168-.477-.42l-.003-.002a7.007%207.007%200%200%200-
.349-.337%203.24%203.24%200%200%200-.48-.359%202.676%202.676%200%200%200-1.422-.385c-.538%200-
1.005.132-1.422.385-.169.102-.323.22-.48.36a7.017%207.017%200%200%200-.35.336l-.002.003c-.248.25-.353.344-
.477.419a.87.87%200%200%201-.483.122.867.867%200%200%201-.482-.122c-.124-.075-.227-.167-.476-
.419a7.04%207.04%200%200%200-.35-.338%203.235%203.235%200%200%200-.48-
.36%202.681%202.681%200%200%200-1.427-.386c-.582%200-1.144.199-1.674.574-.477.337-.93.818-
1.369%201.44z%22%20clip-rule%3D%22evenodd%22/%3E%3C/svg%3E) !important; } .lt-icon__dictionary {
background-image:
url(
!important; } .lt-icon__disabled_website { background-image:
url(
!important; } .lt-icon__experimental_settings { background-image:
url(
!important; } .lt-icon__info { background-image:
url(
!important; } .lt-icon__loading { background-image:
url(
!important; } .lt-icon__trash { background-image:
```


url(!
!important; } .lt-icon__close_filled { background-image:
url(!
!important; } .lt-icon__close_small { background-image:
url(!
!important; } .lt-icon__close_small--white { background-image:
url(!
!important; } .lt-icon__close-circle { background-image: url(data:image/svg+xml;charset=utf-
8,%3Csvg%20fill%3D%22none%22%20height%3D%2220%22%20viewBox%3D%220%200%2020%2020%22%20width%3D%2220%22%20
.19526.5119-.19526.7072%200%20.1952.19527.1952.51185%200%20.707111-
2.1215%202.12143%202.1199%202.12c.1956.1955.1956.5125%200%20.708-.1955.1955-.5125.1955-.708%2001-
2.11992-2.12-2.12053%202.1206c-.19526.1952-.51184.1952-.70711%200-.19526-.1953-.19526-.5119%200-
.707112.12053-2.1206-2.12178-2.12174c-.19551-.19552-.19551-.51251%200-.70803.19552-.19551.51251-
.19551.70803%20012.12178%202.12178z%22/%3E%3Cpath%20clip-
rule%3D%22evenodd%22%20d%3D%22m14.9497%205.05027c2.7337%202.73367%202.7337%207.16583%200%209.89953
2.7336%202.7336-7.16578%202.7336-9.89945%200-2.73367-2.7337-2.73367-7.16586%200-9.89953s7.16585-
2.73367%209.89945%200zm-.7071.70711c-2.3431-2.34315-6.14209-2.34315-8.48524%200-2.34315%202.34314-
2.34315%206.14212%200%208.48532%202.34314%202.3431%206.14214%202.3431%208.48524%200%202.3432-
2.3432%202.3432-6.14218%200-8.48532z%22%20fill-rule%3D%22evenodd%22/%3E%3C/g%3E%3C/svg%3E)
!important; } .lt-icon__add { background-image:
url(!
!important; } .lt-icon__add-circle { background-image:
url(!
!important; } .lt-icon__check { background-image:
url(!
!important; } .lt-icon__basic_error { background-image:
url(!
!important; } .lt-icon__uppercase_ignore { background-image: url(data:image/svg+xml;charset=utf-
8,%3Csvg%20xmlns%3D%22http%3A/www.w3.org/2000/svg%22%20width%3D%2220%22%20height%3D%2220%22%20fill-
rule%3D%22evenodd%22%20d%3D%22M9.928%202.975c-.335-.838-1.521-.838-1.857%2001-
5.535%2013.84a.5.5%200%201%200%20.928.37L5.738%2011.5h2.806c.162-.353.357-.688.582-
1H6.138L9%203.346I2.15%205.373c.29-.158.597-.292.916-.4L9.928%202.975zM14%2010.5c-.786%200-1.512.26-
2.096.697I4.9%204.9A3.5%203.5%200%200%200%2014%2010.5zM10.5%2014c0-.786.26-1.512.697-
2.096I4.9%204.9A3.5%203.5%200%200%201%2010.5%2014zm3.5%204.5c1.24%200%202.363-.502%203.177-
1.313I.005-.005.005-.005A4.5%204.5%200%201%200%2014%2018.5z%22%20clip-
rule%3D%22evenodd%22/%3E%3C/svg%3E) !important; } .lt-icon__locked { background-image:
url(!
!important; } .lt-icon__globe { background-image: url(data:image/svg+xml;charset=utf-
8,%3Csvg%20xmlns%3D%22http%3A/www.w3.org/2000/svg%22%20width%3D%2220%22%20height%3D%2220%22%20fill-
rule%3D%22evenodd%22%20d%3D%22M10%202a8%208%200%201%201%200%2016%208%208%200%200%201%200-
16zm6.982%208.5I-2.727.001c-.105%202.62-1.041%204.745-
2.8%206.348a7.005%207.005%200%200%200%205.527-6.349zm-
8.756%206.273A7.005%207.005%200%200%201%203.018%2010.5I2.492.001c.103%202.58%201.012%204.678%202.716%
1.715-6.272c.112%202.582%201.104%204.584%202.989%206.043V10.5zm3.99%205.853L10.5%2010.5I2.754.001c-
.107%202.471-1.02%204.412-2.752%205.853zm.954-
13.203I.097.089c1.696%201.592%202.6%203.687%202.703%206.26h2.727a7.004%207.004%200%200%200-5.528-
6.349zm-3.445.136I.218-
.061C6.523%204.82%205.613%206.919%205.51%209.499H3.018A7.005%207.005%200%200%201%208.01%203.288zm2.4
.107-2.472-1.02-4.413-2.753-5.854zM6.51%209.499c.113-2.582%201.105-4.584%202.99-6.043v6.043z%22%20clip-
rule%3D%22evenodd%22/%3E%3C/svg%3E) !important; } .lt-dialog__enable-text__headline::before { background-

image:

url(!
!important; } .lt-dialog__language-unsupported__headline::before { background-image:
url(!
!important; } .lt-dialog__no-errors__headline::before { background-image:
url(

RISULTATI DI APPRENDIMENTO ATTESI

- Conoscenza e capacità di comprensione • Analizzare criticamente le teorie dell'apprendimento e del controllo motorio, valutandone l'applicabilità nella progettazione di programmi educativi (Obiettivo 1) • Capacità di ricercare, analizzare e citare informazioni scientifiche (Obiettivo 4) - Capacità di applicare conoscenza e comprensione • Progettare e implementare programmi educativi di educazione fisica, avvalendosi delle linee guida nazionali per il curricolo e adattandoli in base alle diverse età e contesti (Obiettivo 2) - Autonomia di giudizio • Valutare criticamente l'efficacia dei programmi educativi implementati, utilizzando dati provenienti dalla valutazione motoria (Obiettivo 3) • Sviluppare soluzioni originali per affrontare sfide e opportunità nell'ambito dell'educazione motoria, tenendo conto delle nuove evidenze scientifiche e delle esigenze degli studenti (Obiettivo 4) - Abilità comunicative • Valutare criticamente l'efficacia dei programmi educativi implementati, utilizzando dati provenienti dalla valutazione motoria e dalla ricerca scientifica (Obiettivo 3 e 4) • Sviluppare soluzioni innovative e adattative per affrontare sfide e opportunità nell'ambito dell'educazione motoria, tenendo conto delle nuove evidenze scientifiche e delle esigenze degli studenti (Obiettivo 2 e 3) - Capacità di apprendimento • Riflettere criticamente sull'esperienza e sull'apprendimento, identificando opportunità di miglioramento personale e professionale (Obiettivo 1 e 2)

OBBLIGO DI FREQUENZA

Obbligatoria online. Ai corsisti viene richiesto di visionare almeno l'80% delle videolezioni presenti in piattaforma.

ATTIVITÀ DIDATTICA EROGATIVA

Le attività di Didattica Erogativa (DE) consistono, per ciascun CFU, nell'erogazione di 6 videolezioni corredate di testo. Il format di ciascuna videolezione prevede il video registrato del docente che illustra le slide costruite con parole chiave e schemi esemplificativi. Il materiale testuale allegato a ciascuna lezione corrisponde a una dispensa (PDF) con le informazioni necessarie per la corretta e proficua acquisizione dei contenuti trattati durante la lezione.

AGENDA

In Informazioni Appelli nella home del corso per ogni anno accademico vengono fornite le date degli appelli

ATTIVITÀ DI DIDATTICA INTERATTIVA (DI)

Le attività di Didattica interattiva consistono, per ciascun CFU, in un'ora dedicata alle seguenti tipologie di attività: - Redazione di un elaborato - Partecipazione a una web conference - Partecipazione al forum tematico - Lettura area FAQ - Svolgimento delle prove in itinere con feedback

PROGRAMMA DIDATTICO: ELENCO VIDEOLEZIONI/MODULI

1) Apprendimento motorio 2) Piani e assi del movimento 3) Cenni di etimologia 4) Organizzazione degli organismi sportivi 5) Progetti di educazione fisica a scuola 6) Profili professionali in ambito motorio sportivo 7) Teoria dell'insegnamento dell'educazione fisica e sportiva 8) Indicazioni nazionali per il curriculum (infanzia e primo ciclo) 9) Indicazioni nazionali per il curriculum (secondo ciclo) 10) Schemi motori di base 11) Capacità motorie 12) Abilità motorie 13) Controllo motorio 14) Movimento umano 15) Comunicazione corporea e sport - 16) Variazione e variabilità 17) Senso-percezione 18) Postura ed equilibrio 19) Life skills 20) Special Olympics 21) I bisogni di movimento nelle diverse epoche della vita 22) Le linee guida dell'OMS 23) OKKIO alla salute 24) Motivazione e vissuto emotivo 25) La pratica fisico-motoria e sportiva nei contesti formali, informali e non formali 26) Dal gioco senso-motorio al gioco-sport 27) La didattica interdisciplinare in educazione fisica 28) La valutazione motoria 29) Le prove Movit 30) ABC movement 31) Eurofit e test dell'efficienza motoria 32) Test di valutazione delle capacità condizionali 33) TGM: abilità grosso motorie 34) Attività fisica adatta 35) La didattica delle attività motorie per la terza età: invecchiamento attivo e prevenzione delle cadute 36) La Performance analysis 37) Introduzione alla ricerca per le scienze motorie e sportive 38) I diversi tipi di ricerca 39) Progettazione sperimentale nella ricerca motorio-sportiva 40) Definire il problema e gli obiettivi di ricerca 41) Approfondimenti nella revisione della letteratura con banche dati 42) Formulare il metodo 43) Etica nella ricerca scientifica applicata 44) Principi di statistica parametrica nell'analisi dei dati 45) Principi di statistica non parametrica nell'analisi motorio-sportiva 46) Progettazione e analisi di questionari e sondaggi 47) Applicazioni pratiche delle scale di valutazione 48) Revisione da parte di esperti: peer review 49) Metodologie di valutazione dell'impatto della ricerca educativa motoria 50) Applicazioni pratiche del modello percezione-consapevolezza nella ricerca scientifica motorio-sportiva 51) Educazione psicomotoria in età scolastica 52) Attività motoria in presenza di disabilità - 53) Schema corporeo 54) Outdoor education 55) La ginnastica dolce 56) Pause attive 57) Esercizio fisico ed educazione motoria 58) Epistemologia delle scienze motorie e sportive 59) Il sistema di sorveglianza PASSI 60) La didattica delle attività motorie, preventive e compensative

TESTO CONSIGLIATO

Raiola G. Lineamenti di ricerca motorio sportiva. Nuove professioni, educazione fisica scuola primaria ed etimologia essenziale. Edizioni Iod, 2023 Raiola G. Elementi avanzati di Metodi e didattiche delle attività motorie (in corso di stampa)

OBIETTIVI FORMATIVI PER IL RAGGIUNGIMENTO DEI RISULTATI DI APPRENDIMENTO PREVISTI NELLA SCHEDA SUA

1. Far comprendere i principi avanzati dell'apprendimento motorio e le relative applicazioni del controllo motorio nonché le conoscenze avanzate delle teorie e dei metodi d'insegnamento dell'educazione fisica, motoria e sportiva in generale e classi d'età e differenti gruppi 2. Far comprendere i principi avanzati dell'esercizio fisico per la salute e il benessere e le relative applicazioni per lo sviluppo delle abilità motorie, in generale, per classi di età e tipologie di praticanti 3. Far progettare e condurre programmi di educazione fisica, motoria e sportiva avvalendosi delle linee guida per il curriculum del primo e secondo ciclo d'istruzione in generale e per differenti gruppi. 4. Far utilizzare l'avanzata valutazione motoria e funzionale e la basica ricerca motorio sportiva per il conseguimento delle competenze specifiche in campo fisico motorio sportivo. 5. Acquisire le principali tecniche e metodologie per condurre ricerca scientifica, definendo il metodo appropriato in base agli obiettivi specifici

MODALITÀ DI VERIFICA DELL'APPRENDIMENTO

L'esame può essere sostenuto sia in forma scritta che in forma orale. Gli appelli orali sono previsti nella sola sede centrale. L'esame orale consiste in un colloquio con la Commissione sui contenuti del corso. L'esame scritto consiste nello svolgimento di un test con 30 domande. Per ogni domanda lo studente deve scegliere una di 4 possibili risposte.

Solo una risposta è corretta. Sia le domande orali che le domande scritte sono formulate per valutare il grado di comprensione delle nozioni teoriche e la capacità di ragionare utilizzando tali nozioni. Le domande sulle nozioni teoriche consentiranno di valutare il livello di comprensione. Le domande che richiedono l'elaborazione di un ragionamento consentiranno di valutare il livello di competenza e l'autonomia di giudizio maturati dallo studente. Le abilità di comunicazione e le capacità di apprendimento saranno valutate anche attraverso le interazioni dirette tra docente e studente che avranno luogo durante la fruizione del corso (videoconferenze ed elaborati proposti dal docente).