



**7<sup>TH</sup> KAD "KIDS as DOLPHINS" APNEA ACADEMY Instructor Course**  
**7<sup>st</sup> KAD "KIDS as DOLPHINS" Master of Indoor Freediving Course**

**1<sup>st</sup> KAD "KIDS as DOLPHINS" APNEA ACADEMY INTERNATIONAL Instructor Course**

**PROGRAM**

**DAY 1 - THURSDAY 14th November 2019**

Theory workshop at Conference Room of Imperial Terme Grand Hotel – 1, Silvia Domini St. - Levico Terme (TN), Italy

TIME	TOPIC	SPEAKER
01:30 PM	CHECK-IN PARTICIPANTS	
02:00 PM	AAKAD PHILOSOPHY	Mr. FLAVIO FONTANA AAKAD TEACHING STAFF
02:30 PM	DIRECT EXPERIENCE WITH CHILDREN	Ms. ILARIA MOLINARI AAKAD TEACHING STAFF
03:15 PM	AAKAD DIDACTS	Ms. MATTIA MALARA AAKAD TEACHING STAFF
04:00 PM	REASONS TO BECOME AAKAD INSTRUCTOR	Mr. MATTEO ZANGONI AAKAD TEACHING STAFF
05:00 PM	AAKAD INSTRUCTOR CIVIL AND CRIMINAL LIABILITY	MR. FLAVIO FONTANA (LAWYER) AAKAD TEACHING STAFF
05:30 PM	FIRST AID RESPONDER AND PBLSD FOR KIDS	Mr. SILVIO BATTAINI AAKAD TEACHING STAFF
06:30 PM	COURSES OVERVIEW AND COMMUNITY EXPERIENCES	AAKAD TEACHING STAFF
07:00/07:30 PM	WORKSHOP END	



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### DAY 2 – FRIDAY 15th NOVEMBER 2019

Theory workshop at Conference Room of Imperial Terme Grand Hotel – 1, Silvia Domini St. - Levico Terme (TN), Italy

TIME	TOPIC	SPEAKER
08:00 AM	CHECK-IN PARTICIPANTS	
08:30 AM	SWIM LIKE DOLPHINS	Mr. MARCO MARDOLLO FINNING TECHNIQUES EXPERT
09:45 AM	KAD: A CHILD-FRIENDLY FREEDIVING PROJECT	Mr. JOSEPH PORRINO AAKAD PRESIDENT
11:00 AM	TEACH KIDS BREATHING	Ms. ANNA SEDDONE FREEDIVING BREATHING EXPERT
01:00 PM	LUNCH BREAK	
02:30 PM	ERROR AND CORRECTION OF ERROR	PROF. ANDREA CAMPARA, PH.D. PHYSICAL, EDUCATION AND SPORTS
03:45 PM	FROM CONTACT TO KEEP ATTENTION MANAGEMENT OF RELATIONSHIP AND HOW TO TALK TO KIDS	Ms. MARIA PERINA, PH.D. EDUCATIONAL PSYCHOLOGIST
05:00 PM	BEING A LITTLE MARINE BIOLOGIST: FOR YOUNG STUDENTS OF COURSE APNEA AAKAD	Ms. SARA VENTURINI, PH.D. Ms. SANDRA CAPITANIO, PH.D. BIOLOGIST
06:15 PM	TEACH KIDS EQUALISATION PLAYING WITH SOUNDS	Mr. ANDREA ZUCCARI FREEDIVING EQUALISATION EXPERT
07:00/07:30 PM	WORKSHOP END	



**DAY 3 - SATURDAY 16th November 2019**

**CONFERENCE "SCIENTIFIC ASPECTS OF YOUNG FREEDIVER  
PEDAGOGY AND DIDACTICS ELEMENTS FOR EFFECTIVE TEACHING OF  
SUBACQUATICITY IN CHILDHOOD " - 7th EDITION**

*(Mandatory for AAKAD Instructor course participants)*

TIME	TOPIC	SPEAKER
08:30 AM	CHECK-IN PARTICIPANTS	
09:00 AM	WELCOME OF ORGANISATION AND LOCAL AUTHORITIES	DR. NICOLA SPONSIELLO MR. JOSEPH PORRINO
09:30 AM	YOUNG FREEDIVER PHYSIOLOGICAL ADAPTATIONS TO FREEDIVING AND TO HYPOXIA	DR. DANILO CIALONI ODONTOLOGIST
09:30 AM TO 11:30 AM	BREATHING AND APNEA: TWO ASPECTS OF FREEDIVER USEFUL FOR WELLNESS	DR. ERIKA GARBELLA UNDERSEA AND HYPERBARIC DOCTOR
	UTILITY OF HEART RATE MONITORING	DR. CLAUDIO MARABOTTI CARDIOLOGIST, UNDERSEA AND HYPERBARIC DOCTOR
	HOW UNDERSTAND IF ALTERATION OF OCCLUSION PLANE CAN AFFECT MIDDLE EAR EQUALISATION	DR. DANILO CIALONI ODONTOLOGIST
	ARDUOUS EQUALISATION: WHAT TO DO GOOD EAR HYGIENE	DR. STEFANO CORREALE OTORHINOLARYNGOLOGIST DOCTOR
	HYDRATION AND PRE-POOL NUTRITION: METHODS AND CHOICES	DR. NICOLA SPONSIELLO NUTRITIONIST DOCTOR
	ROLE OF SPORT MEDICINE DOCTOR	DR. MAURIZIO SCHIAVON SPORT MEDICINE DOCTOR
11:30 AM	COFFEE BREAK	
11:30 AM	PANEL DISCUSSION, AUDIENCE QUESTIONS, DEBATE	
12:30 AM	LUNCH BREAK	
02:00 PM	CHILD'S POTENTIAL IN WATER	LORENZO MANFREDINI, PH.D. CHILD PSYCHOLOGIST
03:00 PM	RESEARCH OF EFFECTIVENESS, TEACHING ABOUT MOVEMENTS IN WATER	PROF. ANDREA CAMPARA, PH.D. PHYSICAL, EDUCATION AND SPORTS
04:00 PM	USE OF FUNCTION-SPACE AS ORIENTATION IN WATER	Ms. MARIA PERINA, PH.D. EDUCATIONAL PSYCHOLOGIST
05:00 PM	CONFERENCE END	
06:30 PM	LEVICO TERME PUBLIC SWIMMING POOL AAKAD INSTRUCTOR CANDIDATES TESTS	AAKAD TEACHING STAFF



**DAY 4 - SUNDAY 17th November 2019**

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TIME	TOPIC	SPEAKER
08:00 AM	CHECK IN AT LEVICO TERME PUBLIC SWIMMING POOL	
08:30 AM	BRIEFING: METHODOLOGY AND TEACHING PROCESS	MR. JOSEPH PORRINO AAKAD TEACHING STAFF
09:30 AM TO 12:00 AM	POOL: CONDUCTION AND EXPLANATION OF KIDS SUBACQUATICITY EXCERCISES	AAKAD TEACHING STAFF
01:00 PM	LUNCH BREAK IMPERIAL TERME GRAND HOTEL RESTAURANT	
02:30 PM	CONFERENCE ROOM IMPERIAL TERME GRAND HOTEL	
02:30 PM	FINAL EXAM / INTERVIEW CERTIFICATION CARD RELEASE	AAKAD EXECUTIVE COMMITTEE
05:00 PM	END OF INSTRUCTOR COURSE	