

<https://www.youtube.com/watch?v=jZRb6pLt1WI> L'ALLENAMENTO
<https://www.youtube.com/watch?v=vWzQbeHmGdQ> SCHEMI MOTORI
<https://www.youtube.com/watch?v=xRJ3XWHwdSM> LE CAPACITA' MOTORIE
https://www.youtube.com/watch?v=FW9kCbB4_UE LA COORDINAZIONE MOTORIA E L'EQUILIBRIO

https://www.youtube.com/watch?v=k2k_a-eiocI SISTEMA MUSCOLARE
<https://www.youtube.com/watch?v=qo2eFDk-ZIs> SISTEMA SCHELETRICO
<https://www.youtube.com/watch?v=madUk5q5NLE> L'APPARATO CARDIOCIRCOLATORIO
<https://www.youtube.com/watch?v=GMJ2Tzi1dt4> L'APPARATO SCHELETRICO
<https://www.youtube.com/watch?v=-GbB-MrtHnQ> L'APPARATO RESPIRATORIO

https://www.youtube.com/watch?v=Pr_ols0Azxo LA NUTRIZIONE
<https://www.youtube.com/watch?v=dougDzoFZyg> TECNICHE DI PRONTO SOCCORSO
<https://www.youtube.com/watch?v=YS3C0UApe70> LE DIPENDENZE
<https://www.youtube.com/watch?v=Vddd9et6Vs> PARAMORFISMI

<https://www.youtube.com/watch?v=QwF3jESBfUc> ATLETICA
<https://www.youtube.com/watch?v=gxgwKIppgLE> PALLAVOLO
<https://www.youtube.com/watch?v=7bpYNXWRo8U> PALLAMANO
<https://www.youtube.com/watch?v=X9MWh7AIUfQ> CALCIO
https://www.youtube.com/watch?v=P_ShgD14ZCs RUGBY
<https://www.youtube.com/watch?v=EABafvv8esQ> BASKET
https://www.youtube.com/watch?v=M9_IXh2x-vk ORIENTEERING
<https://www.youtube.com/watch?v=QwF3jESBfUc&t=7s> ATLETICA

<https://www.youtube.com/watch?v=H7mNsIVZuu8> STORIA DELL'ATLETICA
<https://www.youtube.com/watch?v=44vLzLuoaq0> STORIA DEL CALCIO
<https://www.youtube.com/watch?v=v-kvngygXIM> STORIA DEL RUGBY
<https://www.youtube.com/watch?v=DKPN9PkfnU> STORIA DEL NUOTO
https://www.youtube.com/watch?v=lfZ9oz_ty8c STORIA DEL BASKET
<https://www.youtube.com/watch?v=kpUz3TlaN-0> STORIA DEL VOLLEY
<https://www.youtube.com/watch?v=jYjvgIFFlbQ> STORIA DELLA BOXE
<https://www.youtube.com/watch?v=RQTYHuEfAm8> STORIA DEL TENNIS