



Public Competition for Admission to the Interuniversity Doctoral Research Programme in Exercise and Sport Sciences at the University of Milan a.y. 2021/2022.

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PUBLIC COMPETITION FOR ADMISSION TO THE INTERUNIVERSITY DOCTORAL RESEARCH PROGRAMME IN EXERCISE AND SPORT SCIENCES AT THE UNIVERSITY OF MILAN - A.Y. 2021/2022.

THE RECTOR

- Having regard to Italian Ministerial Decree No. 270, dated 22 October 2004, entitled "Amendments to Regulation No. 509 containing rules governing the educational autonomy of Universities, passed by a Decree of the Ministry for Universities and Scientific and Technological Research on 3 November 1999";
- Having regard to Article 4 of Italian Law No. 210, dated 3 July 1998, as amended by art. 19, paragraph 1, of Italian Law No. 240 dated 30 December 2010;
- Having regard to Italian Regional Law No. 33, dated 13 December 2004, entitled "Rules governing Regional measures to ensure the right to study at university", which makes provisions for services in favour of students enrolled in doctoral programmes;
- Having regard to Italian Ministerial Decree No. 45 dated 8 February 2013, "Regulation containing the accreditation methods of the locations and doctoral programmes and the criteria for the institution of doctoral programmes by accredited bodies";
- Having regard to the Exercise and Sport Sciences PhD programme agreement between the University of Milan (administrative headquarters) and *Università Cattolica del Sacro Cuore* dated 14 July 2021;
- Having regard to the collaboration with the Russian State University of Physical Education, Sports, Youth & Tourism for the Dual Doctoral programme "Exercise and Sport Sciences";
- Having regard to the note of Ministry of Universities and Research (MUR) protocol no. 7403 of 16 March 2021;
- Having regard to Ministerial Decree no. 970 of 23 July 2021, whereby the interuniversity PhD programme in Exercise and Sport Sciences was granted a five-year accreditation from the Ministry of University and Research (MUR), pursuant to Ministerial Decree 45/2013;

HEREBY DECREES

Art. 1 - Institution of the Doctoral Research Programme

The interuniversity doctoral research programme in Exercise and Sport Sciences is activated at the University of Milan *and Università Cattolica del Sacro Cuore* in collaboration with the Russian



State University of Physical Education, Sports, Youth & Tourism, for academic year 2021/2022 (37th cycle).

Public competition for admission to the above doctoral research programme, based on qualifications and exams, is hereby announced by the University of Milan; the table annexed to this decree, which is an integral part of this document, contains a brief description of the programme, the examination window and the link to the university (administrative headquarters) website where the research topics identified by the academic board, in line with the objectives of the programme, its research and educational focus, can be found. The criteria on which the selection of research topics is based are indicated in art. 21 of the University Regulations for doctoral study.

The number of scholarships may be increased should external funding become available before the deadline of the call for submission of applications.

Foreign candidates who are in receipt of scholarships issued by their country of origin may be admitted in excess of the enrolment quota if they pass the admission exams set out in this decree.

Art. 2 - Admission requirements

In order to apply for a place in the doctoral research programme, students must have a second cycle degree, an equivalent qualification, or an equivalent qualification by study level (*Master's Degree*) from a foreign University.

Employees of the companies listed in the table attached hereto, holding a *Laurea Magistrale* or an equivalent qualification from an international university (*Master's Degree*), may also apply.

The suitability of the foreign academic qualifications in terms of content is appraised by the Examining Committee of the doctoral programme, in compliance with the regulations in force in Italy and in the country in which the academic qualification was issued, and the international treaties or agreements pertaining to the conferment of qualifications for the continuation of studies.

Those without a second cycle degree may also apply, but admission to the doctoral research programme is subject to completing the second cycle degree by 31 October 2021, failing which they will be excluded from the programme.

Art. 3 - Application for admission

Applications must be submitted through the following procedure by no later than **2 pm on 1st October 2021**:

1. register onto the [the University portal](#) (administrative headquarters). This operation is not required of those already registered on the portal or in possession of University access credentials (graduands or those who graduated from the University of Milan less than a year ago);



2. Login and submit an application for admission to the Doctoral programme admission services - [Servizio di ammissione dottorati di ricerca](#);
3. Pay a non-refundable fee of € 50 for selection costs, within the deadline for admissions.

During the procedure applicants are required to **upload** the following **documents** as .pdf, .rtf or .jpg files, all under 10 MB:

- A. Diploma Supplement or Bachelor's/Master's diploma (or equivalent qualification obtained in Italy or abroad), with transcript of records. Upcoming graduates are required to submit a certificate of enrolment in lieu of the diploma. The documents must be in Italian, English, French, German or Spanish. This document is not required of graduates/upcoming graduates of the University of Milan since it will be acquired internally;
- B. CV, describing any professional experience and other qualifications held by the applicant;
- C. Research project (using [Form 1 attached hereto](#));
- D. Copy of passport (foreign applicants only);
- E. Any publications;
- F. [Annex A](#).

In addition to the above documentation, candidates who intend to apply for an industrial PhD place are required to fill out and upload [Annex B](#) attached hereto.

Non-EU candidates residing abroad are also required to submit an online application for pre-enrolment through [University](#), in order to obtain a student visa.

The online application cannot be modified or supplemented with further documentation once it has been confirmed.

Self-certifications are accepted in the cases and in accordance with the methods provided for by the laws in force.

Failure to submit any one of the above-mentioned documents (from A to C) will lead to exclusion from the competition.

Qualifications and scientific publications may be submitted in Italian or English.

In addition to the above documentation, the candidate may produce one or more reference letters, drafted according to [Form 2 attached hereto](#), from qualified persons who have had a role in their education. The reference letters in .pdf must be e-mailed directly by the referee(s) to the programme coordinator (see programme sheet for contact details). Reference letters are considered part of the candidate's curriculum and no point score is assigned to them.



Art. 4 - Candidates with disabilities

In order to ensure equal treatment of candidates, those holding a certificate of invalidity and/or of disability pursuant to Law 104/1992 may apply for accommodations to the COSP Disability Office (ausili.ammissioni@unimi.it) attaching the certificate issued by the competent public health office. Candidates holding outdated certificates are required to apply for an updated certificate, to be submitted after enrolment for the purposes of using disability accommodations as offered by the study programme.

Art. 5 - Candidates with SLD

In order to ensure equal treatment of candidates, those holding a Specific Learning Disorder (SLD) certificate issued by the National Health Service, a private affiliated centre, or a private specialist (with a compliance certificate from the competent health authority), pursuant to Law 170/2010, may apply for accommodations to the COSP SLD Office (ausili.ammissioni@unimi.it) attaching the certificate. If the SLD was diagnosed in childhood, and the certificate is over three years old, students should apply for an updated certificate, to be submitted after enrolment for the purposes of using SLD accommodations as offered by the study programme.

Art. 6 - Admission exam

Admission to the doctoral programme is through a public selection procedure involving the evaluation of qualifications and tests for the comparative assessment of candidates. An Examining Committee set up and appointed in compliance with current regulations will carry out the procedure.

The selection procedure aims to ascertain the qualifications, capacity and aptitudes of candidates for scientific research and their personal motivations. It is based on assessment of the **CV**, a **research project**, which may be inspired by the work of the second cycle degree thesis, and an **online interview**. The research project, which should be drafted using a standard model ([Form 1 attached hereto](#)), is only for selection purposes and does not limit the choice of doctoral thesis in the case of admission.

The CV and research project are assessed before the interview. The outcome of the assessment is available on the University (administrative headquarters) portal.

The CV is evaluated on the basis of the candidate's university studies, publications, professional experience and other qualifications, if any. A **maximum score of 20 points** can be assigned to the CV. In assigning the points the committees consider the statistical distribution of exam grades for the study programme courses, as well as the conditions and the period over which the candidate has obtained his/her qualifications.

A maximum of 10 points can be assigned to the **research project**.

Candidates who obtain a score of at least 50% of the maximum points obtainable for the CV and the research project can be called for interview.



The interview is public; the date will be posted to the University (administrative headquarters) portal following the assessment of qualifications. The aim is to verify the candidate's knowledge of the field of the doctorate. The interview includes a seminar-style presentation of the research project, followed by general discussion to verify the candidate's expertise, scientific qualities and motivations. A maximum of 70 points may be assigned to the interview.

The interview is conducted in Italian language, but candidates may ask to be interviewed in English. Anyway, English language proficiency will be assessed during the interview.

To sit for the tests, candidates must show one of the following identity documents: identity card; passport; driving licence (Italian).

The outcome of the tests will be communicated by the Committee at the end of the interview.

At the end of the tests, the Committee draws up a general ranking list according to the total score assigned to the candidates for their CV, research project and interview. **Candidates must obtain a minimum score of 70/100 to pass the admission exam.**

The ranking is published online on the [Postgraduate admission rankings page](#) in the days following the examinations.

The Committees must conclude their work no later than **20 October 2021**.

Art. 7 - Admission to the programmes

Applicants are admitted to the programme according to their position in the ranking list until the number of places available. Where applicants achieve the same score, preference will be given to the younger applicant, with the exception of the right of priority criterion for doctoral grants set forth in art. 9 of this call for applications. The ranking of eligible applicants will be published in the days following the interviews on the University (administrative headquarters) website [Postgraduate admission rankings page](#).

The ranking posted to the University website is equivalent to a notice. Therefore, admitted candidates will receive no written notice.

Applicants admitted to the programmes lose their entitlement if they fail to enrol by the deadline. Their place is then given to the next applicant in the ranking list. This also applies if an admitted applicant withdraws within three months of the beginning of the programme. If the withdrawing student has already received any monthly scholarship payments, he/she is required to return them. Takeover applicants will be contacted personally by email by the Doctoral Students Administration Office (*Segreteria Dottorati*), which will provide instructions and deadlines for enrolment.



Art. 8 - Enrolment

Applicants admitted to doctoral programmes can enrol online **from 25 October 2021 to 2pm on 29 October 2021** using the [SIFA enrolment service](#) and following the procedures published on the [University website](#) (administrative headquarters).

Upcoming graduates admitted to the PhD programme may not use the online enrolment service. They will have to download, print and fill out the enrolment form available on the website and submit it through the [InformaStudenti](#) service > Postgraduate > Doctoral research (PhD) by the enrolment deadline.

Upon graduation, to be achieved by 31 October 2021, the student will be required to notify the office by submitting a self-certification form through the [InformaStudenti](#) service. The form can be downloaded from the website of the student's University of origin

Candidates are admitted conditionally and may be excluded from the programme if they do not meet the requirements.

Students enrolled on PhD programme are required to pay the regional tax for education of € 140.00 and a stamp duty of € 16.00 annually. These amounts are deducted from the grant amount.

Those who give up the grant and foreign students who are recipients of grants awarded by their home country are required to pay an annual course admission and attendance fee of € 980.00, including regional tax and stamp duty.

Applicants with an invalidity equal to or greater than 66%, and/or with a disability pursuant to Law 104/92, may apply for a tuition and regional tax waiver. These students are only required to pay a €16.00 stamp duty.

Students who withdraw from the doctoral programme are not entitled to reimbursement of enrolment fees already paid.

Candidates holding a qualification obtained abroad are required to upload the following documents when completing the online enrolment process:

- Original diploma (Master of Science or equivalent) with a translation into Italian, French, English, German or Spanish;
- Italian tax ID code.

To complete enrolment, the following documents must be sent to the International Students Office, through the [Informastudenti](#) service, (<https://www.unimi.it/en/study/student-services/welcome-desk-informastudenti>) **by 30 November**:

- Statement of Validity (*Dichiarazione di Valore in Loco*) issued by the Italian Embassy, or Diploma Supplement, or certificate of comparability issued by CIMEA, or other declaration of validity issued by ENIC_NARIC centres;
- Student visa (only for non-EU citizens residing abroad);



- Valid residence permit (only for non-EU citizens).

Verification of the validity of foreign qualifications is made on submission of the official documents. Until then, candidates are admitted to the programme conditionally, and may drop off the ranking if they are found not to meet the requirements.

Art. 9 - Scholarships

The scholarship is granted, in accordance with and by the methods established by existing regulations, in line with the ranking list and consists of an annual gross sum of **€16,350.00**. The amount of the scholarship is exempt from IRPEF income tax in accordance with art. 4 of Italian Law no. 476 of 13 August 1984 but subject to social security contributions pursuant to article 2, paragraph 26 et seq., of Italian Law no. 335 of 8 August 1995 and subsequent amendments.

In the event of equal merit, the scholarships are assigned on the basis of the candidates' economic situation, as expressed by the indicator of equivalent economic situation (ISEE).

The regional study tax and a stamp duty will be deducted from the scholarship for a total sum of **€156.00**.

Scholarships have a yearly duration and are renewed if the Teaching Board promotes the doctoral student to the following year on the basis of yearly performance.

Starting from the second year, in addition to the scholarship and depending on the University's budgeted financial resources, each doctoral student is given an amount for research in Italy and abroad suited to the type of programme and in any case not less than 10% of the amount of the scholarship itself.

Art. 10 - Industrial PhD places

As part of the PhD programme in Exercise and Sport Sciences, some places are set aside for company employees in highly skilled positions, provided that they have passed the admission tests.

The companies and available places are listed in the sheet attached hereto.

The enrolment fee is **€ 156.00**, covering the regional tax for the right to an education and the stamp duty.

Starting from the second year, each PhD student is granted a budget for research activities in Italy and abroad that is adequate for their type of programme and in any case no less than 10% of the amount of the PhD scholarship.



Art. 11 - Obligations of Doctoral Students

The doctoral research programmes entail 1500 hours of training-education and research activities per year. The duties and rights of students are set out in art. 22 of the Regulations on doctoral research of the University of Milan.

Art. 12 - Awarding of Qualification

The qualification of Doctor of Philosophy, abbreviated to Dott.Ric. or Ph.D., is awarded jointly by the Rectors of the University of Milan and the *Università Cattolica del Sacro Cuore* in compliance with Ministerial Decree no. 45 dated 8 February 2013.

Art. 13 - Processing of personal data

Pursuant to Legislative Decree no. 196 of 30 June 2003, as amended by Legislative Decree no. 101 of 10 August 2018, as well as EU Regulation no. 679/2016 (General Data Protection Regulation, GDPR) the University undertakes to safeguard the confidential nature of the information provided by applicants; all data provided is processed solely for purposes related to the competition and possibly for managing the applicant's relationship with the University, in compliance with current legislation.

Art. 14 - Relevant regulations

Any items for which no specific provision has been made in this call for applications are regulated in accordance with Italian legislation and regulations governing doctoral research.

Art. 15 - Person in charge of the procedure and contacts

Pursuant to Law no. 241 of 7 August 1990, the person in charge of the present competition is dott.ssa Monica Delù (Head of Postgraduate Admissions and Student Public Relations Office). For further information please use the [Informastudenti](#) service, selecting the category: Postgraduates/Doctoral research students.

Milan, 29 July 2021

THE RECTOR
(Elio Franzini)



Doctoral Programme in Exercise and Sport Sciences

Learning Objectives

The PhD program aims to develop a solid research training in the field of Exercise, Sport and Health Sciences, through the development of knowledge and methodologies in the following areas: sport as a complex social phenomenon, élite sport (sport performance), sport for all/health.

The PhD program, within a transdisciplinary and international perspective, also intends to promote collaborations and synergies on current projects with national and international research groups and organizations that operate through innovative methodologies in the field of physical exercise, sport and health. The international vocation of the PhD is expressed in the involvement of foreign universities and the development of an international training network at a doctoral level providing opportunities for students' exchange and mobility.

Our aim is to increase knowledge, skills and experience in sport, exercise and health sciences through internationally excellent research in the themes of performance, adapted physical activity, sports and exercise psychology and pedagogy.

The main education goal consists in providing students with the essential knowledge and skills to reach high quality research activities required in the academic and private-public research context.

Students will be trained at planning and accomplishing original projects inspired by the principles of the hypothesis-driven and evidence-based research, grounding teaching, and of the Interpretative Phenomenological Analysis.

Academic disciplines

06/N (Healthcare, applied medical technology, physical exercise and sports science professions)

11/E (Psychology)

11/D (Pedagogy)

13/B (Business Economics)

14/C (Sociology)

08/D (Architectural Design)

Research topics

Research topics may be viewed on the [University website](#) (administrative headquarters)

Duration

3 years



Places available

9

Scholarships

2 University of Milan

1 *Università Cattolica del Sacro Cuore*

1 funded by Progetto Design & Build Srl for the project: *"UP150" programme to create integrated solutions for the design of work environments and approaches that help people maintain and improve their psycho-physical well-being and fitness level"*.

Industrial PhD places pursuant to art. 11 of Ministerial Decree 45/2013:

1 for employees of Saga Group Srl for the project *"Analysis and interpretation of the psychosocial skills of sports coaches (team sports)"*;

1 for employees of AC Milan SpA for the project *"Career transitions in young athletes: risks and resources"*;

1 for employees of Soccerment Srl for the project *"Developing technologies and methods of analysis for the functional evaluation of performance in soccer"*;

1 for employees of Tecnobody Srl for the project *"The use of adaptive speed technology on treadmills: from evaluation to high-intensity interval training protocols"*;

1 for employees of Isokinetic Milano srl for the project *"Optimization of the Functional Recovery Process Following Achilles Tendon Rupture"*.

Doctoral programme coordinator

Prof. Caterina Gozzoli, full professor in scientific-disciplinary sector 11/E3 at the University Cattolica del Sacro Cuore (caterina.gozzoli@unicatt.it).

Admission requirements

All classes of Master's degrees.

Doctoral programme selection phases - Exercise and Sport Sciences

Qualification assessment date

The assessment will take place on 7 October 2021.
The assessment outcome will be posted to the University website (administrative headquarters) by the interview start date.

Interviews

Online interviews will be held from 12 to 18 October 2021.



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The interview can be in Italian or English, at the candidate's choice. English language proficiency will be assessed anyway.

Exam procedures, the calendar with interview dates and times, and the title of the candidate's project will be posted to the University website (administrative headquarters).

Online posting is equivalent to a notice to the persons concerned.

Annex A

DICHIARAZIONE SOSTITUTIVA DI ATTO NOTORIO

Self-drafted affidavit
(art. 47 del DPR n° 445/2000)
(art. 47 Presidential Decree no. 445/2000)

Il sottoscritto/the undersigned

cognome/surname _____ nome/name _____

nato a/born in _____ il/on _____

consapevole delle sanzioni penali richiamate dall'articolo 76 del Dpr 445/2000 in caso di
dichiarazioni non veritiere e falsità in atti

aware that making false statements and submitting false documents are crimes punishable by law
(articles 75 and 76 of the Presidential Decree no. 445/2000)

**dichiara sotto la propria personale responsabilità
declares under his/her own responsibility**

che le pubblicazioni/ i titoli sotto elencati, prodotti in copia tramite upload, sono conformi
all'originale:

that the publications and the qualifications listed below, produced as copies, comply with the
originals:

Milan, _____

Data/date

Firma/Signature

Ai sensi dell'art. 3 del DPR 445/2000 l'autocertificazione può essere utilizzata solo dai cittadini appartenenti all'Unione Europea. I cittadini non europei devono produrre documenti originali o in copia autenticata secondo la normativa vigente.

Pursuant to art. 3 of Presidential Decree no. 445/2000, only EU citizens are entitled to use this form. Non-EU citizens must submit the original documentation or photocopies authenticated in compliance with the laws in force.

Annex B

FOR AN INDUSTRIAL PHD PLACE

DICHIARAZIONE SOSTITUTIVA DI ATTO NOTORIO

Self drafted affidavit
(art. 47 del DPR n° 445/2000)
(art. 47 Presidential Decree n. 445/2000)

Il sottoscritto/the undersigned

cognome/surname _____ nome/name _____

nato a/born in _____ il/on _____

consapevole delle sanzioni penali richiamate dall'articolo 76 del Dpr 445/2000 in caso di dichiarazioni non veritiere e falsità in atti

aware that providing false data and using fake documents are crimes punishable by law (art. 75 and 76 of the Presidential Decree n. 445/2000)

**dichiara sotto la propria personale responsabilità
declares under his/her own responsibility**

che al momento della presentazione della domanda di ammissione al presente bando risulta essere dipendente dell'Azienda/Ente

that at the time of submitting the application for admission to this call for applications, he/she is an employee of the Company

che le pubblicazioni/ i titoli sotto elencati, prodotti in copia tramite upload, sono conformi all'originale:

that the publications and the qualifications listed below, produced as copies, comply with the originals:

Milano, _____

Data/date

Firma/Signature

Form 1

PROGETTO DI RICERCA / RESEARCH PROJECT

Cognome e nome del candidato
Applicant's Full Name

Corso di dottorato
PhD

1) Titolo del progetto / Project title

2) Sommario / Abstract

3) Obiettivi e rilevanza dei risultati ottenibili nel contesto dello stato dell'arte / Project aims and their relevance in the context of the state of the art

4) Descrizione del progetto / project description

5) Bibliografia / References

Il progetto dovrà avere almeno 2.000 e non più di 4.000 parole, bibliografia esclusa.

The project should have at least 2,000 and no more than 4,000 words, excluding references.

Form 2

REFEREE FORM

Applicant's Name		PhD	
-------------------------	--	------------	--

To be completed in all areas

Referee's name		Position/Title	
Institution/Company			
Address		City	
Zip code		Country	
Phone contact		Email	
Date			

On the following scale, please rank the applicant against other students in comparable fields and indicate the comparison group used.

Bottom 50%	Top 50%	Top 25%	Top 10%	Top 5%	Top 2%

Please rate this applicant in overall promise for the doctorate (check one)

Unable to evaluate	Below Average	Average	Good	Outstanding	Exceptional

Give your comments here

(Your personal evaluation about the candidate)
