



UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2018/19
BACHELOR
Exercise, Sport and Health Sciences (Classe L-22)
Enrolled from 2018/2019 academic year

HEADING

Degree classification - Denomination and code:	L-22 Physical education and sport
Degree title:	Dottore
Length of course:	3 years
Total number of credits required to complete programme:	180
Years of course currently available:	1st
Access procedures:	Cap on student, student selection based on entrance test
Course code:	Z05

PERSONS/ROLES

Head of Study Programme

Prof. Giampietro Alberti

Tutors - Faculty

Prof.ssa Paola Brocca, Dott. Emiliano Cè, Dott. Roberto Codella, Dott.ssa Eloisa Limonta, Dott. Stefano Longo

Degree Course website

<http://www.scienzemotorie.unimi.it>

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CHARACTERISTICS OF DEGREE PROGRAMME

General and specific learning objectives

The specific objective of the degree in "Exercise Sciences, Sports and Health" is providing competences concerning the understanding, the design, the management, the performing of physical and sports activities in public and private sites, individually or in groups, aiming at development, maintaining, and recovery of physical abilities, and their related psycho-physical wellness.

Acquired skills and competences

Graduates should know the tools and methods of the functional evaluation of movement; the effects of training regimes and nutrition on motor preparation and on health.

Graduates should be able to apply this knowledge they have acquired in order to engage in relations with individuals of different ages, abilities, genders and social conditions; to plan both individual and group motor activities in different natural or indoor environments; to manage facilities and handle sports equipment; to raise awareness in users of the potential risks connected with the adoption of doping substances as well as the risks connected with motor and sports activities.

Professional profile and employment opportunities

Graduates will be able to get into the labour market immediately, likewise they will be getting access to master degree courses or other specific orientated-master courses.

Major professional outcomes are as follows:

- educators to prevent conditions representing a health threat like sedentarity, overweight, obesity;
- leisure- and sports-organizers for people of different ages (adolescence, adulthood, senescence);
- personal trainers skilled in the planning and managing of training programmes;
- educators for coaching physical- and sports-activities by means of specific devices and tools (fitness -, wellness -), personal and group-trainers themselves;
- press communicators in sports media and information;

- counselling in sports-organizations, -societies, -managers, fitness centers owners, private and public sports clubs;
- counselling for sports-facilities, -equipments and organization of local sports activities.

EXPERIENCE OF STUDY ABROAD AS PART OF THE TRAINING PROGRAM

The University of Milan supports the international mobility of its students, offering them the opportunity to spend periods of study and training abroad, a unique opportunity to enrich their curriculum in an international context.

Study and internships abroad

Within the Erasmus+ project, the School of Sport Sciences offers to its Bachelor's students in Sport and Health Sciences to spend part of their time for academic formation by one among fifteen prestigious European partner universities localised in Spain, Portugal, France, Austria, Norway and Poland. Erasmus students will have from 2 to a maximum of 12 month each cycle for their Erasmus formation. Remarkably, some University require a certificate demonstrating the level of student's language competence, which is compulsory for admission. During Erasmus, students will have the possibility to attend courses included in their academic curriculum and integrate their formation with alternative and optional courses that are typical of the University geographical contest (e.g. water-base sport, diving, sailing, trekking, skiing...). Alternatively, students could choose for a research-oriented experience and being actively involved in research programs useful for their thesis preparation. They could also have the possibility to perform their external training in centres agreed upon the partner University. Once back to the University of Milan, the passed exams and their relative credits will be integrated in the students' study plan, after ECTS/CFU conversion.

How to participate in Erasmus mobility programs

To gain access to mobility programs for study purposes, lasting 3-12 months, the enrolled students of the University of Milan must attend a public selection that starts usually around the month of February each year through the presentation of specific competition announcements, which contain information on available destinations, respective duration of the mobility, requirements and deadlines for submitting the online application.

The selection, aimed at evaluating the proposed study abroad program of the candidate, knowledge of a foreign language, especially when this is a preferential requirement, and the motivations behind the request, is performed by specially constituted commissions.

Each year, before the expiry of the competition announcements, the University organises information sessions for the specific study course or groups of study courses, in order to illustrate to students the opportunities and participation rules.

To finance stays abroad under the Erasmus + program, the European Union assigns to the selected students a scholarship that - while not covering the full cost of living abroad - is a useful contribution for additional costs as travel costs or greater cost of living in the country of destination.

The monthly amount of the communitarian scholarship is established annually at national level; additional contributions may be provided to students with disabilities.

In order to enable students in economic disadvantaged conditions to participate in Erasmus+ program, the University of Milan assigns further additional contributions; amount of this contributions and criteria for assigning them are established from year to year.

The University of Milan promotes the linguistic preparation of students selected for mobility programs, organising every year intensive courses in the following languages: English, French, German and Spanish.

The University in order to facilitate the organisation of the stay abroad and to guide students in choosing their destination offers a specific support service.

More information in Italian are available on www.unimi.it > Studenti > Studiare all'estero > Erasmus+

For assistance please contact:

Ufficio Accordi e relazioni internazionali

via Festa del Perdono 7 (ground floor)

Tel. 02 503 13501-12589-13495-13502

Fax 02 503 13503

E-mail: mobility.out@unimi.it

Desk opening hour: Monday-friday 9 - 12

1st COURSE YEAR Core/compulsory courses/activities common				
Distribution	Learning activity	Teaching units/modules	Ects	Sector

annuale	ANATOMIA E MORFOLOGIA UMANA APPLICATA		10	BIO/16
annuale	BIOLOGIA, CHIMICA E BIOCHIMICA GENERALE		9	BIO/10, BIO/13
annuale	BASI MOTORIE DELLA GINNASTICA		6	M-EDF/02
annuale	PEDAGOGIA GENERALE E APPLICATA ALLE SCIENZE MOTORIE		10	M-PED/01
annuale	SPORT DI SQUADRA: CALCIO, PALLACANESTRO E PALLAVOLO (tot. credits: 16)	(1 semestre)	6	M-EDF/02
		(2 semestre)	5	M-EDF/02
		(2 semestre)	5	M-EDF/02
1 semestre	TEORIA E METODOLOGIA DEL MOVIMENTO UMANO		6	M-EDF/01, M-EDF/02
1 semestre	PSICOLOGIA APPLICATA ALLE SCIENZE MOTORIE		6	M-PSI/02
2 semestre	LINGUA STRANIERA INGLESE		3	L-LIN/12
Total compulsory credits			66	

2nd COURSE YEAR (active from the academic year 2019/20) Core/compulsory courses/activities common

Distribution	Learning activity	Teaching units/modules	Ects	Sector
annuale	DIDATTICA DEL MOVIMENTO UMANO		8	M-EDF/01, M-EDF/02
annuale	FISICA, BIOMECCANICA E CHINESIOLOGIA ARTICOLARE		9	BIO/09, FIS/07, MED/34
annuale	NUOTO		8	M-EDF/01, M-EDF/02
1 semestre	BIOCHIMICA APPLICATA AL MOVIMENTO		6	BIO/10, BIO/12
1 semestre	LEGISLAZIONE ED ECONOMIA APPLICATA ALLE SCIENZE MOTORIE		8	SECS-P/07, IUS/01
2 semestre	FISIOLOGIA NEUROMUSCOLARE ED ENDOCRINOLOGIA		9	MED/13, BIO/09
2 semestre	BASI DI NUTRIZIONE APPLICATA ALLO SPORT		6	MED/49
Total compulsory credits			54	

3rd COURSE YEAR (active from the academic year 2020/21) Core/compulsory courses/activities common

Distribution	Learning activity	Teaching units/modules	Ects	Sector
annuale	ATLETICA LEGGERA		8	M-EDF/02
annuale	FISIOLOGIA UMANA E DELL'ESERCIZIO		9	BIO/09
annuale	TECNOLOGIE DELLO SPORT E FITNESS (tot. credits: 8)		5	M-EDF/02
		(2 semestre)	3	M-EDF/02
1 semestre	MEDICINA DELLO SPORT E TRAUMATOLOGIA		6	MED/33, MED/09
2 semestre	TEORIA E METODOLOGIA DELL'ALLENAMENTO		9	M-EDF/02
Total compulsory credits			40	

Other learning activities chosen by the student

annuale	DIDATTICA APPLICATA ALLA SCUOLA PRIMARIA		6	M-EDF/02
annuale	CORSO BASE BASEBALL E SOFTBALL		6	M-EDF/02
annuale	PALLAVOLO DI ALTO LIVELLO		6	M-EDF/02
annuale	DIDATTICA DEL FITNESS MUSICALE E COLLETTIVO		6	M-EDF/02
annuale	GINNASTICA SPORTIVA		6	M-EDF/02
annuale	SPORT DI COMBATTIMENTO: JUDO		6	M-EDF/02
annuale	INTRODUZIONE ALLA MATCH ANALYSIS		6	M-EDF/02
annuale	PERSONAL TRAINER		6	M-EDF/02
annuale	RUGBY		6	M-EDF/02
annuale	ARRAMPICATA SPORTIVA		6	M-EDF/02
annuale	TENNIS		6	M-EDF/02

Final learning activities

	PROVA FINALE		5	
	TIROCINI E ATTIVITA' PRATICHE		3	
Total compulsory credits			8	

COURSE PROGRESSION REQUIREMENTS

The course contains the following obligatory or advised prerequisites

Learning activity	Prescribed foundation courses	O/S
BIOCHEMISTRY APPLIED TO THE MOVEMENT	BIOLOGY, CHEMISTRY AND GENERAL BIOCHEMISTRY	Core/compulsory
NEUROMUSCULAR PHYSIOLOGY AND ENDOCRINOLOGY	APPLIED HUMAN ANATOMY AND MORPHOLOGY	Core/compulsory
HUMAN AND EXERCISE PHYSIOLOGY	APPLIED HUMAN ANATOMY AND MORPHOLOGY	Core/compulsory
	NEUROMUSCULAR PHYSIOLOGY AND ENDOCRINOLOGY	Core/compulsory
SPORTS MEDICINE AND TRAUMATOLOGY	APPLIED HUMAN ANATOMY AND MORPHOLOGY	Core/compulsory
	NEUROMUSCULAR PHYSIOLOGY AND ENDOCRINOLOGY	Core/compulsory
	HUMAN AND EXERCISE PHYSIOLOGY	Core/compulsory