



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2019/20**  
**BACHELOR**  
**Exercise, Sport and Health Sciences (Classe L-22)**  
**enrolled from 2018/2019 academic year**

### **HEADING**

<b>Degree classification - Denomination and code:</b>	L-22 Physical education and sport
<b>Degree title:</b>	Dottore
<b>Length of course:</b>	3 years
<b>Total number of credits required to complete programme:</b>	180
<b>Years of course currently available:</b>	1st , 2nd
<b>Access procedures:</b>	Cap on student, student selection based on entrance test
<b>Course code:</b>	Z05

### **PERSONS/ROLES**

#### **Head of Study Programme**

Prof. Giampietro Alberti

#### **Tutors - Faculty**

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

#### **Expected learning outcomes**

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.

#### **Notes**

In order to get their degree, students are required to certify their knowledge of the English language at the B1 level. This level can be certified in one of the following ways:

· By submitting their language certificate, taken no more than 3 years before its submittal and attesting a B1 or higher level (for the list of the language certificates which are accepted by the University of Milan, please refer to the website: <http://www.unimi.it/studenti/100312.htm>). Students can submit their language certificate during the immatriculation procedure or send it to the Language Centre of the University of Milan (SLAM) via the Infostudente service.

· By sitting the placement test run by SLAM, during the first year exclusively, from September to December. Should they not pass the Placement Test, students will have to attend the English language course organized by SLAM. All students who do not have a valid language certificate must sit the Placement Test. Those students who do not sit the Placement test by December or do not pass the end of course test in one of the 6 attempts granted will have to get a language certificate outside the University of Milan within their degree.

## **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 months each cycle for their Erasmus formation. Remarkably, some Universities 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 context (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 these 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](http://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

<b>1st COURSE YEAR Core/compulsory courses/activities common</b>		
Learning activity	Ects	Sector
APPLIED HUMAN ANATOMY AND MORPHOLOGY	10	BIO/16
BIOLOGY, CHEMISTRY AND GENERAL BIOCHEMISTRY	9	(6) BIO/10, (3) BIO/13
English assessment B1 (3 ECTS)	3	L-LIN/12
FOUNDATIONS OF PHYSICAL EDUCATION	6	M-EDF/02
GENERAL PEDAGOGY IN SPORT SCIENCES	10	M-PED/01
HUMAN MOVEMENT THEORY AND METHODOLOGY	6	M-EDF/01, M-EDF/02
PSYCHOLOGY APPLIED TO EXERCISE SCIENCES	6	M-PSI/02
TEAM SPORTS: FOOTBALL, BASKETBALL, VOLLEYBALL	16	M-EDF/02
Total compulsory credits		66
<b>2nd COURSE YEAR Core/compulsory courses/activities common</b>		
Learning activity	Ects	Sector
BIOCHEMESTRY APPLIED TO THE MOVEMENT	6	(3) BIO/10, (3) BIO/12
DIDACTICS OF HUMAN MOVEMENT	8	M-EDF/01, M-EDF/02
LAW AND ECONOMICS APPLIED TO EXERCISE AND SPORT SCIENCES	8	(4) SECS-P/07, (4) IUS/01
NEUROMUSCULAR PHYSIOLOGY AND ENDOCRINOLOGY	9	(3) MED/13, (6) BIO/09
NUTRITIONAL BASES IN SPORT	6	MED/49
PHYSICS, BIOMECHANICS AND ARTICULAR KINESIOLOGY	9	(3) BIO/09, (3) FIS/07, (3) MED/34
SWIMMING	8	M-EDF/01, M-EDF/02
Total compulsory credits		54
<b>3rd COURSE YEAR (available as of academic year 2020/21) Core/compulsory courses/activities common</b>		
Learning activity	Ects	Sector
ATHLETICS	8	M-EDF/02
HUMAN AND EXERCISE PHYSIOLOGY	9	BIO/09
SPORTS MEDICINE AND TRAUMATOLOGY	6	(3) MED/33, (3) MED/09
SPORTS TECHNOLOGIES AND FITNESS	8	M-EDF/02
TRAINING THEORY AND METHODOLOGY	9	M-EDF/02
Total compulsory credits		40
<b>Further elective courses</b>		
	6	M-EDF/02
APPLIED DIDACTIC TO PRIMARY SCHOOL	6	M-EDF/02
BASEBALL AND SOFTBALL: BASIC, PRACTICE AND TEACHING	6	M-EDF/02
ELITE VOLLEYBALL	6	M-EDF/02
FITNESS AND MUSIC	6	M-EDF/02
GIMNASTICS	6	M-EDF/02
JUDO	6	M-EDF/02
MATCH ANALYSIS INTRODUCTIONS	6	M-EDF/02
PERSONAL TRAINER	6	M-EDF/02
RUGBY	6	M-EDF/02
SPORT CLIMBING	6	M-EDF/02
TENNIS	6	M-EDF/02
<b>End of course requirements</b>		
FINAL TEST	5	NA
TRAINING/STAGES	3	NA
Total compulsory credits		8

## COURSE PROGRESSION REQUIREMENTS

The course contains the following obligatory or advised prerequisites

Learning activity	Prescribed foundation courses	O/S
BIOCHEMESTRY 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