



UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2021/22
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 , 2nd , 3rd
Access procedures:	Cap on student, student selection based on entrance test
Course code:	Z05

PERSONS/ROLES

Head of Study Programme

Prof. Giovanni Michielon

Tutors - Faculty

Prof.ssa Paola Brocca (Tutor per l'orientamento)
Prof. Emiliano Cè (Tutor per la mobilità internazionale e l'Erasmus)
Prof.ssa Eloisa Limonta (Tutor per stage e tirocini)
Prof. Roberto Codella (Tutor per stage e tirocini)
Prof. Stefano Longo (Tutor per piani studio)

Degree Course website

<https://scienzemotorie.cdil.unimi.it/it>

Via A. Kramer 4/a - Milano Phone +39 02 5031 5156 Ricevimento telefonico: dal lunedì al venerdì dalle 10.00 alle 12.00

Sportello studenti: lunedì, martedì e giovedì dalle 10.00 alle 12.00 <https://www.unimi.it/it/corsi/facolta-e-scuole/scienze-motorie>

Email: didattica.scienzemotorie@unimi.it

Via Santa Sofia 9/1- Milano Phone +39 02 5032 5032 <https://www.unimi.it/it/node/359/>

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 international mobility by providing its students with the opportunity to spend study and internship periods abroad. It is a unique chance to enrich your educational path in a new exciting environment.

The agreements entered into by the University with over 300 universities from the 27 EU member countries and other Extra-EU countries under the European Erasmus+ programme allow regularly enrolled students to carry out part of their studies at one of the partner universities or to undertake internships at companies, training and research centres and other organizations.

Similar international mobility opportunities are provided outside Europe, through agreements with a number of prestigious institutions.

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, Hungary, Poland and Turkey. 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

How to participate in Erasmus+ mobility programmes

The students of the University of Milan can participate in mobility programmes, through a public selection procedure.

Ad hoc commissions will evaluate:

- Academic career
- the candidate's proposed study programme abroad
- his/her foreign language proficiency
- the reasons behind his/her application

Call for applications and informative meetings

The public selection generally begins around February each year with the publication of a call for applications specifying the destinations, with the respective programme duration (from 2/3 to 12 months), requirements and online application deadline.

Every year, before the deadline for the call, the University organizes informative meetings to illustrate opportunities and rules for participation to students.

Erasmus+ scholarship

The European Union grants the winners of the Erasmus+ programme selection a scholarship to contribute to their mobility costs, which is supplemented by the University funding for disadvantaged students.

Language courses

Students who pass the selections for mobility programmes can benefit from intensive foreign language courses offered each year by the University.

Learn more at <https://www.unimi.it/en/international/study-abroad/studying-abroad-erasmus>

For assistance, please contact:

International Mobility Office

Via Santa Sofia 9 (second floor)

Tel. 02 503 13501-12589-13495-13502

Contacts: InformaStudenti mobility.out@unimi.it

Student Desk booking through InformaStudenti

1st COURSE YEAR Core/compulsory courses/activities common		
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	ND
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
2nd COURSE YEAR Core/compulsory courses/activities common		
Learning activity	Ects	Sector
BIOCHEMISTRY 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
3rd COURSE YEAR Core/compulsory courses/activities common		
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
Further elective courses		
ADVANCED BASKETBALL	6	M-EDF/02
APPLIED DIDACTIC TO PRIMARY SCHOOL	6	M-EDF/02
ATHLETIC TRAINING AND FUNCTIONAL RE-EDUCATION FOR DANCER	6	M-EDF/02
BASEBALL AND SOFTBALL: BASIC, PRACTICE AND TEACHING	6	M-EDF/02
BOXING PERFORMANCE	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
Sports communication: ethical and cultural aspects	6	M-EDF/02
TENNIS	6	M-EDF/02
YOGA: BODY, MIND, BREATH	6	M-EDF/02
End of course requirements		

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