



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2024/25**  
**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 , 3rd
<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. Stefano Longo

#### **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. Matteo Bonato (Tutor per stage e tirocini)  
Prof. Stefano Longo (Tutor per piani studio)

#### **Degree Course website**

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

#### **Academic Services Office**

Centro Sportivo Comunale Cernusco sul Naviglio (Mi) – Via Michelangelo Buonarroti , 44 - Via Giuseppe Colombo 71 Milano  
Phone +39 02 5032 7103 Ricevimento in presenza su appuntamento scrivendo all'indirizzo [didattica.scienzemotorie@unimi.it](mailto:didattica.scienzemotorie@unimi.it)  
<https://www.unimi.it/it/corsi/facolta-e-scuole/scienze-motorie> Email: [didattica.scienzemotorie@unimi.it](mailto:didattica.scienzemotorie@unimi.it)

**Prof Paola Brocca (Orientation Tutor) Prof Emiliano Cè (Study Abroad and Erasmus Tutor) Prof Eloisa Limonta (Internship Tutor) Prof Roberto Codella (Internship Tutor) Prof Stefano Longo (Academic Advising Tutor)**

#### **Student registrar**

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.

### **Initial knowledge required**

Qualifications and knowledge required for access:

These are the requirements for admission into this Degree Programme:

- level II secondary-school diploma
- current and valid medical certificate permitting participation in high-cardiovascular intensity sport, issued pursuant to Art. 4 of the 24/04/2013 Ministerial Decree” (with the following tests administered: basal and after-exertion EKG, spirometry, urinalysis).

Admitted students who enrol in the degree programme will be required to submit the above-described medical certificate, which must state it is valid for the entire academic year.

Students are responsible for submitting a new certificate when the prior one expires.

Failure to submit a renewal will bar the student from attending lectures and from sitting for any exam.

Instructions on how to submit a medical certificate for those candidates taking the admission test are provided in the call for applications.

Assessment methods:

A written, multiple-choice quiz is administered to those seeking admission into this degree programme.

The quiz is administered by CISIA (Inter-University Admissions Consortium - <https://www.cisiaonline.it/>) using the TOLC-F (Online CISIA Test), and includes questions on biology, chemistry, physics, maths, logic, and English. (For more details on the topics tested, please review the test rubric, available on: <https://www.cisiaonline.it/area-tematica-tolc-cisia/home-tolc-generale/>).

Complete information on the testing calendar, method of administration, and registration steps can be found in the call for applications, available at: <https://www.unimi.it/it/corsi/corsi-di-laurea/scienze-motorie-sport-e-salute>.

Additional learning requirements (OFA) and remedial coursework

Those newly enrolled students who fall short of the minimum Introductory Mathematics requirements appearing in the call for applications will be assigned additional learning requirements.

These OFA must be completed during the first year of study through coursework required by the University.

Should the student fail to satisfy these OFA during their first year, they must enrol as a repeater the following academic year.

### **Compulsory attendance**

Attendance of all coursework, and all internship activities, is mandatory. To be allowed to sit for the for-credit exam, students must have attended at least 70% of the educational programming contemplated for each course.

Students who receive an incomplete in any individual class due to low attendance may complete the class in the following academic year.

The Academic Board will determine, on a case-by-case basis, whether the incomplete would require the student to enrol as a repeater, subject to general university regulations on enrolling in a programme year on an on- or off-track basis.

### **Internship criteria**

This programme includes a mandatory 3 CFU internship.

Students may fulfil this requirement in one of two ways:

- completing an internship which lasts 75 or more hours
- submitting a request for training / pre-professional work to be accepted for credit, pursuant to a specific set of regulations.

Internships may be completed during or after the second semester of the second year.

### **Degree programme final exams**

Once the required 175 academic credits have been earned as contemplated under these rules, the student will be eligible for the final examination to earn their degree.

Pursuant to the general rules as dictated by the Regulation for this degree programme (which should be consulted for all other related rules and provisions), the final exam consists of the student's defence of a thesis written on a topic related to their study plan.

The thesis topic is chosen from amongst those subjects covered during their course of study, and is selected by agreement with an instructor from the student's programme, who will then guide the student in their writing, and act as thesis supervisor.

The maximum points available in the final exam is 8.

## Notes

In order to obtain their degree, students must be proficient in English at a B1 level under the Common European Framework of Reference for Languages (CEFR). This proficiency level may be certified as follows:

- By submitting a language certificate attesting B1 or higher level in English and issued no more than three years before the date of submission. You will find the list of language certificates recognized by the University at: <https://www.unimi.it/en/node/297/>). The certificate must be uploaded during the enrolment procedure, or subsequently to the portal <http://studente.unimi.it/uploadCertificazioniLingue>;

- By taking a placement test offered by the University Language Centre (SLAM) between October and December of the first year (or in January for single-cycle programmes). Students who fail the test will be required to take a SLAM course.

The placement test is mandatory for all those who do not hold a valid certificate attesting to B1 or higher level.

Those who have not taken the placement test by the end of December (end of January for single-cycle programmes) or fail the end-of-course exam six times must obtain the necessary certification privately before graduating.

## **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 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 for Erasmus+ mobility for study generally begins around February each year with the publication of a call for applications specifying destinations and requirements. Regarding the Erasmus+ Mobility for Traineeship, the University of Milan usually publishes two calls a year enabling students to choose a destination defined by an inter-institutional agreement or to find a traineeship position on their own.

The University organizes informative meetings to illustrate mobility opportunities and rules for participation.

Erasmus+ scholarship

The European Union grants the winners of the Erasmus+ programme selection a scholarship to contribute to their mobility costs, which may be 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 Language Centre (SLAM).

<https://www.unimi.it/en/node/8/>

Learn more at <https://www.unimi.it/en/node/274/>

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](mailto:mobility.out@unimi.it)  
 Student Desk booking through InformaStudenti

<b>1st COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
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
<b>2nd COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
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
<b>3rd COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
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
ADVANCED BASKETBALL	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
JUDO	6	M-EDF/02
MATCH ANALYSIS INTRODUCTIONS	6	M-EDF/02
Olympic Weightlifting Coach	6	M-EDF/02
PERSONAL TRAINER	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
<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*

<b>Learning activity</b>	<b>Prescribed foundation courses</b>	<b>O/S</b>
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