



UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2018/19
MASTER DEGREE
Individual and Team Sport Science (Classe LM-68)
enrolled from 2014/2015 academic year

HEADING

Degree classification - Denomination and code:	LM-68 Sport science and technology
Degree title:	Dottore Magistrale
Length of course:	2 years
Credits required for admission:	180
Total number of credits required to complete programme:	120
Years of course currently available:	1st , 2nd
Access procedures:	Open, subject to completion of self-assessment test prior to enrolment
Course code:	Z31

PERSONS/ROLES

Head of Study Programme

Prof. Giampietro Alberti

Tutors - Faculty

Prof. Giampietro Alberti, Prof. Andrea Caumo, Prof. Antonio La Torre

Degree Course website

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

Proff. Livio Luzi, Giuseppe Peretti, Giampietro Alberti, Antonio La Torre, Cristina Tringali, Dott. E. Cè, M.F. Iaia
via A. Kramer 4/a - Milano Phone 02 50315156 Email: didattica.scienzemotorie@unimi.it

CHARACTERISTICS OF DEGREE PROGRAMME

General and specific learning objectives

The degree in "Sport Science, technique and didactics" aims at training graduates very skilled in elite- and recreational-sports. The training course could be also addressed to teaching physical education at school.

Expected learning outcomes

The degree in "Sport Science, technique and didactics" will be providing graduates with knowledge and adequate competences to develop and foster physical activities for people of different ages, particularly in high level sports. Major issues concerning didactics, methodology and technical aspects of various sports disciplines will be also addressed.

Moreover, the training course will be dealing with specific features (methodological and theoretical) of a sports professional's appropriate lifestyle.

Master graduates will be prepared to manage, organize and coordinate sports events.

Professional profile and employment opportunities

Major professional outcomes and employment niches are as follows:

- management and cooperation on projects and scientific centers sports-related;
- training of adolescents in various sports disciplines either competitive or not;
- training of adults and elderly in various sports disciplines, even competitive ones;
- exploiting methodology and techniques of sports functional evaluation for people of all ages, gender, and level of athletic fitness;
- planning and organization of sports activities by means of specific tools and activities;
- organization and coordination of sports events, either competitive or amateur;
- management and promotion of scientific research applied to private or public physical activities;
- conduction, management, planning and coordination of sports activities from recreational to professional level.

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 master's students in Sport Sciences, Technique and Sport Didactic to spend part of their time for academic formation by one among nine 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		
Learning activity	Ects	Sector
INDIVIDUAL SPORTS AND ATHLETICS: TRAINING THEORY AND METHODOLOGY	12	(3) M-EDF/01, (9) M-EDF/02
METHODS OF MOTOR SKILLS ASSESSMENT	9	(3) FIS/07, (6) M-EDF/02
NUTRITION FOR SPORT AND HEALTH	6	(6) MED/50, (6) MED/49
PHYSIOLOGY, METABOLIC AND BIOMOLECULAR FUNCTIONS OF PHYSICAL EXERCISE	9	(9) MED/13, (9) BIO/09, (9) BIO/12
PHYSIOPATHOLOGY AND BIOLOGICAL BASIS OF SPORTS REHABILITATION	9	(3) MED/50, (3) MED/09, (3) MED/33
SPORTS SOCIOLOGY AND PSYCHOLOGY: CULTURAL PROCESSES AND COMMUNICATION	8	(4) M-PSI/06, (4)

			SPS/08
TEAM SPORTS: TRAINING THEORY AND METHODOLOGY		6	M-EDF/02
Total compulsory credits		59	
2nd COURSE YEAR Core/compulsory courses/activities common			
Learning activity		Ects	Sector
INDIVIDUAL AND TEAM SPORTS (FOOTBALL, BASKETBALL, VOLLEYBALL, RUGBY): METHODS AND DIDACTICS		6	M-EDF/02
INDIVIDUAL SPORTS: PERIODIZATION TRAINING		6	M-EDF/02
Total compulsory credits		12	
Elective courses			
FOOTBALL		8	M-EDF/02
FUNCTIONAL TRAINING		8	M-EDF/02
PHYSICAL TRAINING AND CONDITIONING THE PARALYMPIC ATHLETE		8	M-EDF/02
PILATES TECHNIQUES AND POSTURAL LIGHT GYMNASTICS		8	M-EDF/02
RESPIRATORY TRAINING AND FUNCTIONAL POSTURES FOR TECHNICAL SPORTS SKILLS		8	M-EDF/02
SWIMMING		8	M-EDF/02
End of course requirements			
GRADUATION THESIS		21	NA
TRAINING/STAGES		20	NA
Total compulsory credits		41	