



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2021/22**  
**MASTER DEGREE**  
**Individual and Team Sport Science (Classe LM-68)**  
**enrolled from 2014/2015 academic year**

### HEADING

<b>Degree classification - Denomination and code:</b>	LM-68 Sport science and technology
<b>Degree title:</b>	Dottore Magistrale
<b>Length of course:</b>	2 years
<b>Credits required for admission:</b>	180
<b>Total number of credits required to complete programme:</b>	120
<b>Years of course currently available:</b>	1st , 2nd
<b>Access procedures:</b>	Open, subject to entry requirements
<b>Course code:</b>	Z31

### PERSONS/ROLES

#### Head of Study Programme

Prof. Giovanni Michielon

#### Tutors - Faculty

Prof. ssa Eloisa Limonta (Tutor per ammissioni magistrali)

Prof. Andrea Caumo (Tutor per trasferimenti)

Prof. Antonio La Torre (Tutor per stage e tirocini)

#### Degree Course website

<https://sport.cdl.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](mailto: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 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 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 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 Poland, Hungary 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](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>
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	(3) MED/50, (3) MED/49
PHYSIOLOGY, METABOLIC AND BIOMOLECULAR FUNCTIONS OF PHYSICAL EXERCISE	9	(3) MED/13, (3) BIO/09, (3) 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
<b>2nd COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
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
<b>Elective courses</b>		
COURSE IN SPORTS VIDEO EDITING	8	M-EDF/02
DIGITAL STRATEGY FOR SPORTS	8	M-EDF/02
FOOTBALL	8	M-EDF/02
Functional recovery for athletic performance in sport	4	M-EDF/02
FUNCTIONAL TRAINING	8	M-EDF/02
Injury prevention and functional rehabilitation in sport	4	M-EDF/02
PHYSICAL TRAINING AND CONDITIONING THE PARALYMPIC ATHLETE	8	M-EDF/02
RESPIRATORY TRAINING AND FUNCTIONAL POSTURES FOR TECHNICAL SPORTS SKILLS	8	M-EDF/02
SOCIAL MEDIA MARKETING FOR SPORTS	8	M-EDF/02
TRAIL AND MOUNTAIN RUNNING COACH(1ST LEVEL COACH ASSISTANT)	8	M-EDF/02
<b>End of course requirements</b>		
GRADUATION THESIS	21	NA
TRAINING/STAGES	20	NA
	Total compulsory credits	41