



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2019/20**  
**MASTER DEGREE**  
**Exercise Science for Healthy Life (Classe LM-67)**  
**enrolled from 2014/2015 academic year**

### HEADING

<b>Degree classification - Denomination and code:</b>	LM-67 Sport science for prevention and rehabilitation
<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>	Z32

### PERSONS/ROLES

#### Head of Study Programme

Prof. Giampietro Alberti

#### Tutors - Faculty

Prof. Fabio Esposito, Dott. Stefano Benedini, Dott.ssa Eliana Roveda

#### Degree Course website

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

Prof. Pietro Luigi Invernizzi, Prof. Giampiero Merati, Dott.ssa Nadia Papini, Dott. Gianluca Vernillo

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### CHARACTERISTICS OF DEGREE PROGRAMME

#### General and specific learning objectives

The Master degree in “Exercise Sciences for Wellness” aims at training graduated specialists in exercise sciences to promote, conduct, prevent, maintain an active lifestyle suitable to evolutionary development and functional either to healthy people or to people affected by chronic diseases.

#### Expected learning outcomes

The graduates will be able to work in order to maintain physical performance efficiency even in case of injury or during rehabilitation, hence promoting fully recovery.

Master graduate will be able to manage fitness activities adequately, either with healthy people or with those with functional limitations, in different ages (adoloscence, adulthood, senescence) by means of appropriate methodological and organizational skills.

Frontal didactics and internships in agreed external facilities will provide graduates with a specific professionalism to design physical activity programmes for maintaining an healthy lifestyle and improving the quality of life.

#### Professional profile and employment opportunities

Professional outcomes of a master graduate in “Exercise Sciences for Wellness” (being in possession of technical, didactic and scientific competences adequate to ideation, planning and conduction of recreational, educational or sports activity in public and/or private organizations) will be represented by the possibility to assist health personnel, or acting independently, in the fields of prevention and health protection.

Professional activities of these graduates will be:

- fitness and physical activities adapted to people of different ages;
- efficiency of the motor function in elderly;
- exercise to counteract chronic diseases related to sedentarity, poor- or non active lifestyles;
- physical activity to improve and recover lost function after an acute event (even hypo-activity), illness or injury that has caused functional limitations;
- sports and physical activities for disabled persons.

## 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 of physical activity for fitness 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](http://www.unimi.it) > Studenti > Studiare all'estero > Erasmus+

For assistance please contact:

Ufficio Accordi e relazioni internazionali

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E-mail: [mobility.out@unimi.it](mailto:mobility.out@unimi.it)

Desk opening hour: Monday-friday 9 - 12

<b>1st COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
ANALYTIC METHODS FOR GENES AND ENVIROMENT INTERACTIONS ON PHYSICAL EXERCISE METABOLISM	6	(3) MED/50, (3) MED/46
BIOLOGICAL BASIS OF WELLNESS	9	MED/13, BIO/10, BIO/12
EXERCISE PHYSIOLOGY AND NUTRITION RELATED TO WELLNESS	9	(6) BIO/09, (3) MED/49

PHYSICAL ACTIVITY MONITORING ASSESSMENT	9	(3) ING-INF/06, (6) M-EDF/02
PHYSICAL ACTIVITY PROMOTION AND DESIGN FOR HEALTHY LIFESTYLES lifestyles	12	(4) M-PSI/06, (3) M-PED/01, (5) SPS/08
PHYSICAL EXERCISE IN WATER	6	M-EDF/01, M-EDF/02
PHYSIOPATHOLOGY AND MEDICAL TECHNIQUES APPLIED TO ADAPTED PHYSICAL ACTIVITY	11	(3) MED/50, (5) MED/09, (3) MED/33
Total compulsory credits	62	
<b>2nd COURSE YEAR Core/compulsory courses/activities common</b>		
<b>Learning activity</b>	<b>Ects</b>	<b>Sector</b>
AGEING AND PHYSICAL EXERCISE: THEORY, TECHNIQUE, DIDACTICS AND ORGANIZATION	9	M-EDF/02
Total compulsory credits	9	
<b>Elective courses</b>		
CORRECTIVE APPROCH TO THE BACK-THORACIC AND LUMBAR PAIN	8	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
SWIMMING	8	M-EDF/02
<b>End of course requirements</b>		
GRADUATION THESIS Graduation thesis	21	NA
TRAINING/STAGES	20	NA
Total compulsory credits	41	