



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2021/22**  
**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. Giovanni Michielon

#### Tutors - Faculty

Prof. Fabio Esposito (Tutor per stage e tirocini)  
Dott. Stefano Benedini, (Tutor per orientamento)  
Dott.ssa Eliana Roveda (Tutor per ammissioni magistrali)

#### Degree Course website

<https://afb.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 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 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 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, 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**

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>

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>		
	8	M-EDF/02
CORRECTIVE APPROCH TO THE BACK-THORACIC AND LUMBAR PAIN	8	M-EDF/02
COURSE IN SPORTS VIDEO EDITING	8	M-EDF/02
DIGITAL STRATEGY FOR SPORTS	8	M-EDF/02
Functional recovery for athletic performance in sport	4	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
<b>End of course requirements</b>		
GRADUATION THESIS Graduation thesis	21	NA
TRAINING/STAGES	20	NA
Total compulsory credits	41	