



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2025/26**  
**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>	2nd
<b>Access procedures:</b>	Open, subject to entry requirements
<b>Course code:</b>	Z32

### PERSONS/ROLES

#### Head of Study Programme

Prof. Stefano Longo

#### Tutors - Faculty

Prof. Fabio Esposito (Tutor per stage e tirocini)

Dott. Stefano Benedini, (Tutor per orientamento)

Dott.ssa Eliana Roveda (Tutor per ammissioni magistrali - Tutor per stage e tirocini)

#### Degree Course website

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

#### Academic Services Office

Centro Sportivo Comunale Cernusco sul Naviglio (Mi) Via Michelangelo Buonarroti, 44 - Via Giuseppe Colombo 71, Milano  
Phone 0250327103 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)

#### Welcome Desk - Registrar

Via Santa Sofia 9/1 Milano Phone 0250325032 <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.

### **Initial knowledge required**

Qualifications and knowledge required for admission

To be admitted into the Exercise Science for Healthy Life Master's degree programme, students must meet the following requirements:

- Bachelor's degree (Class 33 or Class L-22)
- Pre-participation examination certificate.

Students holding a Bachelor's degree, and those who will have obtained their degree by 31 December 2022, are eligible to apply.

Students must have a baseline knowledge in System Anatomy, as well as general knowledge of Neuromuscular Cardio-Respiratory Physiology, and Exercise Physiology.

### **Admission assessment**

The degree programme is not subject to an enrolment cap. An admission interview is required, wherein students will be assessed on their baseline understanding of System Anatomy, and their general knowledge of Neuromuscular Cardio-Respiratory Physiology, and Exercise Physiology.

Students who do not pass the admission interview will not be allowed to enrol in the programme.

Admission interviews will be held on 8 and 9 September 2022.

The interview calendar, with candidates given an interview slot at a designated date and time, will be posted via a notice to the programme website at:

<https://afb.cdl.unimi.it/it> following the application deadline.

Applications must be submitted online at:

<https://www.unimi.it/it/studiare/frequentare-un-corso-di-laurea/iscriversi/corsi-magistrali-biennali/magistrali-ad-accesso-libero> by the deadline, which will be posted to the University website.

### **Pre-participation examination**

Students must have passed a pre-participation examination and received a certificate in order to enrol in this degree programme.

Those not participating in any sport activities must file the following certificate: "Medical certificate permitting participation in high-cardiovascular intensity sport, pursuant to Art. 4 of the 24/04/2013 Ministerial Decree" (tests which must be administered: basal and after-exertion EKG, spirometry, urinalysis) issued by a Sport Medicine Clinic or Centre.

"Healthy and fit" or any other type of generic medical certificate or sport physical other than the one listed above will be insufficient.

Non-EU applicants without a stay permit for Italy must supply, prior to submitting their online application, the results of the following examinations: basal and after-exertion EKG, spirometry, urinalysis; if admitted into the programme, they must secure the above-mentioned certificate once they arrive in Italy.

Candidates holding a valid Pre-Participation Examination Certificate as of their interview date may upload the document when they register for their interview slot.

The certificate must be submitted no later than during the online enrolment process.

### **Compulsory attendance**

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

### **Internship criteria**

This programme includes a mandatory 20 CFU internship.

Students may fulfil this requirement in one of two ways:

1. completing a work internship which lasts 500 or more hours
2. submitting a request for training / pre-professional work to be accepted for credit, pursuant to a specific set of regulations.

### **Degree programme final exams**

Once the required 99 academic credits have been earned as required by these rules, the student will be eligible for the final examination to earn their degree.

The final exam will include the discussion of an original thesis prepared by the student.

The student's thesis must relate to an innovative topic or research project, and must be completed by the student independently; the student's thesis must document the innovative findings from their research, as well as the connections to

the work carried out in the field of motor sciences and sport.  
The maximum points available in the final exam is 12.

## **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 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**

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 (disactivated from academic year 2025/26) 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	(3) MED/13, (3) BIO/10, (3) 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
Functional recovery for athletic performance in sport	4	M-EDF/02
Injury prevention and functional rehabilitation in sport	4	M-EDF/02
Meditation. Yoga Sport Health	8	M-EDF/02
WELFARE RELATED TO EXERCISE AND SPORT	8	M-EDF/02
Yoga, the pedagogy of sport between body mind and health	8	M-EDF/02
<b>End of course requirements</b>		
GRADUATION THESIS Graduation thesis	21	NA
TRAINING/STAGES	20	NA
Total compulsory credits		41