UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2026/27
BACHELOR
EXERCISE, SPORT AND HEALT SCIENCES (Classe L-22 R)
Enrolled from academic year 2026/2027

HEADING	
Degree classification - Denomination and code:	L-22 R
Degree title:	Dottore
Length of course:	3 years
Total number of credits required to complete programme:	180
Years of course currently available:	1st
Access procedures:	Cap on student, student selection based on entrance test
Course code:	ZAA

PERSONS/ROLES

Head of Study Programme

Prof. Stefano Longo

Tutors - Faculty

Prof.ssa Paola Brocca (Tutor per l'orientamento)
Prof. Emiliano Cè (Tutor per la mobilità internazionale e l'Erasmus)
Prof. Matteo Bonato (Tutor per stage e tirocini)
Prof. Christian Doria (Tutor per stage e tirocini)
Prof.ssa Eloisa Limonta (Tutor per stage e tirocini)
Prof. Athos Trecroci (Tutor per stage e tirocini)

Degree Course website

https://scienzemotorie.cdl.unimi.it/it

Academic Services Office

Centro Sportivo Comunale Cernusco sul Naviglio (Mi) – Via Michelangelo Buonarroti , 44 - Via Giuseppe Colombo 71 Milano
Phone +39 02 5032 7103 Ricevimento in presenza su appuntamento scrivendo all'indirizzo didattica.scienzemotorie@unimi.it
https://www.unimi.it/it/corsi/facolta-e-scuole/scienze-motorie Email: didattica.scienzemotorie@unimi.it

Student registrar

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 specific objective of the degree in Exercise Sciences, Sports and Health is providing competences concerning the understanding, the design, the management, the performing of physical and sports activities in public and privates sites, individually or in groups, aiming at development, mantaining, and recovery of physical abilities, and their related psycho-physical wellness.

Expected learning outcomes

Graduates should know the tools and methods of the functional evaluation of movement; the effects of training regimes and nutrition on motor preparation and on health.

Graduates should be able to apply this knowledge they have acquired in order to engage in relations with individuals of different ages, abilities, genders and social conditions; to plan both individual and group motor activities in different natural or indoor environments; to manage facilities and handle sports equipment; to raise awareness in users of the potential risks connected with the adoption of doping substances as well as the risks connected with motor and sports activities.

Professional profile and employment opportunities

Graduates will be able to get into the labour market immediately, likewise they will be getting access to master degree courses or other specific orientated-master courses.

Major professional outcomes are as follows:

- educators to prevent conditions representing an health threat like sedentarity, overweight, obesity;

- leisure- and sports-organizers for people of different ages (adolescence, adulthood, senescence);
- personal trainers skilled in the planning and managing of training programmes;
- educators for coaching physical- and sports-activities by means of specific devices and tools (fitness -, wellness -), personal and group-trainers themselves;
- press communicators in sports media and information;
- counselling in sports-organizations, -societies, -managers, fitness centers owners, private and public sports clubs;
- counselling for sports-facilities, -equipments and organization of local sports activities.

Initial knowledge required

Qualifications and knowledge required for access:
These are the requirements for admission into this Degree Programme:
- level II secondary-school diploma
- current and valid medical certificate permitting participation in high-cardiovascular intensity sport, issued pursuant to Art. 4 of the 24/04/2013 Ministerial Decree" (with the following tests administered: basal and after-exertion EKG, spirometry, urinalysis).

Admitted students who enrol in the degree programme will be required to submit the above-described medical certificate, which must state it is valid for the entire academic year.
Students are responsible for submitting a new certificate when the prior one expires.
Failure to submit a renewal will bar the student from attending lectures and from sitting for any exam.
Instructions on how to submit a medical certificate for those candidates taking the admission test are provided in the call for applications.

Assessment methods:
A written, multiple-choice quiz is administered to those seeking admission into this degree programme.
The quiz is administered by CISIA (Inter-University Admissions Consortium - https://www.cisiaonline.it/) using the TOLC-F (Online CISIA Test), and includes questions on biology, chemistry, physics, maths, logic, and English. (For more details on the topics tested, please review the test rubric, available on: https://www.cisiaonline.it/area-tematica-tolc-cisia/home-tolc-generale/).

Complete information on the testing calendar, method of administration, and registration steps can be found in the call for applications, available at: https://www.unimi.it/it/corsi/corsi-di-laurea/scienze-motorie-sport-e-salute.

Additional learning requirements (OFA) and remedial coursework
Those newly enrolled students who fall short of the minimum Introductory Mathematics requirements appearing in the call for applications will be assigned additional learning requirements.
These OFA must be completed during the first year of study through coursework required by the University.
Should the student fail to satisfy these OFA during their first year, they must enrol as a repeater the following academic year.

Compulsory attendance

Attendance of all coursework, and all internship activities, is mandatory. To be allowed to sit for the for-credit exam, students must have attended at least 70% of the educational programming contemplated for each course.
Students who receive an incomplete in any individual class due to low attendance may complete the class in the following academic year.
The Academic Board will determine, on a case-by-case basis, whether the incomplete would require the student to enrol as a repeater, subject to general university regulations on enrolling in a programme year on an on- or off-track basis.

Practical Activities (PA)
The training program includes 20 CFU (University Educational Credits) of Practical Activities (PA) within the teachings of the Motor and Sports Sciences area. One CFU of PA consists of 12 hours of practical exercises, conducted either at university facilities or in appropriately equipped structures that meet technical requirements and student capacity, under the direct responsibility of the University.

Internship criteria

This programme includes a mandatory 6 CFU internship.
Students may fulfil this requirement in one of two ways:
- completing an internship which lasts 150 or more hours
- submitting a request for training / pre-professional work to be accepted for credit, pursuant to a specific set of regulations.

Internships may be completed during or after the second semester of the second year.

Degree programme final exams

Once the required 173 academic credits have been earned as contemplated under these rules, the student will be eligible for the final examination to earn their degree.
Pursuant to the general rules as dictated by the Regulation for this degree programme (which should be consulted for all other related rules and provisions), the final exam consists of the student's defence of a thesis written on a topic related to their study plan.
The thesis topic is chosen from amongst those subjects covered during their course of study, and is selected by agreement

with an instructor from the student's programme, who will then guide the student in their writing, and act as thesis supervisor.
The maximum points available in the final exam is 8.

Notes

In order to obtain their degree, students must be proficient in English at a B1 level under the Common European Framework of Reference for Languages (CEFR). This proficiency level may be certified as follows: - By submitting a language certificate attesting B1 or higher level in English and issued no more than three years before the date of submission. You will find the list of language certificates recognized by the University at: (https://www.unimi.it/en/node/39322). The certificate must be uploaded during the enrolment procedure, or subsequently to the portal http://studente.unimi.it/uploadCertificazioniLingue;

- By taking a placement test offered by the University Language Centre (SLAM) between October and December of the first year (or in January for Master?s degree programmes). Students who fail the test will be required to take a SLAM course. The placement test is mandatory for all those who do not hold a valid certificate attesting to B1 or higher level. Those who have not taken the placement test by the end of December (end of January for Master?s degree programmes) or fail the end-of-course exam six times must obtain the necessary certification privately before graduating.

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 organisations.

Similar international mobility opportunities are provided outside Europe, through agreements with a number of prestigious institutions.

The University of Milan is a member of the 4EU+ European University Alliance that brings together eight public multidisciplinary universities: University of Milan, Charles University of Prague, Heidelberg University, Paris-Panthéon-Assas University, Sorbonne University of Paris, University of Copenhagen, University of Geneva, and University of Warsaw. The 4EU+ Alliance offers integrated educational pathways and programmes to promote the international mobility of students (physical, blended and virtual).

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 candiate'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 organises 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;
Student Desk booking through InformaStudenti

1st COURSE YEAR Core/compulsory courses/activities common

Learning activity		Ects	Sector
Applied Human Anatomy and Morphology		10	BIOS-12/A
Biology, Chemistry and General Biochemistry		9	(3) BIOS-10/A, (6) BIOS-07/A
English assessment B1 (3 ECTS)		3	NN
Foundations of Physical Education		6	MEDF-01/B
General Pedagogy in Sport Sciences		10	PAED-01/A
Human Movement Theory and Methodology		7	MEDF-01/B
Psychology Applied to Exercise Sciences		6	PSIC-01/B
Team Sports: Football, Basketball, Volleyball		12	MEDF-01/B
	Total compulsory credits	63	

2nd COURSE YEAR (available as of academic year 2027/28) Core/compulsory courses/activities common

Learning activity		Ects	Sector
Clinical biochemistry and endocrinology		6	(3) BIOS-09/A, (3) MEDS-08/A
Didactics of Human Movement		8	MEDF-01/B
Law and Economics Applied to Exercise and Sport Sciences		8	(4) GIUR-01/A, (4) ECON-06/A
Neuromuscular physiology and biochemistry of muscle metabolism		9	(3) BIOS-07/A, (6) BIOS-06/A
Nutritional Bases in Sport		6	MEDS-08/C
Physics and biomechanics" Physics and biomechanics		6	(3) PHYS-06/A, (3) BIOS-06/A
Swimming		6	MEDF-01/B
	Total compulsory credits	49	

3rd COURSE YEAR (available as of academic year 2028/29) Core/compulsory courses/activities common

Learning activity		Ects	Sector
Athletics		8	MEDF-01/B
Fitness		8	MEDF-01/B
Human and Exercise Physiology		9	BIOS-06/A
Sports medicine, traumatology, and kinesiology		9	(3) MEDS-05/A, (3) MEDS-19/B, (3) MEDS-19/A
Traning Theory and Methodology		9	MEDF-01/B
	Total compulsory credits	43	

Further elective courses

Advanced Basketball		6	MEDF-01/B
Applied Didactic to Primary School		6	MEDF-01/B
COMMUNICATION IN SPORT		6	MEDF-01/B
Elite Volleyball		6	MEDF-01/B
ETHICS AND CULTURE OF SPORT		6	MEDF-01/B
Judo		6	MEDF-01/B
Match Analysis Introductions		6	MEDF-01/B
Olympic Weightlifting Coach		6	MEDF-01/B
ORIENTEERING SPORT		6	MEDF-01/B
Personal Trainer		6	MEDF-01/B
Sport and Social Inclusion		6	MEDF-01/B
Sport Climbing		6	MEDF-01/B
Tennis		6	MEDF-01/B
Yoga: Body, Mind, Breath		6	MEDF-01/B

End of course requirements

Training/stages		6	NN
Final Test		7	NN
	Total compulsory credits	13	

COURSE PROGRESSION REQUIREMENTS

0

Learning activity	Prescribed foundation courses	O/S

Clinical biochemistry and endocrinology	Biology, Chemistry and General Biochemistry	Core/compulsory
Neuromuscular physiology and biochemistry of muscle metabolism	Applied Human Anatomy and Morphology	Core/compulsory
	Biology, Chemistry and General Biochemistry	Core/compulsory
Human and Exercise Physiology	Applied Human Anatomy and Morphology	Core/compulsory
	Neuromuscular physiology and biochemistry of muscle metabolism	Core/compulsory
Sports medicine, traumatology, and kinesiology	Applied Human Anatomy and Morphology	Core/compulsory
	Neuromuscular physiology and biochemistry of muscle metabolism	Core/compulsory
	Human and Exercise Physiology	Core/compulsory