



UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2025/26
MASTER DEGREE
INDIVIDUAL AND TEAM SPORT SCIENCE (Classe LM-68 R)
Enrolled from academic year 2025/26

HEADING

Degree classification - Denomination and code:	LM-68 R
Degree title:	Dottore Magistrale
Length of course:	2 years
Credits required for admission:	180
Total number of credits required to complete programme:	120
Years of course currently available:	1st
Access procedures:	Open, subject to entry requirements
Course code:	ZBA

PERSONS/ROLES

Head of Study Programme

Prof. Stefano Longo

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)

Prof. Roberto Codella (Tutor per stage e tirocini)

Degree Course website

<https://sport.cd.l.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 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 tin 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.

Initial knowledge required

Qualifications and knowledge required for admission

To be admitted into the Individual and Team Sport Science 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 2025, are eligible to apply.

Students must have a baseline knowledge in Anatomy of the Locomotor Apparatus, Exercise Physiology, Theory, and Training methodology.

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 Anatomy of the Locomotor Apparatus, Exercise Physiology, Theory, and Training methodology.

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 2025.

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://sport.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.

Students must have passed a pre-participation examination 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 Centre/Clinic.

"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 18 CFU internship.

Students may fulfil this requirement in one of two ways:

1. completing a work internship which lasts 450 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, and make a connection between these and current understanding in the field of sport science.

The final exam may award up to 12 points.

Notes

In order to obtain their degree, students must be proficient in English at a B2 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 B2, 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 January of the first year (December for Bachelor'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 B2 or higher level. Those who have not taken the placement test by the end of January (end of December for Bachelor'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 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 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
Individual Sports and Athletics: Training Theory and Methodology	12	M-EDF/02
Methods of Motor Skills Assessment	12	(6) FIS/07, (6) M-EDF/02
Nutrition for Sport and Health	6	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	(6) MED/33, (3) MED/09
Sports Sociology and Psychology: Cultural Processes and Communication	8	(4) M-PSI/06, (4) SPS/08
Teoria e metodologia dell'allenamento degli sport di squadra	6	M-EDF/02
	Total compulsory credits	62
2nd COURSE YEAR (available as of academic year 2026/27) Core/compulsory courses/activities common		
Learning activity	Ects	Sector
Adapted sport activity	6	M-EDF/02
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	18
COURSE YEAR UNDEFINED Core/compulsory courses/activities common		
Learning activity	Ects	Sector
English proficiency B2 (3 ECTS)	3	ND
	Total compulsory credits	3
Further elective courses		
Football	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
Methods for evaluating walking and running gaits	8	M-EDF/02
Sport Neurology	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
End of course requirements		
Graduation Thesis	11	NA
Training/stages	18	NA
	Total compulsory credits	29