



UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2025/26
MASTER DEGREE
EXERCISE SCIENZE FOR HEALTHY LIFE (Classe LM-67 R)
Enrolled from 2025/26 academic year

HEADING

Degree classification - Denomination and code:	LM-67 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:	ZBB

PERSONS/ROLES

Head of Study Programme

Prof. Stefano Longo

Tutors - Faculty

Prof. Fabio Esposito (Tutor per stage e tirocini)

Prof. Stefano Benedini, (Tutor per orientamento)

Prof.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
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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 2025, 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 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://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.

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, 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.

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

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 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
Adapted physical activity and sport	6	(3) M-EDF/01, (3) M-EDF/02
Analytic Methods for Genes and Environment Interactions On Physical Exercise Metabolism	6	MED/49
Biological Basis of Wellness	9	(3) BIO/10, (3) MED/13, (3) BIO/12
Exercise Physiology and Nutrition Related to Wellness	9	(6) BIO/09, (3) MED/49
Physical Activity Monitoring Assessment	11	(5) ING-INF/06, (6) M-EDF/02
Physical Activity Promotion and Design for Healthy Lifestyles	12	(4) M-PSI/06, (3) M-PED/01, (5) SPS/08
Physiopathology and Medical Techniques Applied to Adapted Physical Activity	12	(3) MED/33, (3) MED/09, (6) M-EDF/01
Total compulsory credits	65	
2nd COURSE YEAR (available as of academic year 2026/27) Core/compulsory courses/activities common		
Learning activity	Ects	Sector
Ageing and Physical Exercise: Theory, Technique, Didactics and Organization	9	M-EDF/02
Physical Exercise in Water	6	M-EDF/02
Total compulsory credits	15	
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		
CORRECTIVE APPROACH 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
Sports 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 Graduation Thesis	11	NA
Training/stages	18	NA
Total compulsory credits	29	