



**UNIVERSITÀ DEGLI STUDI
DELL'INSUBRIA**

SCHOOL OF MEDICINE

DESCRIPTION OF THE CURRICULUM
(TEACHING REGULATIONS OF THE COURSE)
BACHELOR'S DEGREE COURSE/MASTER'S DEGREE COURSE
IN MOTOR SCIENCES (L-22R)

A.Y. 2025/2026



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Art. 1 - General characteristics and organization

The Degree Course in Motor Sciences belongs to the Class of Degrees in Motor and Sports Sciences (L-22R) and is activated according to the current teaching regulations, updated pursuant to Ministerial Decree 1648 of 19 December 2023.

The Bachelor's Degree in Motor Sciences is a three-year degree program that provides scientific and technical training in the various fields of motor sciences, with particular attention to physical education, psychophysical well-being, and non-competitive sports preparation.

The training program integrates theoretical and practical disciplines, with activities conducted both in the classroom and in the gym, at affiliated facilities, or in the field. Practical activities are an integral part of the training and are designed to provide skills applicable to school, sports, and health promotion settings.

The course includes three possible areas of development: teaching physical education in schools (where permitted by current legislation), training and management of athletes or teams in amateur sports, and physical exercise for individual well-being and prevention.

Students in the Degree Program in Sports Science will acquire theoretical, practical, and transversal skills that will enable them to operate independently and responsibly in various professional contexts related to physical activity, sports, and education. Specifically, they will be able to:

- design and manage exercise programs to improve health, well-being, and quality of life;
- organize and conduct physical and sports activities for all age groups, including in school or recreational settings;
- apply motor and aptitude assessment techniques and use IT tools for performance monitoring;
- understand the biomedical and psycho-pedagogical foundations underlying human movement and training;
- develop communication, interpersonal and organizational skills to work effectively in multidisciplinary teams;
- manage physical activity in relation to health prevention and the promotion of active lifestyles;
- understand and apply the principles of education for the conscious use of supplements and pharmacological substances in sports;
- demonstrate independent judgment and the ability to continuously learn, also with a view to accessing master's degree programs or specialized training.

The School of Medicine is responsible for managing the degree program, coordinating and streamlining teaching activities. The degree program is offered through the collaboration of the Departments of Medicine and Technological Innovation, Medicine and Surgery, and Biotechnology and Life Sciences.

The President of the Degree Course Council is Prof. Andrea Moriondo.



The relevant teaching office is the School of Medicine Office, which receives students by appointment via the Microsoft Teams platform and responds to requests received via the INFOSTUDENTI web service.

The web application provides a communication channel with various University offices (including Student Services, Integrated Student Services – Right to Education, Orientation and Placement Services, and Academic Services) and is available to students and external users. This system allows you to submit questions and receive responses, attach documents, and track the status of your request.

Art. 2 - Admission to the course of study

Admission requirements and access methods

To be admitted to the Degree Course in Sports Sciences, students must have a high school diploma or another qualification obtained abroad, deemed suitable according to current legislation.

Access to the course is **limited at the local level**, pursuant to art. 1 of Law no. 264 of 2 August 1999.

Admission is subject to passing a two-stage selection procedure:

1. a **theoretical written test (TOLC-F)** administered by the CISIA Consortium, which assesses knowledge in the areas of biology, chemistry, physics, mathematics and general culture;
2. a **practical aptitude test** to be carried out in person at university facilities, aimed at assessing basic motor skills.

The number of available places is established annually by the University and indicated in the competition announcement published on the University website on the page dedicated to courses with limited access.

At the time of enrollment, the student must have a **certificate of fitness for competitive sports** or, alternatively, a **medical certificate for sports activities involving particular and high cardiovascular demands**, issued by the competent Sports Medicine Centers, to be renewed for the duration of the student's career.

Initial preparation verification methods

Students who, despite having passed the admission test, achieve a score lower than 2 in the Biology and Chemistry sections of the TOLC-F will be assigned Additional Learning Obligations (OFA).

OFA must be fulfilled by September 30th of the year following enrollment, through:

- participation in remedial activities agreed with the teachers of the subjects involved;
- passing the ongoing tests or the final exam of the courses that include the subjects covered by OFA (Biology and Anthropology and Chemistry and Biochemistry courses).

Failure to complete the OFA will result in the inability to enroll in the second year in a regular capacity.

All information relating to OFA, exam schedules, and support activities is published on the Degree Course's institutional channels.

Art. 3 - Transfer procedures from other degree courses

Recognition of previous careers

Students from other degree courses who have successfully passed the admission test for the limited access degree course in Sports Sciences may submit **a request for recognition of their previous academic career to the Student Secretariat, together with their enrollment application**, specifying the educational activities for which recognition is requested.

Students who have attended similar courses at other universities must attach the **official syllabi of the courses** taken to their application, otherwise their requests will not be considered. It is recommended that syllabi be attached even for internal course transfers, to facilitate and expedite the processing.

Recognition applications must be submitted **by the University's deadline** ; applications submitted after enrollment will not be considered.

Applications for admission to years subsequent to the first

Transfer requests to years subsequent to the first **are permitted exclusively to students regularly enrolled in the Degree Course in Motor Sciences (class L-22R)** at other Italian universities, subject to authorization from their home university.

These requests are accepted **only if there are vacant places available** in individual academic years. The availability of places and the application procedures are established annually by **a specific Rector's Decree**, published on the University's website.

A **commission appointed by the Degree Programme Council** examines the applications submitted and evaluates the student's curriculum, proposing recognition of the educational activities already completed and admission to the course year deemed consistent with the student's previous career.

Art. 4 - Simultaneous enrollment in two study programs

Pursuant to Law No. 33 of April 12, 2022, "*Provisions regarding simultaneous enrollment in two higher education programs*" and subsequent Ministerial Decrees 930/2022 and 933/2022, students are permitted to simultaneously enroll in two programs. Requests for dual enrollment will be evaluated by a dedicated program committee, after verifying admission requirements.

Art. 5 - The educational path

The study plan for the Degree Course in Motor Sciences includes a three-year training program divided into **six semesters** , with training activities that ensure solid scientific and technical preparation in the various fields of motor, educational and wellness sciences.

The curriculum includes:

- **mandatory training activities** for a total of 138 CFU;



- **activities chosen by the student** for a total of 12 CFU;
- **other training activities** (language proficiency, internship, final exam).

The teaching activities are divided into:

- **lectures**: each classroom credit corresponds to **8 hours of lectures**;
- **technical-practical activities (TPA)** : each CFU corresponds to **15 hours of practical lessons** in person.

No laboratory activities or independent exercises are planned.

Teaching delivery methods

Teaching is delivered in a **blended format**: theoretical lectures both in person and remotely (synchronous or asynchronous) and practical activities that must be in person. Remote teaching is permitted within the limits established by regulations and, where applicable, according to the EduNext guidelines .

Attendance requirements

Attendance is mandatory:

- at least **50%** of the hours scheduled for each theoretical course;
- **for 100%** of the hours scheduled in technical-practical activities, in student-selected activities (ADE) and in the internship.

Exceptions are only available for students with recognized status as athletes of national interest, pregnant students, or students with documented medical conditions, subject to a request submitted within the established deadlines.

Training credits and teaching load

One **CFU** corresponds to 25 hours of overall student **commitment, including classroom teaching, technical-practical activities, individual study, and personal development.**

The overall volume of the required commitment is distributed in compliance with current regulations and ministerial parameters.

Apprenticeship

mandatory curricular internship is required in the **third year of the course**, with a load of **4 CFU** equivalent to **100 hours** .

The internship takes place at:

- gyms and fitness centers;
- amateur sports associations and clubs (ASD/SSD);
- schools or affiliated bodies.



The internship aims to develop operational skills in physical education, sports, and education, and is carried out under the supervision of academic and corporate tutors. The activity is formalized through the creation of an individual training plan consistent with the program's cultural and professional profile.

Propaedeutics

To be eligible to take exams for a given academic year, students must have passed all exams for the previous academic year, with the exception of courses requiring a pass mark.

Recognition of English language certifications

The study program includes the provision of a B1 level English language course in self-learning mode via the MacMillan English Campus platform.

Students in possession of English language certifications at level B1 or higher can request recognition of the English language exam by writing to the Student Secretariats via **InfoStudenti** and attaching the language certification.

The list of recognized certifications can be consulted on the CdS web pages.

Certifications are considered valid if obtained within the last five years from the date of submission of the validation request, with the exception of IELTS, TOEFL IBT, TOEFL CBT and TOEFL PBT certifications which, by law, are valid for two years.

If a certificate or attestation other than those required is submitted to the Student Office, any recognition will be assessed by the Degree Programme Council, which will make a decision on the matter.

Art. 6 - Graduation exams

To be admitted to the final exam, students must have earned all the university credits required by their study plan, including those related to the mandatory curricular internship, and have passed all required exams and qualifications.

The final exam consists of a discussion of an interdisciplinary paper, written independently by the student under the guidance of a supervisor. The exam aims to assess the student's ability to critically and independently integrate and apply the knowledge and skills acquired during the course.

Three types of papers are foreseen:

- Compilation thesis: analysis and critical re-elaboration of the scientific literature on a topic consistent with the study path, identified by the student or proposed by the supervisor;
- Experimental thesis: collection, analysis and discussion of objective data obtained from experiences, projects or activities carried out in the field, under the supervision of the teacher;
- Case report: analysis of one or more real cases in the motor, educational or sporting fields, selected with the support of the speaker.

The maximum score that can be awarded by the Degree Commission varies according to the type of thesis:



- up to 10 points for experimental theses;
- up to 7 points for case reports;
- up to 5 points for compilation theses.

The student must prepare a complete thesis according to the guidelines approved by the Degree Course and prepare an oral presentation using electronic media to be presented to the Commission during the graduation session.

The final degree grade is expressed in hundredths and is obtained by adding the points awarded by the Commission during the evaluation of the final exam to the admission score (calculated as the weighted average of the grades of the curricular exams, compared to 110).

The awarding of honors is decided unanimously by the Degree Committee and can be conferred to students who have achieved a maximum score of 110/110 and have obtained at least two honors in exams taken during their studies.

The final exam represents the culmination of the training program, designed to enhance the student's acquired technical and scientific skills, critical thinking, and communication abilities. Obtaining the qualification qualifies students to practice the profession of basic kinesiologist, as required by current legislation.

Upon graduation, a Diploma Supplement is issued. This informative report accompanies the official qualification and describes the nature, level, context, content, and status of the studies undertaken and completed by the student. It is issued in both Italian and English. The purpose of the document is to provide independent data for the international transparency of qualifications (diplomas, degrees, certificates, etc.) and to enable equitable academic and professional recognition, promoting student mobility. The Diploma Supplement complies with the Europass standard.

Further detailed information is available on the dedicated page of the University website.

ATTACHMENTS

Annex 1 – Study Plan

Annex 2 – Summary of the objectives of the teachings



Annex 1 – Study Plan

SCHEDULED TEACHING - 2025/2026 COHORT

Scheduled teaching refers to the set of courses planned for the entire study program, which must be taken by all students enrolling in the current academic year (enrollment cohort) in order to complete their studies and obtain their qualification.

1st YEAR							
SEM	INTEGRATED COURSE / SUBJECT	SUBJECT	SSD	SCOPE	EC TS-C	HOURS \$	VERIFICATION METHOD *
I	BIOLOGY AND ANTHROPOLOGY	GENERAL BIOLOGY	BIO/13	Biomedical disciplines/Basic	3	TL 24	V
		ANTHROPOLOGY	BIO/08	Biomedical disciplines/Basic	3	TL 24	
I	CHEMISTRY, BIOCHEMISTRY AND ELEMENTS OF LABORATORY MEDICINE	CHEMISTRY	BIO/10	Biomedical disciplines/Basic	4	TL 32	V
		BIOCHEMISTRY	BIO/10	Biomedical disciplines/Basic	4	TL 32	
		LABORATORY MEDICINE	BIO/12	Medical-Clinical Disciplines/Characterizing	2	TL 16	
I	PHYSICS AND BIOMECHANICS	PHYSICS	FIS/07	Biomedical disciplines/Basic	4	TL 32	V
		BIOMECHANICS	ING-INF/06	Medical-Clinical Disciplines/Characterizing	2	TL 16	
A	HUMAN ANATOMY	HISTOLOGY AND EMBRYOLOGY	BIO/17	Biomedical disciplines/Basic	2	TL 16	V
		HUMAN ANATOMY	BIO/16	Biomedical disciplines/Basic	7	TL 56	
				Biological disciplines/Characterizing	3	TL 24	
II	THEORY AND METHODOLOGY OF HUMAN MOVEMENT	THEORY AND METHODOLOGY OF HUMAN MOVEMENT	M-EDF/01	Motor and sports disciplines/Basic	5	TC 24 TPA 30	V
II	BASICS OF PEDIATRICS, TECHNIQUES AND TEACHING OF SPORTS ACTIVITIES ADAPTED TO DEVELOPMENTAL AGE	TECHNIQUES AND TEACHING OF HUMAN MOVEMENT ADAPTED TO DEVELOPMENTAL AGE	M-EDF/01	Motor and sports disciplines/Basic	5	TL 16 TPA 45	V
		PREVENTIVE AND SOCIAL PEDIATRICS	MED/38	Similar or complementary training activities	3	TL 24	
II	PEDAGOGICAL AND PSYCHOLOGICAL SCIENCES	GENERAL AND SPORTS PSYCHOLOGY	M-PSI/01	Psychological-Pedagogical-Sociological/Basic Disciplines	5	TL 40	V
		GENERAL PEDAGOGY	M-PED/01	Psychological-Pedagogical-Sociological/Basic Disciplines	5	TL 40	
II	ELEMENTS OF LAW, ECONOMICS AND HISTORY OF SPORTS	HISTORY OF SPORTS	M-STO/04	Historical-Legal-Economic/Characterizing Disciplines	2	TL 16	V
		ELEMENTS OF PUBLIC, PRIVATE AND SPORTS LAW	IUS/09	Legal, Economic and Statistical Disciplines/Basic	3	TL 24	
		ECONOMY AND ORGANIZATION OF SPORTS CLUBS AND SPORT	IUS/09	Legal, Economic and Statistical Disciplines/Basic	1	TL 8	
			SECS-P/08	Historical-Legal-Economic/Characterizing Disciplines	2	TL 16	



TO	AT THE STUDENT'S CHOICE	ELECTIVE EDUCATIONAL ACTIVITIES	NN	At the student's choice/D	4	//	I
2nd YEAR							
SEM	INTEGRATED COURSE / SUBJECT	SUBJECT	SSD	SCOPE	ECTS-C	HOURS \$	VERIFICATION METHOD *
TO	HUMAN AND SPORT PHYSIOLOGY	NEUROPHYSIOLOGY	BIO/09	Biomedical disciplines/Basic	4	TL 32	V
		PRINCIPLES OF SYSTEMS PHYSIOLOGY	BIO/09	Biological disciplines/Characterizing	3	TL 24	
		APPLIED EXERCISE PHYSIOLOGY AND NUTRITION PRINCIPLES	BIO/09	Biological disciplines/Characterizing	5	TL 40	
TH E	TRAINING THEORY AND METHODOLOGY	TRAINING THEORY AND METHODOLOGY	M-EDF/02	Motor and sports disciplines/Characterizing	8	TL 48 TPA 30	V
TO	THEORY, TECHNIQUE AND TEACHING OF TEAM SPORTS	BASKETBALL	M-EDF/02	Motor and sports disciplines / Characterizing	4	TL 8 TPA 45	V
		VOLLEYBALL	M-EDF/02	Motor and sports disciplines / Characterizing	3	TL 8 ATP 30	
		SOCCER	M-EDF/02	Motor and sports disciplines / Characterizing	4	TL 8 TPA 45	
II	THEORY, TECHNIQUE AND TEACHING OF INDIVIDUAL SPORTS <i>(exam grouped with the 3rd year)</i>	GYMNASTICS	M-EDF/02	Motor and sports disciplines / Characterizing	3	TL 8 TPA 30	V
		ATHLETICS	M-EDF/02	Motor and sports disciplines / Characterizing	3	TL 8 TPA 30	
II	SCIENCES OF THE LOCOMOTOR SYSTEM	PHYSIOLOGY OF MOVEMENT ORGANS AND APPLIED TO SPORT	BIO/09	Biological disciplines/Characterizing	4	TL 32	V
		DISEASES OF THE LOCOMOTOR SYSTEM	MED/33	Medical-Clinical Disciplines/Characterizing	3	TL 24	
		SPORTS MEDICINE	MED/09	Medical-Clinical Disciplines/Characterizing	3	TL 24	
II	COMPUTER SCIENCE, ELECTRONICS AND BIOENGINEERING	COMPUTER SCIENCE AND ELECTRONICS APPLIED TO SPORT	ING-INF/06	Medical-Clinical Disciplines/Characterizing	2	TL 16	V
		BIOENGINEERING	ING-INF/06	Medical-Clinical Disciplines/Characterizing	1	TL 8	
TO	AT THE STUDENT'S CHOICE	ELECTIVE EDUCATIONAL ACTIVITIES	NN	At the student's choice/D	4	//	I
3rd YEAR							
SEM	INTEGRATED COURSE / SUBJECT	SUBJECT	SSD	SCOPE	ECTS-C	HOURS \$	VERIFICATION METHOD *
TH E	THEORY, TECHNIQUE AND TEACHING OF MOTOR ACTIVITIES IN SCHOOL	THEORY, TECHNIQUE AND TEACHING OF SCHOOL SPORTS ACTIVITIES	M-EDF/01	Motor and sports disciplines/Basic	2	TL 8 TPA 15	V
		TEACHING AND SPECIAL PEDAGOGY	M-PED/03	Psychological and Pedagogical Disciplines/Characterizing	5	TL 40	
TO	THEORY, TECHNIQUE AND TEACHING OF INDIVIDUAL SPORTS <i>(exam grouped with the 2nd year)</i>	RACKET SPORTS	M-EDF/02	Motor and sports disciplines / Characterizing	3	TL 8 TPA 30	V
		I SWIM	M-EDF/02	Motor and sports	2	TL 8 TPA 15	



				disciplines / Characterizing			
		WINTER SPORTS	M-EDF/02	Motor and sports disciplines / Characterizing	2	TL 8 TPA 15	
TH E	HYGIENE, MICROBIOLOGY AND PATHOPHYSIOLOGY OF MOVEMENT AND SPORT	HYGIENE	MED/42	Similar or complementary training activities	1	TL 8	V
		MICROBIOLOGY	MED/07	Similar or complementary training activities	1	TL 8	
		MEDICAL PHYSIOPATHOLOGY	MED/09	Similar or complementary training activities	4	TL 32	
		CARDIOVASCULAR PATHOPHYSIOLOGY	MED/11	Similar or complementary training activities	2	TL 16	
		RESPIRATORY PATHOPHYSIOLOGY	MED/10	Similar or complementary training activities	2	TL 16	
TH E	PHARMACOLOGY	PHARMACOLOGY	BIO/14	Biomedical disciplines/Basic	4	TL 32	
II	PATHOLOGY IN SPORTS AND ADAPTED FIELDS	CARDIOCIRCULATORY DISEASES	MED/11	Similar or complementary training activities	1	TL 8	V
		RESPIRATORY SYSTEM DISEASES	MED/10	Similar or complementary training activities	1	TL 8	
		EMERGENCY MANAGEMENT	MED/11	Similar or complementary training activities	3	TL 24	
II	FITNESS AND MOTOR AND ADAPTED EVALUATION METHODS	FITNESS THEORY, TECHNIQUE AND TEACHING	M-EDF/02	Motor and sports disciplines/Char acterizing	3	TL 8 TPA 30	V
		MOTOR ASSESSMENT METHODS AND INTEGRATED AND ADAPTED ACTIVITIES	M-EDF/02	Motor and sports disciplines / Characterizing	5	TL 32 TPA 15	
TO	ENGLISH LANGUAGE		L-LIN/12	For knowledge of at least one foreign language/s	2	TL 16	I
TO	CURRICULAR INTERNSHIP		NN	Training and orientation internships/F	4	INT 100	I
TO	AT THE STUDENT'S CHOICE	ELECTIVE EDUCATIONAL ACTIVITIES	NN	At the student's choice/D	4	//	I
TO	FINAL TEST		NN	For the final exam/ And	6	FT 150	V

TC – HOURS of THEORETICAL LECTURES (in the classroom) ; **TPA** – HOURS of TECHNICAL AND PRACTICAL ACTIVITIES; **V** – EXAM **I** – SUITABILITY

Annex 2 – Summary of the objectives of the compulsory courses

YEAR 1

1. General Biology

To provide basic knowledge of the structure and function of cells, tissues, and living organisms, with particular attention to the molecular and cellular mechanisms underlying vital processes, useful for understanding human movement.

2. Anthropology



Analyze the characteristics of human biological and cultural evolution, with reference to body development, morphological differences, and the environmental and social factors that influence motor activities.

3. Chemistry

Introduce the fundamental concepts of general and organic chemistry, necessary to understand the composition of living matter and the chemical processes underlying cellular metabolism and physical activity.

4. Biochemistry

To provide an understanding of the key biochemical processes involved in energy production and the regulation of cellular function, with applications in the context of physical activity and muscular exercise.

5. Laboratory medicine

Introduce the fundamental tools and methodologies of clinical analysis, with particular attention to biochemical indicators useful in assessing health status and in prevention in the physical and sports fields.

6. Physics

Develop basic knowledge of the principles of mechanics, thermodynamics, and electromagnetism, aimed at understanding the physical phenomena that regulate human movement and interaction with the environment.

7. Biomechanics

Analyze human movement through the principles of mechanics applied to the human body, with particular attention to kinematics and joint dynamics, balance, and strength.

8. Histology and embryology

To provide basic knowledge of tissue structure and embryonic development processes, with particular reference to the formation of the musculoskeletal system and the nervous system involved in movement.

9. Human Anatomy

Acquire in-depth knowledge of the morphology and functional organization of the human body, with particular attention to the musculoskeletal system, with a view to understanding the mechanisms of movement.

10. Theory and methodology of human movement

Introduce the theoretical, methodological, and didactic principles underlying physical activity and sports, with the aim of developing skills in planning and conducting physical activities in various application contexts.

11. Techniques and teaching of human movement adapted to developmental age

Provide specific skills for planning and managing physical activity for children and adolescents, taking into account the stages of psychomotor development and the educational needs associated with developmental age.

12. Preventive and social pediatrics

Gain knowledge on the main aspects of health and prevention in pediatric age, with particular reference to the promotion of physical activity as an educational tool and for maintaining well-being.

13. General and sports psychology

Provide the fundamentals of general psychology, with specific applications to motivation, self-efficacy, and emotional management in individual and group sports.

14. General pedagogy

Introduce the fundamental concepts of pedagogy, with a focus on the educational and training processes that guide physical activity in various age groups and in different school and sporting contexts.

II YEAR

15. Neurophysiology

To provide basic knowledge of the functioning of the central and peripheral nervous system, with particular attention to the neurophysiological mechanisms of motor control and coordination.



16. Principles of systems physiology

Introduce the fundamentals of the physiology of the major systems (cardiovascular, respiratory, muscular, endocrine), essential for understanding the body's responses and adaptations to physical exercise.

17. Physiology applied to exercise and principles of nutrition

Analyze acute physiological responses and chronic adaptations to physical exercise, integrating the basics of nutrition with reference to energy requirements and the role of foods and supplements in sport.

18. Training theory and methodology

Provide the theoretical and practical foundations for designing, conducting, and evaluating sports training, with attention to the principles of load, periodization, and the specificity of athletic movement.

19. Basketball

Acquire technical, tactical, and didactic skills for teaching and leading basketball-related sports activities, with reference to the preparation, management, and evaluation of activities in schools and amateur settings.

20. Volleyball

To provide the knowledge and operational skills for teaching volleyball, through an in-depth study of fundamental techniques, game strategies, and teaching models applicable to various educational contexts.

21. Football

Develop technical, tactical, and methodological skills for teaching and managing football, with particular attention to educational progression and the organizational aspects of the game.

22. Gymnastics

To provide the theoretical knowledge and technical skills necessary for teaching general and artistic gymnastics, with particular attention to the teaching of postures, free body exercises, and exercises with small equipment.

23. Athletics

Acquire the skills to teach the main athletics disciplines (running, jumping, throwing), developing observation skills, technical correction, and teaching planning.

24. Physiology of the organs of movement and applied to sport

Explore the physiological mechanisms that regulate the activity of the musculoskeletal system, integrating knowledge with practical application to physical exercise and sports performance.

25. Diseases of the musculoskeletal system

Provide the foundation for recognizing the main pathologies of the musculoskeletal system, with reference to the functional effects and implications for physical activity and sports.

26. Sports Medicine

Gain knowledge on assessing health and fitness for sports, injury prevention, and education about safe and sustainable physical activity.

27. Computer science and electronics applied to sport

Introduce basic IT tools and digital technologies useful for managing data relating to physical activity and sports performance.

28. Bioengineering

Provide fundamental notions of bioengineering applied to the motor field, with particular reference to instrumental biomechanics, the monitoring of physiological parameters and the use of devices for movement assessment.

III YEAR

29. Theory, technique and teaching of school sports activities

Provide theoretical and operational tools for planning, managing, and evaluating physical activity and sports in schools, consistent with educational objectives and current regulatory guidelines.

30. Teaching and special pedagogy

Acquire skills related to educational inclusion through knowledge of the principles of special education and teaching methodologies aimed at individuals with special educational needs.

31. Racquet sports

Develop technical and methodological skills for teaching racket sports, with a focus on educational progression, group management, and safety.

32. Swimming

Acquire knowledge and skills for teaching swimming at various skill levels and age groups, integrating technical, educational, and aquatic risk prevention aspects.

33. Winter sports

To provide basic training in the main winter sports disciplines, with reference to the technical, methodological, and organizational aspects for a correct introduction to the practice.

34. Hygiene

Introduce the fundamental concepts of hygiene applied to prevention in physical activity and sports, with a focus on health determinants, healthy lifestyles, and safety in workplaces.

35. Microbiology

Provide basic knowledge of the structure, physiology, and transmission of microorganisms, with reference to the prevention of infectious diseases and the hygienic-sanitary conditions of sports facilities.

36. Medical Pathophysiology

Provide the basis for understanding the main pathophysiological mechanisms underlying diseases, with reference to the effects on the musculoskeletal system and on the functional abilities useful for motor practice.

37. Cardiovascular pathophysiology

Explore the major cardiovascular diseases and their implications for physical activity, with a focus on exercise adaptations and prevention in at-risk individuals.

38. Respiratory physiopathology

To provide knowledge of the main respiratory disorders and their impact on physical performance, with elements of prevention and exercise adaptation in subjects affected by these conditions.

39. Diseases of the cardiovascular system

Introduce the main cardiovascular diseases, with particular attention to early warning signs, prevention, and contraindications to sports.

40. Respiratory system diseases

Gain knowledge of the most relevant respiratory pathologies in the physical field, in order to recognize their clinical manifestations and adapt physical activity safely and effectively.

41. Emergency management

Provide basic skills in managing emergency situations in sports, with reference to first aid procedures, defibrillator use, and trauma prevention.

42. Theory, technique and teaching of fitness

Acquire the skills needed to conduct fitness activities aimed at different types of users, with a focus on health, prevention, and improving quality of life.

43. Motor assessment methods and integrated and adapted activities



Provide tools and methodologies for assessing motor skills, with particular attention to adapting physical activity based on age, abilities, and individual physical condition.