

European Master in Health and Physical Activity

(Issued jointly by partner universities)

(Corso di Laurea Magistrale in Attività fisica e salute)

Executive Board

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Program - first year (LM67-I)

Module	Semester	ECTS	ECTS per AFD	Field
Biomedical issues in health and exercise	1	15	2	BIO/13
			6	BIO709
			2	MED/50
			5	MED/09
Changing behaviour towards a lifelong healthy lifestyle: from childhood to adulthood	1	15	5	M-EDF/01
			5	M-PSI/04
			5	M-PED/01
Movement therapy and physical activity for elderly and special population	2	15	5	M-EDF/01
			5	MED/33
			5	SPS/10
Research methodology	2	15	5	M-EDF/01
			4	ING-INF/06
			2	MED/01
			2	M-PSI/01
			2	BIO/13
	Total ECTS	60		

BIOMEDICAL ISSUES IN HEALTH AND EXERCISE

Professors → Per Aagaard, Arnold Baca, Paolo Borrione, Daniela Caporossi, Francesco Felici, Silvia Migliaccio, Attilio Parisi, Fabio Pigozzi, Massimo Sacchetti, Paolo Sgrò, Harald Tschan, Barbara Wessner

Period → first semester

Objectives of the modules

Acquire an integrative knowledge of exercise physiology, motor analysis, and biomechanics, and understand how metabolism and forces affect the body during daily activities.

- Describe and understand the mechanisms of muscular, neural and tendons-aponeurosis adaptation induced by resistance training, as well as the association between aerobic fitness and health.
- Understand the concepts of physical activity and health based on epidemiological data.
- Understand the importance of the relationship between hormones and exercise in the prevention and/or treatment of different diseases.
- Understand the concept of doping, as well as to know the main international rules regulating doping controls in international sports competitions, and of the list of prohibited substances.
- Understand and describe the genetic background of monofactorial and multifactorial traits and the role of genetic polymorphisms in the individual response to environmental factors, with specific attention to physical exercise.

When finalizing the course the students will be able to:

Professional competences:

- Utilize the conceptual tools related to human biology, nutrition, physiology, motor analysis, and exercise endocrinology in conceiving a fitness program.
- Apply the fitness assessment principles.

Theoretical and academic competencies:

- Analyze and critically read scientific articles related to the disciplines treated in the module.

Prerequisites

Basic knowledge in Statistics, Exercise Biology & Genetics, Exercise Biochemistry & Biomechanics, Exercise Physiology & Endocrinology.

Content of the course

- Physical activity, public health, and fitness: an approach from the point of view of epidemiology.
- Health and safety in sports and PA.
- Genetic variability in health and diseases.
- Basic human genetics: genetic variability and mutations, simple and complex trait inheritance, from gene to phenotype.
- Genetic basis of movement-related disorders Genetic variability and gene-environment interactions in relation to movement and exercise.
- Human nutrition in health, diseases, development and aging: theoretical and practical applications.
- Nutrition and metabolism in health and exercise.
- Cardiovascular, respiratory and muscle-skeletal fitness in health prevention for children, adults, and elderly.
- Metabolic syndrome and type 2 diabetes.
- Physical activity and neurodegenerative diseases.
- Neuroendocrine adaptation in response to physical exercise.
- Medical risks of substance abuse.

- Muscle strength assessment and testing.
- Neuromuscular adaptation in muscles and tendons in response to health-enhancing physical exercise.
- Energy metabolism in skeletal muscle during exercise: methodological considerations.
- Biomechanics and motion analysis.
- Energy metabolism in skeletal muscle during exercise: practical applications.
- Methods of fitness assessment.
- Principles of Fitness/Wellness: health benefits of strength and endurance training
- Locomotor apparatus (bones) adaptation in response to health-enhancing physical exercise.
- Cardiorespiratory regulation and adaptations with regard to health-enhancing physical activity in aerobic performance.
- Fitness assessment, exercise testing, and prescription.

Additional tools: Introduction to descriptive statistics; English Academic Writing; Italian for foreign students.

Teaching methods

This module is entirely in English. The course is structured as an Intensive course with a condensed blended teaching period of 3 weeks (distance face-to-face and online resources) and condensed e-learning, distance tutoring, and individual study of 4 weeks, including examination.

Learning outcomes' evaluation

The exam includes:

- Test: up to 10 multiple choice and /or open questions on the entire module program.
- Individually written short essay (3-5 pages) on a topic assigned randomly to the student.

The test verifies the knowledge acquired by the student with respect the whole module content throughout the lecture's attendance and the individual study.

The essay refers to 3-5 pages (1.000 - 1.800 words) manuscript. It must represent in an individual and original way the critical thinking of the student with respect to the chosen topic, demonstrating also the student's capability to integrate and apply various knowledge.

Essay general guidelines are available in the Moodle Learning Platform.

Available time: 24 hrs.

For both test and essay, the program makes use of the online instruments available in the "Foro Italice" Moodle Learning Platform.

18 out of 30 points is the minimum threshold for both test and essay. The final mark will result from the following formula:

$[(\text{Essay's points} \times 2.2) + \text{Test's points}]/3$

Reference texts

Study material (mainly PDF files of the literature and monography) and virtual rooms for discussions between students and students and staff, is made available on the e-learn platform of Foro Italice University.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to -3 hr of student's individual work, accounting for intensity of teaching, amount of study materials,

essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 375 hours)

Lectures and seminars: 75.

Practical teaching and online learning: 45.

Individual study: 229.

Exam: 26.

CHANGING BEHAVIOUR TOWARDS A LIFELONG HEALTHY LIFESTYLE: FROM CHILDHOOD TO ADULTHOOD

Professors → Michel Audiffren, Alfredo Brancucci, Siv Gjesdal, Anne Kær Gejl, Francesca Romana Lenzi, Karen Maria Petry, Nadja Schott, Thomas Skovgaard, Otmar Weiss, Arnaldo Zelli

Period → first semester

Objectives of the modules

- Knowing the psycho-social aspects of the effects of physical activity and exercise on mental health and cognition.
- Understand the psycho-social determinants of physical activity.
- Knowing the social-cognitive models of behavior interventions.
- Knowing the pedagogical and philosophical issues in sport and physical activity.
- Developing the knowledge on exercise training in the growth and development age.
- Developing the knowledge of young peoples' psychosocial growth and development and the implications of physical activity as an influencing factor.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual tools related to general and social psychology, general pedagogy, sociology, applied to motor sciences, conceiving, managing and monitoring a fitness program.
- Utilize the conceptual and practical tools related to exercise training in children, general pedagogy, applied to motor sciences, in conceiving, managing, and monitoring a fitness program tailored for children.

Theoretical and Academic competencies:

- Analyze and critically read scientific articles related to the scientific disciplines treated in the module.

Prerequisites

Basic knowledge in sport and exercise psychology and pedagogy. Basic knowledge of motor development, theory of training, and exercise activities for children.

Content of the course

- Physical Activity & Sport as Social Phenomena.
- Socio-pedagogical issues in health-enhancing PA.
- Social impact of physical activity programs in emergency and special conditions.
- The power of sport to promote development and peace: implementing physical activity projects in disadvantaged communities.
- Enhancing physical activity: towards a social-ecological approach.
- Effects of physical activity and exercise on mental health and cognitive processes.
- Introduction to Psychology and Physical Activity.

- Models of Health Behaviour Change.
 - Psychosocial Determinants of Physical Activity.
 - Health Psychology and Physical Activity in elderly populations.
 - Physical activity and optimal brain functioning.
 - Social cognitive models of behavioral change.
 - Biology of growth and development.
 - Motor Behaviour.
 - Motor development and cognition.
 - Effective intervention to enhance physical activity in young children and adolescents.
 - Exercise training in children.
 - Settings-based promotion of physical activity among children and youth - from evidence to practice.
 - Physical activity, fitness, and children's health.
 - Physical activity, fitness and children's health: practical applications.
- Additional tools: Practice in statistics; English Academic Writing; Italian for foreign students.

Teaching methods

This module is entirely in English. The course is structured as an Intensive course with a condensed blended teaching period of 3 weeks (distance face-to-face and online resources) and condensed e-learning, distance tutoring, and individual study of 4 weeks, including examination.

Learning outcomes' evaluation

The exam includes:

- Test: up to 10 multiple choice and /or open questions on the entire module program.
- Individually written short essay (3-5 pages) on a topic assigned randomly to the student.

The test verifies the knowledge acquired by the student with respect the whole module content throughout the lecture's attendance and the individual study.

The essay refers to 3-5 pages (1.000 - 1.800 words) manuscript. It must represent in an individual and original way the critical thinking of the student with respect to the chosen topic, demonstrating also the student's capability to integrate and apply various knowledge.

Essay general guidelines are available in the Moodle Learning Platform.

Available time: 24 hrs.

For both test and essay, the program makes use of the online instruments available in the "Foro Italico" Moodle Learning Platform.

18 out of 30 points is the minimum threshold for both test and essay. The final mark will result from the following formula:

$[(\text{Essay's points} \times 2.2) + \text{Test's points}] / 3$

Reference texts

Study material (mainly PDF files of the literature and monography) and virtual rooms for discussions between students and students and staff, is made available on the e-learn platform of Foro Italico University.

They mainly concern:

- scientific articles and chapters extracted from monographs on the socio-cognitive theory of psychological functioning and on the most consolidated research programs in the field of sociology and psychology of health;
- scientific articles on physical activity and health during infancy and childhood.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to -3 hr of student's individual work, accounting for intensity of teaching, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 375 hours)

Lectures and seminars: 75.

Practical teaching and online learning: 45.

Individual study: 229.

Exam: 26.

MOVEMENT THERAPY AND PHYSICAL ACTIVITY FOR ELDERLY AND SPECIAL POPULATION

Professors → Michel Audiffren, Paolo Caserotti, Francesca Romana Lenzi, Andrea Macaluso, Fabrizio Margheritini, Niels Ortenblad, Jean-Jacques Temprado, Christiane Wilke

Period → second semester

Objectives of the modules

- Knowing the theory of movement therapy and physical activity for special populations.
- Knowing theories and techniques of the application of movement therapy in the rehabilitation chain.
- Knowing the theoretical and practical basis of coordination training for special populations.
- Knowing the theoretical and practical basis of aqua therapy.
- Knowing the theoretical and practical basis of strength training for special populations.
- Acquiring the basic knowledge on the theory of post-traumatic neurorehabilitation as well as in orthopaedic rehabilitation.
- Knowing the theoretical and practical application of sociological theories in health maintenance and disease prevention.
- Knowing the social and psychosocial aspects of physical activity in the elderly population.
- Understanding the main changes in physiological capacities with age and their importance for functional ability and activities of daily living.

When finalising the course the students will be able to:

Professional competences:

- Utilize the conceptual and practical tools related to exercise training in special populations as well as in rehabilitation chain, in conceiving, managing and monitoring a fitness program tailored for special populations.
- Utilize the conceptual and practical tools related to exercise training in elderly people, general sociology, applied to motor sciences, in conceiving, managing and monitoring a fitness program tailored for the elderly.
- Utilize the conceptual and practical tools related to exercise training in orthopaedic and neurological post-traumatic rehabilitation chain, in conceiving, managing and monitoring a fitness program tailored for special populations.

Theoretical and Academic competences:

- Analyse and critically read scientific articles related to the scientific disciplines treated in the module.

Prerequisites

Basic knowledge of motor and exercise activities. Basis on preventive and adaptive physical activity theory and technique. Elements of sports medicine.

Content of the course

- Physical dimensions and individual differences with age.
- Biology of aging.
- Sociological issues on physical health and nutrition.
- Skeletal muscle function, fatigue, and metabolism: effects of disuse and diseases.
- Age-related changes in cardiovascular and neuromuscular systems.
- Functional ability - testing procedures and association with adverse health outcomes.
- Aging in the sensory system and postural control.
- Exercise Prescription in aging populations.
- Physical activity for the elderly - interdisciplinary approaches.
- Exercise and cognitive functions.
- Sports therapy and the ICF classification.
- Professional fields.
- Immobilisation.
- Injuries of the upper and lower extremities.
- Sensomotoric system.
- Gait training and coordination.
- Muscle Training for Special Populations/Training with Devices (Theory and Practical Application): lower extremities.
- Aquatherapy.
- Practical applications lower and upper extremities.
- Musculoskeletal disorders and sports activity Joint diseases: acute and overuse injuries.
- Basics of disabled sports and medical aspects of different disabilities and practical applications.
- Cancer and Sport.

Additional tools: Practice in statistics; English Academic Writing; Italian for foreign students.

Teaching methods

This module is entirely in English. The course is structured as an Intensive course with a condensed blended teaching period of 3 weeks (distance face-to-face and online resources) and condensed e-learning, distance tutoring, and individual study of 4 weeks, including examination.

Learning outcomes' evaluation

The exam includes:

- Test: up to 10 multiple choice and /or open questions on the entire module program.
- Individually written short essay (3-5 pages) on a topic assigned randomly to the student.

The test verifies the knowledge acquired by the student with respect the whole module content throughout the lecture's attendance and the individual study.

The essay refers to 3-5 pages (1.000 - 1.800 words) manuscript. It must represent in an individual and original way the critical thinking of the student with respect to the chosen topic, demonstrating also the student's capability to integrate and apply various knowledge.

Essay general guidelines are available in the Moodle Learning Platform.

Available time: 24 hrs

For both test and essay, the program makes use of the online instruments available in the "Foro Italico" Moodle Learning Platform.

18 out of 30 points is the minimum threshold for both test and essay. The final mark will result from the following formula:

$[(\text{Essay's points} \times 2.2) + \text{Test's points}]/3$

Reference texts

Study material (mainly PDF files of the literature and monography) and virtual rooms for discussions between students and students and staff, is made available on the e-learn platform of "Foro Italico" University.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to -3 hr of student's individual work, accounting for intensity of teaching, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 375 hours)

Lectures and seminars: 88.

Practical teaching and online learning: 56.

Individual study: 205.

Exam: 26.

RESEARCH METHODOLOGY

Professors → Daniela Caporossi, Clara Crescioli, Rosa Diketmueller, Anders Grontved, Emanuele Isidori, Sigmund Loland, Michael McNamee, Maria Paola Paronetto, Jim Parry, Vincenzo Romano Spica, Federica Valeriani, Giuseppe Vannozzi, Barbara Wessner, Arnaldo Zelli

Period → second semester

Objectives of the modules

- Understand the ethical and philosophical implications in sport science and research.
- Learn the principles of research methods and statistics for social sciences.
- Learn the principles of research methods and statistics in sports sciences and health-related research.
- Learn the research methods in descriptive and inferential statistics.
- Learn the research methods in epidemiological research.

When finalising the course the students will be able to:

Professional competences:

- Apply the ethical principles and norms to research design and management
- Utilize informed consent
- Apply the main statistics tools for biomedical and social sciences, utilizing the relevant software
- Conceive and manage a research protocol.
- Prepare and develop a research proposal.

Theoretical and Academic competencies:

- Analyze and critically read scientific articles related to the scientific disciplines treated in the module.

- Planning and developing thesis project.

Prerequisites

Basic knowledge of qualitative and quantitative statistics, and philosophy of science.

Content of the course

- Theory of sport science - an introduction.
- Classic positions in the theory of science: inductivism, falsificationism, paradigms.
- Philosophical and ethical consideration in research design and management of results.
- Paradigms in the sport sciences: respect for persons and informed consent.
- Implications for student projects - discussion and group presentations.
- From anthropometry to biotechnology: research application in sport sciences.
- Research methods: planning, design, data acquisition & signal processing.
- Descriptive statistics.
- Experimental and quasi-experimental research.
- How to prepare a research proposal.
- Practical work - planning of potential thesis projects.
- Discussion of student projects - Student presentations.
- Research methods & statistics for the social sciences: theory and practical applications.
- Research methods in sport sciences: knowledge and methodology.
- Problem & hypothesis work.
- Validity, reliability, sensitivity, relevance.
- Literature search: theoretical and practical work.
- Writing and presenting the results.
- Practical applications.
- Research Methods in Sport Biology.
- Epidemiology and statistics in health related sciences - Statistical application in epidemiology and meta-analysis.
- Inferential statistics - theory and practice.
- Practical work.
- Reporting research results.
- Practical work - Hands-on practice using experimental data: descriptive statistics, inferential statistics, written and oral presentation.
- Practical work.

Additional tools: English Academic Writing; Italian for foreign students. Orientation to 2nd year.

Teaching methods

This module is entirely in English. The course is structured as an Intensive course with a condensed blended teaching period of 3 weeks (distance face-to-face and online resources) and condensed e-learning, distance tutoring, and individual study of 4 weeks, including examination.

Learning outcomes' evaluation

Preliminary exam on inferential statistics.

The exam includes:

- Test: up to 10 multiple choice and /or open questions on the entire module program.
- Individually written short essay (4-6 pages) concerning a research proposal on a topic assigned to the student among the main 1st year topics a topic assigned randomly to the student.

The test verifies the knowledge acquired by the student with respect to the whole module content throughout the lecture's attendance and the individual study.

The essay refers to 4-6 pages (1.500 - 2.000 words) manuscript. It must represent in an individual and original way the critical thinking of the student with respect to the chosen topic, demonstrating also the student's capability to apply rigorously the research methodology and to integrate and apply various knowledge.

Essay general guidelines are available in the Moodle Learning Platform. Available time: 40 hrs.

For both test and essay, the program makes use of the online instruments available in the "Foro Italico" Moodle Learning Platform.

18 out of 30 points is the minimum threshold for both test and essay. The final mark will result from the following formula:

$[(\text{Essay's points} \times 2.2) + \text{Test's points}] / 3$

Reference texts

Study material (mainly PDF files of the literature and monography) and virtual rooms for discussions between students and students and staff, is made available on the e-learn platform of "Foro Italico" University.

Other Information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to -3 hr of student's individual work, accounting for intensity of teaching, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 375 hours)

Lectures and seminars: 70.

Practical teaching and online learning: 60.

Individual study: 203.

Exam: 42.

EXAMINATION RULES AND PROCEDURES

Examination format and schedule

All 1st year exams include a written essay of different length and a multiple choice questions (MCQs) test. Information concerning the format and the date are specified under each module. The exam is performed by means of the Learning Moodle Platform of the Foro Italico University, where the information on the practical arrangement is available, too.

Make up Exam

A student who is unable to take an exam should notify it to european.master@uniroma4.it immediately. When a student misses an exam for an acceptable reason (having appropriately notified the Teaching Coordinator in advance), it is up to the Teaching Coordinator and the student to schedule and arrange for proctoring the make up exam at a mutually agreeable time.

Exam Failed

A student who has failed one part of the examination (either test or essay) but passed the other one is allowed to re-sit the failed part only.

Not Accepted awarded mark

In case a student does not accept awarded mark, he/she shall notify it by email to european.master@uniroma4.it within 5 days from publication of results' pre-view. He/she shall be then required to re-sit the whole examination (both test and essay) at the first possible opportunity. Students are allowed to refuse assigned mark only once.

Exam results

Students can view a preview of their final grades online in the E-learning platform (**LM67INT** → **Program General Information** → **Exam sessions and Results**).

Italian marking system

The Italian marking system ranges from 0 to 30: the minimum grade to pass is 18/30 and the maximum grade is 30/30. The maximum grade can be enhanced with "cum laude" (30 cum laude). A grade distribution table has been developed for the LM67-I study programme (EMH&PA) to be used for grade conversion (available at <http://www.uniroma4.it/?q=node/4291>).

18 out of 30 points is the minimum threshold for both MCQs test and essay. The final mark will result from the following formula:

$$[(\text{Essay's points} \times 2.2) + \text{MCQs Test's points}]/3$$

Written Essay

The essay refers to 3-6 pages (1.000/1.500 min - 1.800/2.000 max words, depending upon the module) manuscript. It must represent an individual and original way the critical thinking of the student with respect the assigned topic. Tips on how to write an essay will be given during the academic writing course. Useful suggestions can be found at <https://writingcenter.fas.harvard.edu/pages/essay-structure>.

Plagiarism

Plagiarism is the act of using or closely imitating another person's language and thoughts, presenting them as one's own work, not giving credit to the original author.

Plagiarism is not allowed in any form and in any academic contest, and its consequences will be severe. Essays and thesis will be checked for plagiarism by the Faculty members utilizing the PlagScanPro software.

Essay Evaluation Form

To ensure harmonization among evaluation scores, teachers will assess and grade students' essay from the 1st year exam by completing the following Evaluation Form

Score	Level	Criteria	Comments
		Content	
	30-27	Excellent to Very Good: Knowledgeable, substantive development of thesis, relevant to assigned topic	
	26-22	Good to Average: sure knowledge of subject, adequate range, limited development of thesis, mostly relevant to topic, but lacks detail	
	21-17	Fair: limited knowledge of subject, little substance, inadequate development of topic	
	16-13	Needs Much Improvement: does not show knowledge of subject, not many details, not relevant to assigned topic OR not enough to evaluate.	
		Organization	
	20-18	Excellent to Very Good: fluent expression, ideas clearly stated/supported, succinct, well-organized, logical sequencing, cohesive	
	17-14	Good to Average: somewhat choppy, loosely organized, but main ideas stand out, limited support, logical but incomplete sequencing	
	13-10	Fair: non-fluent, ideas are confusing or disconnected, lacks logical sequencing and development	
	9-7	Needs Much Improvement: does not communicate, no organization OR not enough to evaluate	
		Vocabulary and Language Use	
	20-18	Excellent to Very Good: sophisticated range, effective word/idiom choice and usage, word form mastery	
	17-14	Good to Average: adequate range, occasional errors of word/idiom form, choice, usage but meaning understood	
	13-10	Fair: limited range, frequent errors of word/idiom form, choice, usage, meaning somewhat confusing or not understood	
	9-7	Needs Much Improvement: essentially translation, little knowledge of English vocabulary, idioms, word form OR not enough to evaluate	

Final mark calculation: $\frac{\text{Total score} \times 30}{70}$

Examples: Total score = 70 → Final mark = 30; Total score = 42 → Final mark = 18

European Master in Health and Physical Activity

(Issued jointly by partner universities)

(Corso di Laurea Magistrale in Attività fisica e salute)

Program - second year (LM67-I)

Module	Semester	ECTS	Field	ECTS per AFD
The student must select one of the following 15 topics:	1	30	M-EDF/01 NN	6 24
Specialised teaching and internship on physical activity in disease prevention in adults (Vienna) and elderly (Odense2)				
Specialised teaching and internship on physical activity in disease prevention in adults (Vienna) and in movement therapy for special population (Cologne)				
Specialised teaching and internship on physical activity in disease prevention in adults (Vienna) and in musculo-skeletal rehabilitation (Rome)				
Specialised teaching and internship on physical activity in disease prevention in children (Odense1) and adults (Vienna)				
Specialised teaching and internship on physical activity in disease prevention in children (Odense1) and elderly (Odense2)				
Specialised teaching and internship on physical activity in disease prevention in children (Odense1) and in movement therapy for special population (Cologne)				
Specialised teaching and internship on physical activity in disease prevention in children (Odense1) and in musculo-skeletal rehabilitation (Rome)				
Specialised teaching and internship on physical activity in disease prevention in elderly (Odense2) and in movement therapy for special population (Cologne)				
Specialised teaching and internship on physical activity in disease prevention in elderly (Odense2) and in musculo-skeletal rehabilitation (Rome)				
Specialised teaching and internship on physical activity in musculo-skeletal rehabilitation (Rome) and movement therapy for special population (Cologne)				
Specialised teaching and internship on psycho-pedagogic aspects of preventive physical				

activity (Oslo) and in disease prevention in adults (Vienna)				
Specialised teaching and internship on psychopedagogic aspects of preventive physical activity (Oslo) and in disease prevention in children (Odense1)				
Specialised teaching and internship on psychopedagogic aspects of preventive physical activity (Oslo) and in disease prevention in elderly (Odense2)				
Specialised teaching and internship on psychopedagogic aspects of preventive physical activity (Oslo) and in measurement methods in physical activity (Oslo)				
Specialised teaching and internship on psychopedagogic aspects of preventive physical activity (Oslo) and in movement therapy for special population (Cologne)				
Specialised teaching and internship on psychopedagogic aspects of preventive physical activity (Oslo) and in musculo-skeletal rehabilitation (Rome)				
Final exam	1 e 2	30		
	Total ECTS	60		

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN ADULTS (VIENNA) AND ELDERLY (ODENSE2)

Professors → Arnold Baca, Paolo Caserotti

Period → first semester

Objectives of the modules

- Expand the knowledge on exercise physiology, motor analysis, biomechanics to acquire practical principles of fitness assessment.
- Expand the knowledge on theories and practical applications of: fitness and wellness principles; principles of cardiovascular pathophysiology; fitness assessment and exercise prescription in cardiovascular rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.
- Integrate the knowledge on the exercise role on health with those on motor intervention on adults, to correctly plan a personalized training program.
- Expand the knowledge on exercise physiology and theories of exercise training in the elderly.
- Integrate knowledge on biology and physiology of ageing with exercise physiology and cognitive models theories in exercise training plans finalized to healthy ageing and disease prevention.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Vienna

- Fitness testing - theoretical basis and self experience in laboratory and field tests:
 - Assessing Cardiorespiratory Fitness (laboratory and field tests);
 - Assessing Muscular Fitness D Assessing Body Composition;
 - Assessing Flexibility and Balance;
 - Spine Screening and Low Back Care.
- Theory and Practice of Fitness-related genotypes.
- Applied Motion Analysis.
- Sports Equipment and Footwear Testing.
- Field trips to a rehabilitation as well as to a fitness centre.

Odense

With respect to the aspect of human biology, the course looks at the normal physiological and functional changes induced by ageing, age-related diseases and the impact of regular exercise and everyday physical activity as well as sedentary life-style. This part includes lab and field work (e.g. assessment of neuromuscular function, objective/subjective evaluation of everyday physical activity, exercise prescription). From the side of humanities and social sciences, ageing is presented as a social and cultural process with the primary focus describing and making understandable the cultural history, cultural anthropology, and cultural psychology of ageing and bodily movement.

By combining these different approaches, the student is enabled to find a way among the current theories of activation, of disengagement and of older people as a social resource.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the University of Vienna and the other at the University of Southern Denmark in Odense.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN ADULTS (VIENNA) AND IN MOVEMENT THERAPY FOR SPECIAL POPULATION (COLOGNE)

Professors → Christiane Wilke, Arnold Baca

Period → first semester

Objectives of the modules

Vienna

- Expand the knowledge on exercise physiology, motor analysis, biomechanics to acquire

practical principles of fitness assessment.

- Expand the knowledge on theories and practical applications of: fitness and wellness principles; principles of cardiovascular pathophysiology; fitness assessment and exercise prescription in cardiovascular rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.
- Integrate the knowledge on the exercise role on health with those on motor intervention on adults, to correctly plan a personalized training program.

Cologne

- Expand the knowledge on theories and practical applications of: movement therapy and physical activity for special populations; movement therapy in the rehabilitation chain; coordination training for special populations; aqua therapy; strength training in special populations.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Vienna

- Fitness testing - theoretical basis and self experience in laboratory and field tests D Assessing Cardiorespiratory Fitness (laboratory and field tests):
 - Assessing Muscular Fitness D Assessing Body Composition
 - Assessing Flexibility and Balance
 - Spine Screening and Low Back Care.
- Theory and Practice of Fitness-related Genotypes.
- Applied Motion Analysis.
- Sports Equipment and Footwear Testing.

Cologne

- Field trips to a rehabilitation as well as to a fitness centre.
- Methods and Didactics in Therapy.
- Workplace Health Promotion.
- Psychological Skills of Athletes with disabilities.
- Physical Health Outdoor Lesson - Nordic Walking.
- Isokinetic Training.

- Trampoline.
- Prevention Studies.
- Cancer and Sport.
- Cardio - Vascular Diseases.
- Bimanual Coordination in the elderly.
- The Pistorius Case - Adapted Physical Activity.
- Disabled - Sports Practice.
- Exercise testing in persons with disabilities.
- Relaxation Techniques Practical.
- Excursion to Unireha (Rehabilitation for children).
- Excursion to Unireha (Rehabilitation for adults).
- Excursion to Uniklinik - Exercise Therapy with patients with cancer.
- Classes in different groups: e.g. Spinal gymnastics, aqua training for patients with orthopaedic diseases, training for patients with Parkinson's disease, rehabilitation sports for patients with stroke, training with neurological patients.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the University of Vienna and the other at the German Sport University in Cologne. Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship. Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN ADULTS (VIENNA) AND IN MUSCULO-SKELETAL REHABILITATION (ROME)

Professors → Arnold Baca, Andrea Macaluso

Period → first semester

Objectives of the modules

- Expand the knowledge on exercise physiology, motor analysis, biomechanics to acquire practical principles of fitness assessment.
- Expand the knowledge on theories and practical applications of: fitness and wellness principles; principles of cardiovascular pathophysiology; fitness assessment and exercise prescription in cardiovascular rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.
- Integrate the knowledge on the exercise role on health with those on motor intervention on adults, to correctly plan a personalized training program.
- Expand the knowledge on theories and practical applications of: orthopaedic rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health.
- maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Vienna

- Assessing Cardiorespiratory Fitness (laboratory and field tests):
 - Assessing Muscular Fitness;
 - Assessing Body Composition;
 - Assessing Flexibility and Balance;
 - Spine Screening and Low Back Care.
- Theory and Practice of Fitness-related Genotypes.
- Applied Motion Analysis.
- Sports Equipment and Footwear Testing.
- Field trips to a rehabilitation as well as to a fitness centre.

Rome

- The performance of an appropriate medical history on each patient seen that must include but is not limited to:
 - A thorough history of injury or condition;
 - A primary complaint;
 - A pain level assessment;
 - Past medical history;
 - Quality-of-life and how it is affected.

- The performance of an appropriate physical examination on each patient seen. This includes but is not limited to:
 - Range-of-motion testing;
 - Strength and/or manual muscle testing;
 - Sensation testing;
 - Palpation;
 - Functional testing;
 - Ligamentous testing;
 - Special tests as needed.
- The ordering of diagnostic studies or other referrals under the direction of the attending physician to include but is not limited to:
 - Radiographs;
 - MRIs;
 - CT scans;
 - Ultrasounds;
 - Rehabilitation referrals;
 - Physician referrals.
- The performance of educational responsibilities in specific to the needs of each individual patient. This includes but is not limited to:
 - Exercise instruction;
 - Answering patient questions in regards to the treatment plan, surgery, rehabilitation and future care.
- Providing initial rehabilitation exercises and the instruction, demonstration and feedback on patient performance of the exercises as directed by the attending physician.
- Fitting the patient with splints, crutches, braces, wraps and other equipment as directed by the attending physician. The incumbent will also educate the patient on the appropriate use of the equipment provided to the patient.
- Use of dynamometry, force platform and other devices used for testing purposes.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the University of Vienna and the other at the University of Rome Foro Italico, in collaboration with Villa Stuart Clinic.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

PDF files of the literature and monography will be made available via e-learn platform.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of

study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN CHILDREN (ODENSE1) AND ADULTS (VIENNA)

Professors → Anne Kær Gejl, Arnold Baca

Period → first semester

Objectives of the modules

Learning outcomes:

- Expand the knowledge on exercise physiology and theories of exercise training in the evolutive age.
- Integrate psychological and pedagogical knowledge with exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in growing age.
- Expand the knowledge on exercise physiology, motor analysis, biomechanics to acquire practical principles of fitness assessment.
- Expand the knowledge on theories and practical applications of: fitness and wellness principles; principles of cardiovascular pathophysiology; fitness assessment and exercise prescription in cardiovascular rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.
- Integrate the knowledge on the exercise role on health with those on motor intervention in adults, to correctly plan a personalized training program.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health.
- maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems, and finding solutions.
- Be able to work in team interacting with other professionals, and critically evaluate the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Dealing with best practice issues related to the development, implementation and evaluation of physical education and other PA initiatives targeting special populations (e.g. schoolchildren, ethnic and obese children) the program focuses on:

- The academic rationale for the inclusion of sport, exercise, fitness and related health issues in the public health domain.
- State-of-the-art scientific data on the physiological, epidemiological, psychological, sociological and social factors underpinning 'best practice' issues in children's participation in PA and sport.
- Methodological, ethical and practical issues which underpin scientific investigation and intervention in the field of child health and PA.
- Opportunities for students to obtain a European perspective on the general topic, and offer them tools to evaluate how policy issues differ between countries.
- An international, multidisciplinary approach.
- Fitness testing - theoretical basis and self experience in laboratory and field tests:
 - Assessing Cardiorespiratory Fitness (laboratory and field tests);
 - Assessing Muscular Fitness;
 - Assessing Body Composition;
 - Assessing Flexibility and Balance;
 - Spine Screening and Low Back Care.
- Theory and Practice of Fitness-related Genotypes.
- Applied Motion Analysis.
- Sports Equipment and Footwear Testing.
- Field trips to a rehabilitation as well as to a fitness centre.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the University of Southern Denmark in Odense and the other at the University of Vienna.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of a multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN CHILDREN (ODENSE1) AND ELDERLY (ODENSE2)

Professors → Anne Kær Gejl, Paolo Caserotti

Period → first semester

Objectives of the modules

- Expand the knowledge on exercise physiology and theories of exercise training in evolutive age.
- Integrate psychological and pedagogical knowledge with exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in growing age.
- Expand the knowledge on exercise physiology and theories of exercise training in the elderly.
- Integrate knowledge on biology and physiology of ageing with exercise physiology and cognitive models theories in exercise training plans finalized to healthy ageing and disease prevention.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Dealing with best practice issues related to the development, implementation and evaluation of physical education and other PA initiatives targeting special populations (e.g. schoolchildren, ethnic and obese children) the program focuses on:

- The academic rationale for the inclusion of sport, exercise, fitness and related health issues in the public health domain.
- State-of-the-art scientific data on the physiological, epidemiological, psychological, sociological and social factors underpinning 'best practice' issues in children's participation in PA and sport.
- Methodological, ethical and practical issues which underpin scientific investigation and intervention in the field of child health and PA.
- Opportunities for students to obtain a European perspective on the general topic, and offer them tools to evaluate how policy issues differ between countries.
- An international, multidisciplinary approach.

With respect to the aspect of human biology, the course looks at the normal physiological and functional changes induced by ageing, age-related diseases and the impact of regular

exercise and everyday physical activity as well as sedentary life-style. This part includes lab and field work (e.g. assessment of neuromuscular function, objective/subjective evaluation of everyday physical activity, exercise prescription). From the side of humanities and social sciences, ageing is presented as a social and cultural process with the primary focus describing and making understandable the cultural history, cultural anthropology, and cultural psychology of ageing and bodily movement. By combining these different approaches, the student is enabled to find a way among the current theories of activation, of disengagement and of older people as a social resource.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, both at the University of Southern Denmark in Odense.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN CHILDREN (ODENSE1) AND IN MOVEMENT THERAPY FOR SPECIAL POPULATION (COLOGNE)

Professors → Anne Kær Gejl, Christiane Wilke

Period → first semester

Objectives of the modules

- Expand the knowledge on exercise physiology and theories of exercise training in the evolutive age.
- Integrate psychological and pedagogical knowledge with exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in growing age.
- Expand the knowledge on theories and practical applications of: movement therapy and

physical activity for special populations; movement therapy in the rehabilitation chain; coordination training for special populations; aqua therapy; strength training in special populations.

- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health.
- maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competences:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Odense

Dealing with best practice issues related to the development, implementation and evaluation of physical education and other PA initiatives targeting special populations (e.g. schoolchildren, ethnic and obese children) the program focuses on:

- The academic rationale for the inclusion of sport, exercise, fitness and related health issues in the public health domain.
- State-of-the-art scientific data on the physiological, epidemiological, psychological, sociological and social factors underpinning 'best practice' issues in children's participation in PA and sport.
- Methodological, ethical and practical issues which underpin scientific investigation and intervention in the field of child health and PA.
- Opportunities for students to obtain a European perspective on the general topic, and offer them tools to evaluate how policy issues differ between countries.
- An international, multidisciplinary approach.

Cologne

- Methods and Didactics in Therapy.
- Workplace Health Promotion.
- Psychological Skills of Athletes with disabilities.
- Physical Health Outdoor Lesson - Nordic Walking.
- Isokinetic Training.
- Trampoline.
- Prevention Studies.
- Cancer and Sport.
- Cardio - Vascular Diseases.
- Bimanual Coordination in the elderly.
- The Pistorius Case - Adapted Physical Activity.

- Disabeld - Sports Practice.
- Exercise testing in persons with disabilities.
- Relaxation Techniques Practical.
- Excursion to Unireha (Rehabilitation for children).
- Excursion to Unireha (Rehabilitation for adults).
- Excursion to Uniklinik - Exercise Therapy with patients with cancer.
- Classes in different groups: e. g. Spinal gymnastics, aqua training for patients with orthopaedic diseases, training for patients with Parkinson's disease, rehabilitation sports for patients with stroke, training with neurological patients.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the University of Southern Denmark in Odense and the other at the German Sport University in Cologne.

Lectures, seminars, practical workshops, student presentations, and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam consists of an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be organised and evaluated by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN CHILDREN (ODENSE1) AND IN MUSCULO-SKELETAL REHABILITATION (ROME)

Professors → Anne Kær Gejl, Andrea Macaluso

Period → first semester

Objectives of the modules

- Expand the knowledge on exercise physiology and theories of exercise training in the evolutive age.
- Integrate psychological and pedagogical knowledge with exercise physiology and cognitive models theories in exercise training plans finalized for healthy development and

disease prevention in growing age.

- Expand the knowledge of theories and practical applications of orthopedic rehabilitation.
- Integrate knowledge of exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct, and monitor exercise programs finalized for health
- maintaining and disease prevention in various conditions and age.
- Utilize the methodological tools in an integrated way, allowing a deep understanding of a motor intervention protocol, detecting problems, and finding solutions.
- Be able to work in a team interact with other professionals, and critically evaluate the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Odense

Dealing with best practice issues related to the development, implementation and evaluation of physical education and other PA initiatives targeting special populations (e.g. schoolchildren, ethnic and obese children) the program focuses on:

- The academic rationale for the inclusion of sport, exercise, fitness and related health issues in the public health domain.
- State-of-the-art scientific data on the physiological, epidemiological, psychological, sociological and social factors underpinning 'best practice' issues in children's participation in PA and sport.
- Methodological, ethical and practical issues which underpin scientific investigation and intervention in the field of child health and PA.
- Opportunities for students to obtain a European perspective on the general topic, and offer them tools to evaluate how policy issues differ between countries.
- An international, multidisciplinary approach.

Rome

- The performance of an appropriate medical history on each patient seen must include but is not limited to:
 - A thorough history of injury or condition;
 - A primary complaint;
 - A pain level assessment;
 - Past medical history;
 - Quality-of-life and how it is affected.
- The performance of an appropriate physical examination on each patient seen. This includes but is not limited to:
 - Range-of-motion testing;
 - Strength and/or manual muscle testing;
 - Sensation testing;
 - Palpation;

- Functional testing;
- Ligamentous testing
- Special tests as needed.
- The ordering of diagnostic studies or other referrals under the direction of the attending physician to include but is not limited to:
 - Radiographs;
 - MRIs;
 - CT scans;
 - Ultrasounds;
 - Rehabilitation referrals;
 - Physician referrals.
- The performance of educational responsibilities in specific to the needs of each individual patient. This includes but is not limited to:
 - Exercise instruction;
 - Answering patient questions in regards to the treatment plan, surgery, rehabilitation and future care.
- Providing initial rehabilitation exercises and the instruction, demonstration and feedback on patient performance of the exercises as directed by the attending physician.
- Fitting the patient with splints, crutches, braces, wraps and other equipment as directed by the attending physician. The incumbent will also educate the patient on the appropriate use of the equipment provided to the patient.
- Use of dynamometry, force platform and other devices used for testing purposes.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the University of Southern Denmark in Odense and the other at the University of Rome Foro Italico, in collaboration with Villa Stuart Clinic.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship. Exam format: the exam consists of a multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN ELDERLY (ODENSE2) AND IN MOVEMENT THERAPY FOR SPECIAL POPULATION (COLOGNE)

Professors → Christiane Wilke, Paolo Caserotti

Period → first semester

Objectives of the modules

- Expand the knowledge on exercise physiology and theories of exercise training in the elderly.
- Integrate knowledge on biology and physiology of ageing with exercise physiology and cognitive models theories in exercise training plans finalized to healthy ageing and disease prevention.
- Expand the knowledge on theories and practical applications of: movement therapy and physical activity for special populations; movement therapy in the rehabilitation chain; coordination training for special populations; aqua therapy; strength training in special populations.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Odense

With respect to the aspect of human biology, the course looks at the normal physiological and functional changes induced by ageing, age-related diseases and the impact of regular exercise and everyday physical activity as well as sedentary life-style. This part includes lab and field work (e.g. assessment of neuromuscular function, objective/subjective evaluation of everyday physical activity, exercise prescription). From the side of humanities and social sciences, ageing is presented as a social and cultural process with the primary focus describing and making understandable the cultural history, cultural anthropology, and cultural psychology of ageing and bodily movement. By combining these different approaches, the student is enabled to find a way among the current theories of activation, disengagement and of older people as a social resource.

Cologne

- Methods and Didactics in Therapy.

- Workplace Health Promotion.
- Psychological Skills of Athletes with disabilities.
- Physical Health Outdoor Lesson - Nordic Walking.
- Isokinetic Training.
- Trampoline.
- Prevention Studies.
- Cancer and Sport.
- Cardio - Vascular Diseases.
- Bimanual Coordination in the elderly.
- The Pistorius Case - Adapted Physical Activity.
- Disabled - Sports Practice.
- Exercise testing in persons with disabilities.
- Relaxation Techniques Practical.
- Excursion to Unireha (Rehabilitation for children).
- Excursion to Unireha (Rehabilitation for adults).
- Excursion to Uniklinik - Exercise Therapy with patients with cancer.
- Classes in different groups: e. g. Spinal gymnastics, aqua training for patients with orthopaedic diseases, training for patients with Parkinson's disease, Rehabilitation sports for patients with stroke, training with neurological patients.

Teaching methods

This course is entirely in English. It is structured as two separated internships (15 Ects) of three weeks each, one at the University of Southern Denmark in Odense and the other at the German Sport University in Cologne.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION IN ELDERLY (ODENSE2) AND IN MUSCULO-SKELETAL REHABILITATION (ROME)

Professors → Andrea Macaluso, Paolo Caserotti

Period → first semester

Objectives of the modules

- Expand the knowledge on exercise physiology and theories of exercise training in the elderly.
- Integrate knowledge on biology and physiology of ageing with exercise physiology and cognitive models theories in exercise training plans finalized to healthy ageing and disease prevention.
- Expand the knowledge on theories and practical applications of: orthopaedic rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalizing the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health
- maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Odense

With respect to the aspect of human biology, the course looks at the normal physiological and functional changes induced by ageing, age-related diseases and the impact of regular exercise and everyday physical activity as well as sedentary life-style. This part includes lab and field work (e.g. assessment of neuromuscular function, objective/subjective evaluation of everyday physical activity, exercise prescription). From the side of humanities and social sciences, ageing is presented as a social and cultural process with the primary focus describing and making understandable the cultural history, cultural anthropology, and cultural psychology of ageing and bodily movement. By combining these different approaches, the student is enabled to find a way among the current theories of activation, of disengagement and of older people as a social resource.

Rome

- The performance of an appropriate medical history on each patient seen that must include but is not limited to:
 - A thorough history of injury or condition;
 - A primary complaint;
 - A pain level assessment;

- Past medical history;
- Quality-of-life and how it is affected.
- The performance of an appropriate physical examination on each patient seen. This includes but is not limited to:
 - Range-of-motion testing;
 - Strength and/or manual muscle testing;
 - Sensation testing;
 - Palpation;
 - Functional testing;
 - Ligamentous testing;
 - Special tests as needed.
- The ordering of diagnostic studies or other referrals under the direction of the attending physician to include but is not limited to:
 - Radiographs;
 - MRIs;
 - CT scans;
 - Ultrasounds;
 - Rehabilitation referrals;
 - Physician referrals.
- The performance of educational responsibilities in specific to the needs of each individual patient. This includes but is not limited to:
 - Exercise instruction;
 - Answering patient questions in regards to the treatment plan, surgery, rehabilitation and future care;
 - Providing initial rehabilitation exercises and the instruction, demonstration and feedback on patient performance of the exercises as directed by the attending physician.
- Fitting the patient with splints, crutches, braces, wraps and other equipment as directed by the attending physician. The incumbent will also educate the patient on the appropriate use of the equipment provided to the patient.
- Use of dynamometry, force platform and other devices used for testing purposes.

Teaching methods

This course is entirely in English. It is structured as two separated internships (15 Ects) of three weeks each, one at the University of Southern Denmark in Odense and the other at the University of Rome Foro Italico in collaboration with Villa Stuart Clinic.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3

hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PHYSICAL ACTIVITY IN MUSCULO-SKELETAL REHABILITATION (ROME) AND MOVEMENT THERAPY FOR SPECIAL POPULATION (COLOGNE)

Professors → Christiane Wilke, Andrea Macaluso

Period → first semester

Objectives of the modules

- Expand the knowledge on theories and practical applications of: orthopaedic rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.
- Expand the knowledge on theories and practical applications of: movement therapy and physical activity for special populations; movement therapy in the rehabilitation chain; coordination training for special populations; aqua therapy; strength training in special populations.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Rome

- The performance of an appropriate medical history on each patient seen that must include but is not limited to:
 - A thorough history of injury or condition;
 - A primary complaint;
 - A pain level assessment;
 - Past medical history;

- Quality-of-life and how it is affected.
- The performance of an appropriate physical examination on each patient seen. This includes but is not limited to:
 - Range-of-motion testing;
 - Strength and/or manual muscle testing;
 - Sensation testing;
 - Palpation;
 - Functional testing;
 - Ligamentous testing;
 - Special tests as needed.
- The ordering of diagnostic studies or other referrals under the direction of the attending physician to include but is not limited to:
 - Radiographs;
 - MRIs;
 - CT scans;
 - Ultrasounds;
 - Rehabilitation referrals;
 - Physician referrals.
- The performance of educational responsibilities in specific to the needs of each individual patient. This includes but is not limited to:
 - Exercise instruction;
 - Answering patient questions in regards to the treatment plan, surgery, rehabilitation and future care.
- Providing initial rehabilitation exercises and the instruction, demonstration and feedback on patient performance of the exercises as directed by the attending physician.
- Fitting the patient with splints, crutches, braces, wraps and other equipment as directed by the attending physician. The incumbent will also educate the patient on the appropriate use of the equipment provided to the patient.
- Use of dynamometry, force platform and other devices used for testing purposes.

Cologne

- Methods and Didactics in Therapy.
- Workplace Health Promotion.
- Psychological Skills of Athletes with disabilities.
- Physical Health Outdoor Lesson - Nordic Walking.
- Isokinetic Training.
- Trampoline.
- Prevention Studies.
- Cancer and Sport.
- Cardio - Vascular Diseases.
- Bimanual Coordination in the elderly.
- The Pistorius Case - Adapted Physical Activity.
- Disabeld - Sports Practice.
- Exercise testing in persons with disabilities.
- Relaxation Techniques Practical.
- Excursion to Unireha (Rehabilitation for children).
- Excursion to Unireha (Rehabilitation for adults).
- Excursion to Uniklinik - Exercise Therapy with patients with cancer.
- Classes in different groups: e. g. Spinal gymnastics, aqua training for patients with orthopaedic diseases, training for patients with Parkinson's disease, Rehabilitation sports for patients with stroke, training with neurological patients.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the University of Rome Foro Italico in collaboration with Villa Stuart Clinic and the other at the German Sport University in Cologne.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PSYCHO-PEDAGOGIC ASPECTS OF PREVENTIVE PHYSICAL ACTIVITY (OSLO) AND IN DISEASE PREVENTION IN ADULTS (VIENNA)

Professors → Siv Gjesdal, Arnold Baca

Period → first semester

Objectives of the modules

- Gain knowledge and understanding of psychological factors influencing participation, learning, performance and well-being/mental health in sport, exercise and physical activity for different age groups.
- Integrate psychological and pedagogical knowledge in order to develop and implement exercise training plans and interventions to promote health enhancing physical activity in various age and life conditions.
- Expand the knowledge on exercise physiology, motor analysis, biomechanics to acquire practical principles of fitness assessment.
- Expand the knowledge on theories and practical applications of: fitness and wellness principles; principles of cardiovascular pathophysiology; fitness assessment and exercise prescription in cardiovascular rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special

populations.

- Integrate the knowledge on the exercise role on health with those on motor intervention on adults, to correctly plan a personalized training program.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Oslo

The course covers selective contemporary psychological themes relevant to understanding antecedents and outcomes of young people, adults and the elderly's involvement in competitive sport, exercise and physical activity. Topics comprise individual-environment dynamics and will cover various sub-themes within the psychology of sport and physical activity under the umbrella of generic terms such as motivation, emotions, self-regulation and social influence.

Vienna

- Fitness testing - theoretical basis and self experience in laboratory and field tests D Assessing Cardiorespiratory Fitness (laboratory and field tests):
 - Assessing Muscular Fitness D Assessing Body Composition;
 - Assessing Flexibility and Balance;
 - Spine Screening and Low Back Care.
- Theory and Practice of Fitness-related Genotypes.
- Applied Motion Analysis.
- Sports Equipment and Footwear Testing.
- Field trips to a rehabilitation as well as to a fitness centre.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the Norwegian School of Sport Science in Oslo and the other at the University of Vienna.

Lectures, seminars, practical workshops, student presentations, and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PSYCHO-PEDAGOGIC ASPECTS OF PREVENTIVE PHYSICAL ACTIVITY (OSLO) AND IN DISEASE PREVENTION IN CHILDREN (ODENSE1)

Professors → Siv Gjesdal, Anne Kær Gejl

Period → first semester

Objectives of the modules

- Gain knowledge and understanding of psychological factors influencing participation, learning, performance and well-being/mental health in sport, exercise and physical activity for different age groups.
- Integrate psychological and pedagogical knowledge in order to develop and implement exercise training plans and interventions to promote health enhancing physical activity in various age and life conditions.
- Expand the knowledge on exercise physiology and theories of exercise training in evolutive age.
- Integrate psychological and pedagogical knowledge with exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in growing age.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop

novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Oslo

The course covers selective contemporary psychological themes relevant to understand antecedents and outcomes of young people, adults and elderly's involvement in competitive sport, exercise and physical activity. Topics comprise individual-environment dynamics and will cover various sub-themes within psychology of sport and physical activity under the umbrella of generic terms such as motivation, emotions, self-regulation and social influence.

Odense

Dealing with best practice issues related to the development, implementation and evaluation of physical education and other PA initiatives targeting special populations (e.g. schoolchildren, ethnic and obese children) the program focuses on:

- The academic rationale for the inclusion of sport, exercise, fitness and related health issues in the public health domain.
- State-of-the-art scientific data on the physiological, epidemiological, psychological, sociological and social factors underpinning 'best practice' issues in children's participation in PA and sport.
- Methodological, ethical and practical issues which underpin scientific investigation and intervention in the field of child health and PA.
- Opportunities for students to obtain a European perspective on the general topic, and offer them tools to evaluate how policy issues differ between countries.
- An international, multidisciplinary approach.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the School of Sport Sciences in Oslo and the other at the University of Southern Denmark in Odense.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PSYCHO-PEDAGOGIC ASPECTS OF PREVENTIVE PHYSICAL ACTIVITY (OSLO) AND IN DISEASE PREVENTION IN ELDERLY (ODENSE2)

Professors → Siv Gjesdal, Paolo Caserotti

Period → first semester

Objectives of the modules

- Gain knowledge and understanding of psychological factors influencing participation, learning, performance and well-being/mental health in sport, exercise and physical activity for different age groups.
- Integrate psychological and pedagogical knowledge in order to develop and implement exercise training plans and interventions to promote health enhancing physical activity in various age and life conditions.
- Expand the knowledge on exercise physiology and theories of exercise training in the elderly.
- Integrate knowledge on biology and physiology of ageing with exercise physiology and cognitive models theories in exercise training plans finalized to healthy ageing and disease prevention.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Oslo

The course covers selective contemporary psychological themes relevant to understand antecedents and outcomes of young people, adults and elderly's involvement in competitive sport, exercise and physical activity. Topics comprise individual-environment dynamics and will cover various sub-themes within psychology of sport and physical activity under the umbrella of generic terms such as motivation, emotions, self-regulation and social influence.

Odense

With respect to the aspect of human biology, the course looks at the normal physiological and functional changes induced by ageing, age-related diseases and the impact of regular exercise and everyday physical activity as well as sedentary life-style. This part includes lab and field work (e.g. assessment of neuromuscular function, objective/subjective evaluation of everyday physical activity, exercise prescription). From the side of humanities and social sciences, ageing is presented as a social and cultural process with the primary focus describing and making understandable the cultural history, cultural anthropology, and cultural psychology of ageing and bodily movement. By combining these different approaches, the student is enabled to find a way among the current theories of activation, of disengagement and of older people as a social resource.

Teaching methods

This course is entirely in English. It is structured as two separate curricular internships (15 Ects) of three weeks each, one at the Norwegian School of Sport Science in Oslo and the other at the University of Southern Denmark in Odense.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PSYCHO-PEDAGOGIC ASPECTS OF PREVENTIVE PHYSICAL ACTIVITY (OSLO) AND IN MEASUREMENT METHODS IN PHYSICAL ACTIVITY (OSLO)

Professor → Siv Gjesdal

Period → first semester

Objectives of the modules

Gain knowledge and understanding of psychological factors influencing participation, learning, performance and well-being/mental health in sport, exercise and physical activity for different age groups.

- Integrate psychological and pedagogical knowledge in order to develop and implement exercise training plans and interventions to promote health enhancing physical activity in various age and life conditions.
- Gain knowledge and understanding of psychological factors influencing participation, learning, performance and well-being/mental health in sport, exercise and physical activity for different age groups.
- Expand the knowledge on exercise physiology and motor analysis to acquire practical principles of fitness assessment.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

The course covers selective contemporary psychological themes relevant to understand antecedents and outcomes of young people, adults and elderly's involvement in competitive sport, exercise and physical activity. Topics comprise individual-environment dynamics and will cover various sub-themes within psychology of sport and physical activity under the umbrella of generic terms such as motivation, emotions, self-regulation and social influence. Fitness testing - theoretical basis and self experience in laboratory and field tests Assessing Cardiorespiratory Fitness (laboratory and field tests). Assessing Muscular Fitness. Assessing Body Composition. Assessing Flexibility and Balance.

Teaching methods

This course is entirely in English. It is structured as two separated internships (15 Ects) of three weeks each, both offered at the Norwegian School of Sport Science in Oslo, being one of them (epidemiology and testing) reserved for local students with double enrolment.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PSYCHO-PEDAGOGIC ASPECTS OF PREVENTIVE PHYSICAL ACTIVITY (OSLO) AND IN MOVEMENT THERAPY FOR SPECIAL POPULATION (COLOGNE)

Professors → Christiane Wilke, Siv Gjesdal

Period → first semester

Objectives of the modules

- Gain knowledge and understanding of psychological factors influencing participation, learning, performance and well-being/mental health in sport, exercise and physical activity for different age groups.
- Integrate psychological and pedagogical knowledge in order to develop and implement exercise training plans and interventions to promote health enhancing physical activity in various age and life conditions.
- Expand the knowledge on theories and practical applications of: movement therapy and physical activity for special populations; movement therapy in the rehabilitation chain; coordination training for special populations; aqua therapy; strength training in special populations.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Oslo

The course covers selective contemporary psychological themes relevant to understand antecedents and outcomes of young people, adults and elderly's involvement in competitive sport, exercise and physical activity. Topics comprise individual-environment dynamics and will cover various sub-themes within psychology of sport and physical activity under the umbrella of generic terms such as motivation, emotions, self-regulation and social influence.

Cologne

- Methods and Didactics in Therapy.
- Workplace Health Promotion.
- Psychological Skills of Athletes with disabilities.
- Physical Health Outdoor Lesson - Nordic Walking.
- Isokinetic Training.
- Trampoline.
- Prevention Studies.
- Cancer and Sport.
- Cardio - Vascular Diseases.
- Bimanual Coordination in the elderly.
- The Pistorius Case - Adapted Physical Activity.
- Disabeld - Sports Practice.
- Exercise testing in persons with disabilities.
- Relaxation Techniques Practical.
- Excursion to Unireha (Rehabilitation for children).
- Excursion to Unireha (Rehabilitation for adults).
- Excursion to Uniklinik - Exercise Therapy with patients with cancer.
- Classes in different groups: e. g. Spinal gymnastics, aqua training for patients with orthopaedic diseases, training for patients with Parkinson's disease, Rehabilitation sports for patients with stroke, training with neurological patients.

Teaching methods

This course is entirely in English. It is structured as two separated internships (15 Ects) of three weeks each, one at the Norwegian School of Sport Science in Oslo and the other at the German Sport University in Cologne.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

SPECIALISED TEACHING AND INTERNSHIP ON PSYCHO-PEDAGOGIC ASPECTS OF PREVENTIVE PHYSICAL ACTIVITY (OSLO) AND IN MUSCULO-SKELETAL REHABILITATION (ROME)

Professors → Siv Gjesdal, Andrea Macaluso

Period → first semester

Objectives of the modules

- Gain knowledge and understanding of psychological factors influencing participation, learning, performance and well-being/mental health in sport, exercise and physical activity for different age groups.
- Integrate psychological and pedagogical knowledge in order to develop and implement exercise training plans and interventions to promote health enhancing physical activity in various age and life conditions.
- Expand the knowledge on theories and practical applications of: orthopaedic rehabilitation.
- Integrate knowledge on exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations.

When finalising the course the students will be able to:

Professional competencies:

- Utilize the conceptual and practical tools to design, conduct and monitoring exercise programs finalized to health maintaining and disease prevention in the various conditions and age.
- Utilize the methodological tools in an integrate way, allowing the deep understanding of a motor intervention protocol, detecting problems and finding solutions.
- Be able to work in team interacting with other professionals, critically evaluating the emerging technologies in each disciplinary sector.

Theoretical and Academic competencies:

- Starting from the critical reading of literature, identify best practice knowledge to develop novel solutions and protocols of motor intervention.

Prerequisites

Biomedical, psycho-social-pedagogical and exercise aspects related to physical activity in prevention and rehabilitation.

Content of the course

Oslo

The course covers selective contemporary psychological themes relevant to understand antecedents and outcomes of young people, adults and elderly's involvement in competitive sport, exercise and physical activity. Topics comprise individual-environment dynamics and will cover various sub-themes within psychology of sport and physical activity under the umbrella of generic terms such as motivation, emotions, self-regulation and social influence.

Rome

- The performance of an appropriate medical history on each patient seen that must include but is not limited to:
 - A thorough history of injury or condition;
 - A primary complaint;
 - A pain level assessment;
 - Past medical history;
 - Quality-of-life and how it is affected.
- The performance of an appropriate physical examination on each patient seen. This includes but is not limited to:
 - Range-of-motion testing
 - Strength and/or manual muscle testing;;
 - Sensation testing;
 - Palpation;
 - Functional testing;
 - Ligamentous testing;
 - Special tests as needed.
- The ordering of diagnostic studies or other referrals under the direction of the attending physician to include but is not limited to:
 - Radiographs;
 - MRIs;
 - CT scans;
 - Ultrasounds;
 - Rehabilitation referrals;
 - Physician referrals.
- The performance of educational responsibilities in specific to the needs of each individual patient. This includes but is not limited to:
 - Exercise instruction;
 - Answering patient questions in regards to the treatment plan, surgery, rehabilitation and future care.
- Providing initial rehabilitation exercises and the instruction, demonstration and feedback on patient performance of the exercises as directed by the attending physician.
- Fitting the patient with splints, crutches, braces, wraps and other equipment as directed by the attending physician. The incumbent will also educate the patient on the appropriate use of the equipment provided to the patient.
- Use of dynamometry, force platform and other devices used for testing purposes.

Teaching methods

This course is entirely in English. It is structured as two separated internships (15 Ects) of three weeks each, one at the Norwegian School of Sport Science in Oslo and the other at the University of Rome Foro Italico in collaboration with Villa Stuart Clinic.

Lectures, seminars, practical workshops, student presentations and written exams. The ambition is to engage students in the organisation, execution and assessment of various educational sequences.

Learning outcomes' evaluation

The exam schedules and modality will be defined by the university hosting the internship.

Exam format: the exam consists of multiple choice test and/or an individual written essay and/or individual oral presentation on one practical aspect covered during the internship, and will be evaluated and organised by the faculty of the university hosting the internship.

Reference texts

Study material and virtual rooms for discussions between students and students and staff, will be made available on the e-learn platform of relevant universities.

Other information

Credits

The programme adopts the European Credit Transfer System (ECTS) for the teaching units, with 1 ECTS = 25 hr student workload. As a rule, 1 contact hr will be held to correspond to 0-3 hr of student's individual work, accounting for type and intensity of teaching/work, amount of study materials, essays to write, exams, etc. For the evaluation of academic progress, the ECTS grading scale will be adopted within the consortium.

Student's work loads (Total 750 hours)

Lectures and seminars: 80.

Practical activities: 400.

Individual study and exam: 270.

EXAMINATION RULES AND PROCEDURES

Examination format and schedule

The exam schedules is defined by the university hosting the internship. Information concerning the format and the date are specified under each internships.

The exam format consists of an individual written essay and/or multiple choice questions (MCQs) test and/or individual oral presentation on one practical aspect covered during the internship, and is evaluated by the faculty of the university hosting the internship, under local rules and regulations.

Not Accepted awarded mark

Only the University of Rome Foro Italico foresees the possibility to not accept a mark awarded to a curricular internship. He/she shall notify it by email to european.master@uniroma4.it within 5 days from publication of results' pre-view. Students are allowed to refuse assigned mark only once.

All the other partner universities do not foresee the possibility to refuse a mark awarded to a curricular internship.

Exam results

Students can view a preview of their final grades online in the E-learning platform (LM67INT→ Program General Information → Exam sessions and Results).

Marking system

The marking system follows the national system of the university hosting the curricular internship. The ECTS transfer system is utilized for the conversion to the Italian marking system (minimum grade: 18/30; maximum grade 30/30). The maximum grade can be enhanced with "cum laude" (30 cum laude).

PLANNING, WRITING, AND COMPLETING THE FINAL THESIS

Foreword

The second semester of the 2nd year is fully dedicated to the planning, development and delivery of a 30 ECTS scientific thesis. This section aims at giving the student of the European MSc Program a short description of the rules and procedures the Faculty has set forth for regulating his/her thesis work.

a. The Choice of the Topic and the Supervising Faculty Member

The student should choose the topic of his/her thesis on the basis of personal interests and knowledge accumulated during the years of the program, as well as on the basis of formative experiences and research collaborations that occurred within and outside the hosting institute, University of Rome "Foro Italico".

In this context, it is critical to ensure that the topic is thematically relevant to the study, understanding, and applied work in the general area, of "preventive and adapted physical activity".

It also is critical to ensure that the topic can realistically be pursued. In this regard, the student must choose a topic that can clearly tap onto the expertise, competence, and research interests of a Supervisor who will be one of the many Faculty members who - either in Rome or in the partner European Institutions - has formally joined the Program and substantively contributed to its teaching and formative objectives. The Supervisor can also be an external expert entrusted by a Faculty member in agreement with the Program Coordinator.

b. The Supervising Faculty Member

The student will be responsible for ensuring that the chosen person is in fact available to follow and supervise the work necessary for the thesis.

Once this has been ascertained, this person will be the Supervisor of the thesis and will be responsible for ensuring that the thesis work is prepared according to the rules that are put forth in this document.

The student will be responsible for maintaining a continuing and meaningful relationship with the supervisor. The student should keep the supervisor informed regularly about the progress on the thesis work, of the problems that may be encountered, and of any difficulty or doubt that may arise throughout the work.

The supervisor will primarily be responsible for keeping the student “on track”, that is, focused on the work and its guiding ideas, as well as for providing the guidance on any theoretical, methodological, or operational and logistic problem that the student may face.

These reciprocal responsibilities should guarantee, if met, a high-quality outcome of the thesis work. It must be noted, however, that it is both the Supervisor’s and the student’s responsibility to establish carefully a time schedule that is sensible to, and realistically framed within the total amount of 30 credits (and corresponding student work hours) that the thesis is assigned to.

In this regard, the student should carefully plan and organize the whole process, from the moment of contacting the supervisor for discussing the thesis to the moment of preparing and handing in the final document of the thesis.

c. Modalities of Thesis

The value of the thesis must and will be measured according to the commitment and quality work that the student will be able to demonstrate throughout the process of planning, preparing, and completing his/her thesis.

The thesis should be an academic writing of a minimum of 60 pages (all included), dealing with a topic of scientific and/or practical interest in one of the specialistic areas related to the program, carefully organised and edited. The presentation in front of the Evaluating Committee (power point or similar) should last 20 - 25 minutes and will be followed by discussion (10-15 minutes).

Out of these general indications, there is no format or modality of thesis that is “mandatory”. Rather, the student will be free to plan, propose to, and agree upon with his/her supervisor one of many possible types of thesis, ranging from a review of the literature on the topic of interest, to a research study requiring collection, analysis and report of data, to the design of a research project.

d. Phases of Thesis Work

The thesis work would necessarily unfold along a series of 3 phases that are quite typical and critical to achieving a high quality in the writing and “packaging” of the thesis.

The 1st phase is concerned with the **definition of the “problem”** or set of questions that the thesis will address and possibly contribute to scientifically. This phase is critical, and most of the success of the thesis will rely on the student’s ability to precisely define and articulate this task for his/her work. In this regard, one of the most important tools is the ability to remain focused on a specific issue or theme and be able to articulate the issue in terms of a question or questions that can be answered either directly (via an experimental thesis) or indirectly (via a literature review). During this phase, it will be critical to conduct a preliminary literature review and prepare the outline of the whole thesis as closely as possible to the final document, so that the student (in close contact with the supervisor) will be able to plan ahead his/her work, be it an experimental thesis, a critical literature review, or a research project.

The 2nd phase should be concerned with conducting a thorough **review of the literature** that is necessary to the thesis. One important aspect of this phase is to ascertain whether the question or theme that has been chosen for the thesis has been answered or addressed by

the scientific community. This is not to say that the theme or questions become unimportant (ideas, questions, or any theme can always be articulated and developed further!). It is only a warning to ensure that the student work is framed in the rightful context of inquiry.

The 3rd phase is concerned with the actual **organization and writing of the thesis**. In the case in which the thesis is a research (experimental) study conducted by the student, this phase will involve the organization, conduction, and completion of the actual research.

The organization and writing of the thesis will need to comply also with the criteria that are detailed below (section f).

It is necessary that the student and the Supervisor carefully agree on the time schedule of this 3rd phase of the work. For instance, a close-to-final version of the thesis should be ready at least 30 days before the office deadline of presentation of the document, so that the Supervisor has the possibility to review it and make additional suggestions, should they be needed. Obviously, this implies that previous drafts have been agreed upon much earlier.

e. Writing Characteristics of the Thesis Document

The document should be prepared according to the following formal rules:

1. Double line, Times New Roman as font, and 12 as point size (or Arial 10).
2. A4 as the page format on only one side of the page.
3. The page number should be located at the top right corner of each page.
4. Left and right margins should be of about 2 ½ inches (about 4 cm).
5. Top and bottom margins should be of about 1 ½ inches (about 3 cm).
6. The front page of the document should include the complete title, name and surname of the student, name and surname of the Supervisor, and the academic year. A sample of the Thesis first page is available for download in the Moodle Learning Platform.
7. A second page should include a 300-word abstract of the work.
8. A third page (plus any additional pages, as needed) should include a detailed Table of Contents of the thesis. The thesis will need to fully comply with this outline.
9. The list of References, to be put at the end, will need to comply with the following guidelines:

Books

Jarvie G., Maguire J. (1994). *Sport and Leisure in Social Thought*, London, Academic Press.

Articles

Eriksson G. (1976). Minerals and rock throwing. *Journal of Sport Management*, 15:134-149.

Book chapters

Vanplew W. (1989). Horse-racing, in T. Mason (ed.), *Sport in Britain: A Social History*, Cambridge, Academic Press, pp. 215-44.

World Wide Web Citations

www.sportquest.com, DD-MM-YYYY.

f. Thesis evaluation and rating (see table below for the evaluation criteria utilized by supervisor, reviewer and committee)

Supervisor Evaluation

The Supervisor will sign the dissertation, thereby certifying that it is sufficient, and give it a rating (0=sufficient; 1=satisfactory; 2=good; 3=very good) utilizing the Thesis Application Form.

Reviewer Evaluation

The thesis manuscript will be evaluated and similarly rated (0=sufficient; 1=satisfactory; 2=good; 3=very good) by the Reviewer selected by the teaching coordinator in accordance with the Thesis topic.

Committee Evaluation

Taking in consideration the submitted manuscript, the Thesis presentation and discussion will be rated (1=sufficient; 2=satisfactory; 3=good; 4=very good; 5=excellent) by the Evaluation Committee, usually including also the candidate's supervisor.

Areas of Thesis work to be considered for the rating:

By the supervisor (referring to the whole Thesis work)	By the reviewer (referring to the Thesis manuscript)
<ul style="list-style-type: none"> Literature: selection and familiarity; Outline of the research; Theoretical analysis; Empirical/constructive analysis; Analysis of results and conclusions; Clarity and linguistic form of presentation; Student's independence. 	<ul style="list-style-type: none"> Literature: selection and familiarity; Outline of the research; Theoretical analysis; Empirical/constructive analysis; Analysis of results and conclusions; Clarity and linguistic form of presentation.

Rating

0*	Sufficient	The Thesis work is of poor quality but fulfils the minimum requirements set for the master's thesis (all the evaluated areas meet at least the criteria for Sufficient).
1	Satisfactory	The Thesis work is satisfactory and has clear deficiencies, but several areas of the research exceed the requirements for Sufficient
2	Good	The Thesis work is of good quality, includes interesting new information and does not have any notable deficiencies.
3	Very Good	Almost all areas of the research are of high quality, and it produces new professional or scientific information

** The supervisor holds the responsibility to stop not sufficient Thesis work or manuscript*

By the Evaluation Committee (referring to presentation and discussion of Thesis work by the candidate)

- Context of research: how well the student has displayed an understanding of the background to the project and related work;
- Organisation and presentation of the contents: Literacy and professional presentation of the thesis work;
- Technical content: how well the student displayed the relevant knowledge and skills at Masters level;
- Originality: The degree of originality shown, commensurate with a 6 months research project.

Rating

1	Sufficient	The background is quite narrow and poorly structured. The presentation of the research results is superficial, summarizing and enumerative. The discussion does not reach the level of independent interpretation.
2	Satisfactory	The background is loosely connected with the research problems. The presentation of the research results is formalistic and unstructured, with some errors in the analysis and/or the language. Although discussion as a whole is quite scanty, it does include pointers to possible applications.
3	Good	The candidate shows in depth familiarization with the background. The data are sound and well presented, even though some uncertainty exists. The results are clearly consistent with the goals set for the study. The language and form of the presentation and discussion are good and consistent.
4	Very good	The candidate shows in depth familiarization with the background, with a diversified and critical use of literature. She/he masters the used methods and the results have been interpreted consistently and at a high quality. The candidate discussion is independent, analytical and creative.
5	Excellent	The thesis is very clear in structure and shows. The background is of high quality and diversified and the candidate shows a highly advanced knowledge of the discipline. The concepts and methodologies have been defined well, and they have been used correctly and clearly presented. The data has been well classified and analyzed, creatively and without any faults, and they have been assessed critically. The thesis is highly consistent, while the candidate presentation and discussion is independent and stylistically excellent.