

## REPORT REVIEW 2015

**Study Program:** EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY (LAUREA MAGISTRALE IN ATTIVITA' FISICA E SALUTE)

**Class (Italian System) :** LM67

**Location:** UNIVERSITA' DEGLI STUDI DI ROMA FORO ITALICO

DIPARTIMENTO DI SCIENZE DEL MOVIMENTO, UMANE E DELLA SALUTE

**First academic year of course activation:** 2010

*Show parties involved in the Review (the Review Group's components and functions) and operating procedures (organization, division of tasks, sharing mode).*

### **Review Group**

Mandatory members

Prof. DANIELA CAPOROSSI (Chair – responsible for the Review Report)

Mr. LUCA MARINARI (Students' representative)

Additional members<sup>1</sup>

Dr. MONICA PITTALUGA (Faculty member – teaching coordinator)

Dr. DIEGO VISENTINI (Officer – International Relation Office)

They were also consulted:

Prof. ARNALDO ZELLI (Chair – Quality Assurance Committee)

Dr. CARLA PERSICHINI (Teaching Affairs Office Manager)

Dr. ANNAMARIA D'APICE (Statistical Office)

The Review Group met for the discussion of the topics contained in the frames of the sections of this Review Report as follows:

**October 6<sup>st</sup>, 2014**, Presentation of the objective data made available in the database from the local statistical or quality assurance offices to the program Council and preliminary discussion

**January 22<sup>nd</sup>, 2015**, Update of relevant data and finalization of the Review Report by the Review Group

Submitted, discussed and approved by the program Council on: **January 29<sup>th</sup>, 2015**

### **Summary of the outcome of the discussion within the Study Program Council:**

Given the peculiarity of this Program, where 70% of the teaching staff comes from the partner universities and other European universities, and meets in plenary session twice a year, usually on May (telematics consultation) and October (in person), while the majority of the administrative and academic responsibility is delegated to a local committee, it was decided to comply with the Review Reports (RAR) as follows:

actual data made available in the database from the local statistical or quality assurance offices (enrollment, study career, graduation, internationalization, program evaluation) are submitted to the program Council in October and discussed. On the same occasion, the Council monitors the implementation of corrective measures outlined in the previous report/s. The information are then updated by the following January through continuous informal exchanges with partners and through relevant data (statistics and evaluation forms) from coordinating as well as partner institutions. Reports on annual and cyclic review processes are drawn up by the Review Group who, together with the Program Board and/or the Program Council identify strengths and weaknesses of the program, suggesting corrective measures to be undertaken.

On October 6<sup>st</sup>, 2014, the program Council approved the 2014's Review Report ([N. 67I-05/2014](#)), evaluating positively the implementation of corrective measures 1-c (Objective 1), 2-c (Objective 1) and discussed the objective data available so far for the 2015 Review Report.

On *January 29<sup>th</sup>, 2015*, the program Council discussed and approved the 2015's Review Report ([N. 67I-05/2015](#)).

# I - Report on Annual Review of the Study Program

## 1 - ENTRANCE, PROGRESSION, EXIT FROM STUDY PROGRAM

### 1-a CORRECTIVE ACTIONS ALREADY TAKEN AND OUTCOMES (*Objectives identified in the previous report, progress and outcomes*)

**Objective n. 2:** Increase the percentage of students from partner Universities in Austria, Denmark and Germany.

**Actions taken:** Analysis of the competitiveness and attractiveness of the LM 671 program compared to the local offer in Austria, Denmark and Germany to overcome barriers that restrict the student mobility from these partner universities.

**State of progress of the corrective action:** The analysis of the competitiveness and attractiveness of the LM 671 program compared to the local offer in Vienna, Odense and Cologne, performed by the program Executive Board, identified the lack of proper dissemination policy as the main barrier for students' participation. Each partner has guaranteed the improvement of the program's advertising and dissemination at local level. In addition, taking into account the financial issues imposed by the different university systems, the possibility to extend some financial benefits to partners' students is under discussion by the Board of Director of the coordinating Institution.

**Objective n. 2/bis (title and description):** Increase the percentage of students able to complete the program in the allotted time.

**Actions to be taken (description):** Analysis of students' background and career to identify the main causes for the delay in finalizing and delivering the master thesis.

**State of progress of the corrective action:** The analysis revealed that, at present, 10 students (4 and 6 from the 2010-2011 and 2011-2012, respectively; 4 from the Balkans, 2 from Italy, and 4 from Greece, Austria, Norway, Denmark) did not complete the full program. 3 out of 10 did not pass or attend the 2<sup>nd</sup> year internships, while 7 out of 10 completed the exams but did not submit the final thesis for the release of the joint certificate and the Italian National degree, yet. Among them, 2 are going to submit the thesis in the next session, 3 already received the national degree at the home university (Vienna, NSSS and SDU), 2 are engaged in job activities, and 1 declared financial issues. Beside a specific tutorial training likely required by a students' minority to successfully complete the 2<sup>nd</sup> year internships, the Council envisages the lack of commitment or motivation as the main cause for most of the students not completing the program in the allotted time. The issue will be carefully monitored in the following years and taken into consideration during the selection procedure.

### 1-b ANALYSIS OF THE SITUATION ON THE BASIS OF DATA

*(Data analysis and comments. Identification of potential problems and areas for improvement. Report any strengths of the Study Program, if deemed to be of particular value and interest)*

The new curriculum of the European Master in Health and Physical Activity (Laurea Magistrale in Attività Fisica e Salute, LM-67INT) activated in 2013-2014 jointly with the Norwegian School of Sport Sciences, the University of Southern Denmark in Odense, the University of Vienna and the German Sport University in Cologne, represents the modification of the previous European Master in Health and Physical Activity activated in the 2010-2011. This course meets objectives to promote the convergence of the European University System and the internationalization of study programs, by having academic staff from all partner institutions, study periods abroad, a curriculum dedicated to training for high professionals and research, making use of regular, curricular internships. At the end of the program, students receive a joint European Certificate and a double National degree, depending on the specific bilateral agreement.

After reviewing the statistical data available for the academic years 2013/2014 and 2014/2015, and comparing them with those from the previous years, the course currently has the following strengths:

1) an increasing attractiveness (number of applications: 2011-2012 = 25; 2012-2013 = 39; 2013-2014 = 58; 2014-2015 = 77, on a programmed number of students min 20 - max 35; students enrolled: 2011-2012 = 20; 2012-2013 = 25; 2013-2014 = 35; 2014-2015 = 37). Percentage of admitted students graduated at another university ranging between 44% (2013-2014) and 71% (2014-2015);

2) a high degree of internationalization with regular foreigner students in 2014-2015 = 56% (range 2010-2014 = 34 - 72%) and an increasing number of Erasmus students (2014-2015: 30% of regular students, with an average of 42 ECTS/student);

3) In 2013-2014, in addition to the mandatory 15 ECTS of mobility in a foreign partner University, 80% of the students acquire at least 30 ECTS through two mobility periods in two different foreign partner universities. Also thanks to dedicated scholarships granted by MIUR, most of the students were able to attend additional internships in foreign countries, with an average of 37,5 ECTS/student;

4) very low early exit (3%). 3 and 1 admitted students from the 2013-2014 and 2014-2015, respectively, registered in the program but never attended.

Other relevant aspects from the last year statistics are:

5) a regular and stable student career, with 94% (versus 95% in 2010 - 2012) of students who pass first-year required exams (average ECTS acquired 57 out of 60, average mark 25,4, or C) and 84% (versus 88% in 2010-2012) for the second-year required exams (CFU average 28.5 out of 30, average mark 27, or B);

6) stable percentage of total number of regular graduates: 2010-2011 = 76%; 2011-2012 = 83%; 2012-2013 = 60% (one regular session left).

The data from the early exit and the analysis of the number of students who are unable to complete the program in the allotted time (see **Objective n. 2/bis**) outlines the need for the improvement of the selection procedure in order to verify the student motivation and her/his commitment to complete the program, fulfilling the requirements from both home and coordinating institutions.

**1-c CORRECTIVE ACTION** (As a result of the previous analysis, identify the issues on which a priority action must be taken, then describe the objective to be achieved and the verifiable outcome):

**Objective n. 1a** (title and description): Improvement of the selection procedure in order to verify the student motivation and her/his commitment to complete the program, fulfilling the requirements from both home and coordinating institutions.

**Actions to be taken** (description): Improvement of the Consortium joint strategy for the student recruitment.

**Mode, resources, deadlines, responsibilities** (description): Review of the existing selection procedures and requirements for the completion of the program. The action must be completed by May 2015 under the responsibility of the program Executive Board.

## 2 - STUDENT EXPERIENCE

**2-a CORRECTIVE ACTIONS ALREADY TAKEN AND OUTCOMES** (Objectives identified in the previous report, progress and outcomes)

**Objective n. 1:** Co-ordination of 1st year teaching activities to avoid overlapping and to increase the specialized contents.

**Actions taken:** The teaching activities within the 1<sup>st</sup> year has been harmonized through the revision of syllabi and study materials of modules 1, 2 and 3 by the faculties and the teaching coordinator. Outcomes to be monitored through the student evaluation procedure.

**State of progress of the corrective action:** Implemented in the academic year 2014-2015.

**Objective n. 1bis:** Improvement of the assessment modality of the 1<sup>st</sup> year modules to allow a better assessment of the global knowledge of the specific module.

**Actions taken:** After discussion among the teaching coordinator and the Executive Board, the effectiveness and reliability of the current assessment procedure (multiple choice test on the global knowledge of the module plus an essay) has been confirmed, with the revision of the subjects for the written essay, where a multidisciplinary and integrative approach by the student should be envisaged.

**State of progress of the corrective action:** Implemented in the academic year 2014-2015. Outcomes to be monitored through the student careers and the student evaluation procedure.

## 2-b ANALYSIS OF THE SITUATION ON THE BASIS OF INFORMATION, REPORTS AND COMMENTS

(Analysis and comments on data, reports and observations. Identification of potential problems and areas for improvement. It is optional to outline strengths of the Study Program if deemed to be of particular value and interest for the purpose of improvement).

The online procedure for the ex-post evaluation of the study programs by the students, linked to the accreditation procedure by the Italian Ministry of University and Research (MIUR), has been implemented in the academic year 2013-2014. The new evaluation forms proposed by the QA Committee of the University "Foro Italico" and finalized in collaboration with the program Executive Board have been utilized.

From the analysis of the results provided by the University QA Committee, and comparing them with those from the previous years, the following points can be outlined:

- a stable, good appreciation of the teaching activities, with an average general index of positive evaluation of 75.0 on a scale of 0-100, compared to 3.2 on a scale of 1-4 from the previous years, with the highest indices for two 2<sup>nd</sup> year curricular internships (Groningen 98,61; Odense Children 92,22) and the lowest indices for two different ones (Cologne 68,25; Rome 50,00);
- the students consider their background sufficient to cope with the program topics and methodology. The interest in the topics by the students, the teachers' skills and availability, as well as the respect of the scheduled timetable received the highest positive evaluations, while a lower appreciation has been identified for the student workload, considered excessive, the supplementary teaching activities (exercises, tutorials, workshops, etc) and the availability of study materials in due time;

Additional questions included in the student evaluation form allow to further verify the following:

- the international nature of this course, both in the content and in the teaching, and the opportunity to pursue the studies in different European Universities, have been confirmed to be a strength of the program. Some criticism has been identified with respect the university facilities in Rome during the 1<sup>st</sup> semester (positive index 52,5);
- most of the students decided to apply to the program on the basis of other students' experience (38%), dissemination by home institution (33%) or through internet (18%).

With respect the Rome University facilities, the non-resident students mainly complained about the very limited access to the university dorm, the absence of the canteen, and the difficulties to access the sport facilities. While the implementation of hosting facilities accessible to a large number of non-resident students overcomes the capacity of the Rome University itself, this Review Group outlines that the university canteen, not available in the previous year, has been opened again from October 2014 and it is currently available.

**2-c CORRECTIVE ACTION** (*As a result of the previous analysis, identify the issues on which a priority action must be taken, then describe the objective to be achieved and the verifiable outcome*):

**Objective n. 2a** (*title and description*): Improve the general and specific evaluation of the program by the students.

**Actions to be taken** (*description*): To analyze the student evaluation results on the teaching activities, comparing the different outcomes so to identify and solve the main criticisms;

**Mode, resources, deadlines, responsibilities** (*description*): Each module will be analyzed by the teaching coordinator together with the module's coordinator, also with respect all the other modules. The outcomes will be presented to and discussed by the Executive Board, that will propose specific actions to solve the criticisms to be undertaken by the teaching and module's coordinators. Action to be completed by May 2015.

**Objective n. 2b** (*title and description*): Improve the access to sport facilities at Rome University by the students.

**Actions to be taken** (*description*): Identify and remove the obstacles for an easy access of students to sport facilities.

**Mode, resources, deadlines, responsibilities** (*description*): Meetings with the staff from the student office, the sport-managing group and the sport facilities managers to verify the requirements to access sport facilities. Action to be completed by May 2015 under the responsibility

### 3 –ACCOMPANYING MEASURES TO FACILITATE EMPLOYMENT

#### 3-a CORRECTIVE ACTIONS ALREADY TAKEN AND OUTCOMES *(Objectives identified in the previous report, progress and outcomes)*

**Objective n.:**

**Actions taken:**

**State of progress of the corrective action:**

#### 3-b SITUATION ANALYSIS, DATA REVIEW

*Comments on data, reports and observations from the program Council. Identification of potential problems and areas for improvement. It is optional to outline strengths of the study program, if deemed to be of particular value and interest.*

To promote students' employment, this study program makes use of curricular internships and facilities available in the various partner universities that facilitate students and graduates training in companies and centers. In addition, the program structure includes the organization of national and international seminars, and meetings with stakeholders within the area of adapted and preventive physical activity.

At present, we can refer to *a)* the data from AlmaLaurea (on the Italian situation related to all graduates from the LM67 programs in Italy or from the University of Rome Foro Italico, FI) ([www.almalaurea.it](http://www.almalaurea.it)) and *b)* a survey carried out on graduated from the 2006-2009 European Master and from the 2010/2011 LM-67INT.

*a)* The Alma Laurea report shows that 72,8% (79,1% from FI) of LM67 graduates find a job within 1 year (average time 3,6 months, 2,1 from FI), 66,1% part-time (76,5% from FI). 76,9% (88,2% from FI) of the employed consider the degree extremely/very effective for their job, although only 14,4% (8,8% from FI) is involved in job that requires the degree, including the doctoral program (1,4%, 4,7% from FI).

*b)* The results from the dedicated survey show that 80% of respondents have found a job that requires the title and the skills acquired in the course of study between three months and one year after the release of the title. This percentage drops if it refers only to Italian students who, with the exception of those who have pursued graduate studies with a doctorate (42%), state that their job does not necessarily require possession of this title, although they use the skills acquired by attending the master.

#### 3-c CORRECTIVE ACTION *(As a result of previous analysis, identify the issues on which a priority action must be taken, then describe the objective to be achieved and the verifiable outcome):*

As already pointed out in the previous reports, the main weakness detected regards the lack of adequate legislation as to Health and Physical Activity professionals in the Italian **labor** system of reference. In view of this, the Review Group could not identify corrective actions that could be implemented in the short term.