

ELECTIVE COURSES (AFS)

Elective courses (AFS) may be freely selected from the list of available courses. This list may vary from year to year. Each elective course carries 4 ECTS credits. Students must choose 3 elective courses to obtain a total of 12 ECTS credits during the 3-year Bachelor Degree course.

Elective courses (AFS) enable students to broaden their studies by being able to choose from a wide range of academic subjects that usually focus on a specific occupational field. Some elective courses enable students to obtain sports federation qualifications thanks to bilateral agreements drawn up between the University and individual Sports Federations. This qualification enables students to work as instructors or coaches in sports clubs.

Curricular internship (5 ECTS)

Although more general, with different practical activities and seminars, curricular internships are of equal importance since they offer students a wide range of opportunities for gaining experience in different fields of interest.



RECTOR:
PROF. Attilio Parisi

PIAZZA LAURO DE BOSIS, 15
00135 ROMA

WWW.UNIROMA4.IT

E-MAIL:

RELAZIONI.INTERNAZIONALI@UNIROMA4.IT

TEL. (0039) 06 36733221

THREE-YEAR BACHELOR
DEGREE IN SPORT
AND EXERCISE SCIENCE

UNIVERSITY OF ROME "FORO ITALICO"



THE COURSE

430 PLACES – THREE-YEAR COURSE

THE SELECTION CRITERIA ARE PUBLISHED ON THE UNIVERSITY WEBSITE WWW.UNIROMA4.IT

Course structure

The course is designed to enable students to:

- acquire methodological, technical and scientific skills for planning and carrying out a variety of recreational, competitive and/or educational sports/motor programs for groups differing in age, gender and psycho-physical condition;
- acquire methodological, technical and scientific skills for promoting and maintaining a healthy lifestyle;
- interact effectively with health workers to promote people's general health and wellbeing.

The Degree Course includes

- specific bio-medical, psycho-pedagogic, legal administrative management and organizational fields of study;
- subjects related to sport and exercise sciences;
- the in-depth study of specific topics (in relation to personal options) and opportunities for training periods in sport and leisure industries, public administration and laboratories, and during national and international university exchange programs.

The overall workload is 180 ECTS credits. Each ECTS credit point entails 25 working hours.

Job prospects and career opportunities

- Field of technical sports science
 - Coach and sports professional in top-level competitive sport sectors;
 - Sports instructor for non-competitive sport
- Field of adapted physical activity
 - P.E. teacher for nursery and primary schools
 - Recreational sports teacher for various age groups
 - Special needs P.E. teacher;
 - Sports instructor, personal trainer focusing on health and fitness;
 - Sports activity leader in the tourist and leisure industry;
- Field of Sports Management
 - Sports facility manager and events organizer

THREE-YEAR DEGREE COURSE (Bachelor BSc)

YEAR-1

APPLIED ANATOMY OF MOTOR ACTIVITY AND ANTHROPOMETRY 12 ECTS

BASES OF MOVEMENT ACTIVITIES 7 ECTS

GENERAL AND HUMAN BIOLOGY AND BIOCHEMISTRY 12 ECTS

GENERAL AND SPORT PEDAGOGY 7 ECTS

TEAM SPORTS 7 ECTS

ENGLISH 1: THE LANGUAGE OF SPORT or
SPANISH 1: THE LANGUAGE OF SPORT 4 ECTS

ELECTIVE COURSES 4 ECTS

YEAR-2

HUMAN AND SPORT PHYSIOLOGY 10 ECTS

BASIC MANAGEMENT AND PUBLIC LAW 8 ECTS

INTRODUCTORY AND SPORT PSYCHOLOGY 10 ECTS

INDIVIDUAL SPORTS 12 ECTS

PHYSICAL ACTIVITY FOR CHILDREN, ADOLESCENTS AND OLDER ADULTS 9 ECTS

ENGLISH 2 or SPANISH 2 4 ECTS

ELECTIVE COURSES 4 ECTS

YEAR-3

SWIMMING ACTIVITIES AND PREVENTION IN SPORT FACILITIES 12 ECTS

THEORY AND METHODOLOGY OF TRAINING AND
QUALITY OF SPORT FACILITIES 7 ECTS

PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY 8 ECTS

BIOMECHANICS AND TRAUMATOLOGY OF MOTOR ACTIVITY 10 ECTS

DIDACTICS AND SPECIAL EDUCATION,
DEVELOPMENTAL PSYCHOLOGY AND EDUCATION 9 ECTS

ENDOCRINOLOGY AND SPORT MEDICINE 12 ECTS

ELECTIVE COURSES 4 ECTS

INTERNSHIP 5 ECTS

THESIS 3 ECTS

