

# SPORT SCIENCES AND TECHNIQUES

(LM68) - 60 PLACES - 2-YEAR COURSE

THE SELECTION CRITERIA ARE PUBLISHED ON THE UNIVERSITY WEBSITE [WWW.UNIROMA4.IT](http://WWW.UNIROMA4.IT)

The aim of this Master is to integrate the graduate's basic biological, psycho-pedagogic, legal and economic knowledge with the core content of sport and movement sciences. Further specific competences will be developed through specific practical training activities. The course is designed principally to meet the need for highly qualified professionals in the technique and research in the fields of the sports activities. These professionals will be able to use new sports materials and equipment; manage and organize top-level professional teams and high-performance athletes during national and international competitions; coordinate coaches and/or instructors; and organize, manage and promote sports events. Students will have the opportunity to attend lectures by top-level experts from national federations, gain experience in federal sports centres and sports clubs, and take part in stages in other countries.

## YEAR - 1 (LM68)

FUNCTIONAL ANATOMY AND SPORT TRAUMATOLOGY 10 ECTS

BIOLOGY AND BIOCHEMISTRY APPLIED TO SPORT 9 ECTS

EXERCISE PHYSIOLOGY AND SPORT BIOMECHANICS 10 ECTS

ORGANIZATION AND EVALUATION OF TRAINING AND PRINCIPLES OF OLYMPISM 12 ECTS

PSYCHOLOGY AND PEDAGOGY OF SPORT 12 ECTS

CYCLIC SPORTS 1 or SITUATIONAL SPORTS 1 9 ECTS

ELECTIVE COURSES 8 ECTS

## YEAR - 2 (LM68)

ENDOCRINOLOGY AND SPORT MEDICINE 12 ECTS

SPORT LAWS AND HEALTH SAFETY 8 ECTS

CYCLIC SPORTS 2 or SITUATIONAL SPORTS 2 9 ECTS

PHYSICAL PERFORMANCE AND RECOVERY OF INJURED ATHLETE 8 ECTS

INTERNSHIP 7 ECTS

THESIS 6 ECTS

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MASTER'S  
DEGREE  
COURSES

UNIVERSITY OF ROME "FORO ITALICO"



# PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY

**120 ECTS** - CREDITS  
LM67 - 60 PLACES - 2-YEAR COURSE

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The Master Degree Course in Preventive and Adapted Physical Activity aims to integrate students' basic bio-medical, psycho-pedagogic, legal and economic knowledge with the core content of sport and movement sciences. The course is designed principally to provide highly specialized vocational training in planning, applying and managing physical activity adapted for different age groups, genders and subjects with disability. This specific field includes studying ways of applying sport and movement sciences for the prevention of illness and the promotion of wellbeing and a healthy lifestyle.

## YEAR - 1 (LM67)

**BIOLOGICAL ADAPTATIONS TO EXERCISE 12 ECTS**

**PHYSICAL ACTIVITY FOR HEALTH AND FITNESS 10 ECTS**

**PHYSICAL ACTIVITY FOR CHILDREN, ADOLESCENTS AND OLDER ADULTS 10 ECTS**

**INTERNAL MEDICINE, ENDOCRINOLOGY AND ADAPTED PHYSICAL ACTIVITIES 10 ECTS**

**METHODS AND TECHNIQUES FOR FUNCTIONAL EVALUATIONS AND MOTOR CAPABILITY 11 ECTS**

**INFORMATION TECHNOLOGY 1 ECTS**

**ENGLISH 2 ECTS**

**ELECTIVE COURSE 4 ECTS**

## YEAR - 2 (LM67)

**PHYSICAL ACTIVITY FOR SPECIAL POPULATION 10 ECTS**

**PEDAGOGY AND PSYCHOLOGY OF PHYSICAL ACTIVITY 12 ECTS**

**POSTURE, TRAUMATOLOGY AND NEUROMOTOR REHABILITATION 10 ECTS**

**SOCIOLOGICAL ISSUES OF PREVENTIVE MEDICINE, EPIDEMIOLOGY AND HEALTH EDUCATION 11 ECTS**

**ELECTIVE COURSE 4 ECTS**

**INTERNSHIP 8 ECTS**

**THESIS 6 ECTS**

# HEALTH AND PHYSICAL ACTIVITY

(EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY)  
(LM67-I - INTERNATIONAL JOINT DEGREE) 30 PLACES - 2-YEAR COURSE

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The course, which is coordinated by the University of Rome "Foro Italico" in partnership with the Norwegian School of Sport Sciences in Oslo (NOR), the University of Vienna (AUT), the University of Southern Denmark in Odense (DEN) and the German Sport University in Cologne (GER), aims to foster the convergence of European University systems and to create a European Higher Education zone. It meets the need to develop university programs of an international nature that include periods of study in other countries and provide excellent training for professional careers or research in the sports field. Master graduates in Health and Physical Activity will integrate their knowledge of movement sciences with biomedical, psycho-pedagogic and sociological studies in order to adapt and apply sport sciences in prevention and rehabilitation programs designed for subjects of different ages and physical conditions.

## YEAR - 1 (LM67-I)

**BIOMEDICAL ISSUES IN HEALTH AND EXERCISE 15 ECTS**

**CHANGING BEHAVIOUR TOWARDS A LIFELONG HEALTHY LIFESTYLE: FROM CHILDHOOD TO ADULTHOOD 15 ECTS**

**MOVEMENT THERAPY AND PHYSICAL ACTIVITY FOR ELDERLY AND SPECIAL POPULATION 15 ECTS**

**RESEARCH METHODOLOGY 15 ECTS**

Each module consists in 3 Intensive Week

## YEAR - 2 (LM67-I)

**SPECIALISED TEACHING & INTERNSHIP ON PHYSICAL ACTIVITY IN DISEASE PREVENTION AND REHABILITATION 30 ECTS**

**THESIS 30 ECTS**

# SPORTS MANAGEMENT

(LM47) - 60 PLACES - 2-YEAR COURSE  
THE SELECTION CRITERIA ARE PUBLISHED ON THE UNIVERSITY WEBSITE [WWW.UNIROMA4.IT](http://WWW.UNIROMA4.IT)

The course has two different curriculum:

- Curriculum 1: Management
- Curriculum 2: Legal Administrative management (since 2014/15)

The Master Degree in Sports Management is designed to integrate knowledge acquired in the 3-year Bachelor course with business, legal and psycho-sociological studies. The chief aim is to meet the sports sector demand for professionals trained in business management who will be able to understand the current needs of the sports industry and have enough insight to introduce innovation into the management and organization of future commercial sports enterprises.

## CURRICULUM 1: MANAGEMENT

### YEAR - 1 (LM47)

**SPORT LAW 6 ECTS**

**BUSINESS ADMINISTRATION AND QUANTITATIVE METHODS 19 ECTS**

**HEALTH PLANNING AND COMMUNICATION IN PHYSICAL ACTIVITY 9 ECTS**

**THEORY AND ORGANIZATION IN SPORT AND PHYSICAL ACTIVITY 8 ECTS**

**ORGANIZATIONAL PSYCHOLOGY 6 ECTS**

**ELECTIVE COURSES 8 ECTS**

**BUSINESS ENGLISH 6 ECTS**

### YEAR - 2 (LM47)

**SPORT LAW 6 ECTS**

**BUSINESS ADMINISTRATION AND QUANTITATIVE METHODS 19 ECTS**

**HEALTH PLANNING AND COMMUNICATION IN PHYSICAL ACTIVITY 9 ECTS**

**THEORY AND ORGANIZATION IN SPORT AND PHYSICAL ACTIVITY 8 ECTS**

**ORGANIZATIONAL PSYCHOLOGY 6 ECTS**

**ELECTIVE COURSES 8 ECTS**

**BUSINESS ENGLISH 6 ECTS**

## CURRICULUM 2

### LEGAL ADMINISTRATIVE MANAGEMENT

#### YEAR - 1 (LM47)

**SPORT LAW 6 ECTS**

**BUSINESS ADMINISTRATION AND QUANTITATIVE METHODS 19 ECTS**

**HEALTH PLANNING AND COMMUNICATION IN PHYSICAL ACTIVITY 9 ECTS**

**THEORY AND ORGANIZATION IN SPORT AND PHYSICAL ACTIVITY 8 ECTS**

**ORGANIZATIONAL PSYCHOLOGY 6 ECTS**

**ELECTIVE COURSES 8 ECTS**

**BUSINESS ENGLISH 6 ECTS**

### YEAR - 2 (LM47)

**ADMINISTRATIVE LAW 8 ECTS**

**CORPORATE SPORT LAW 6 ECTS**

**SPORT JUSTICE AND STATE JURISDICTION 10 ECTS**

**LABOR LAW 6 ECTS**

**SPORT MARKETING 8 ECTS**

**TAXATION AND BUSINESS LAW 10 ECTS**

**INTERNSHIP 4 ECTS**

**THESIS 6 ECTS**

