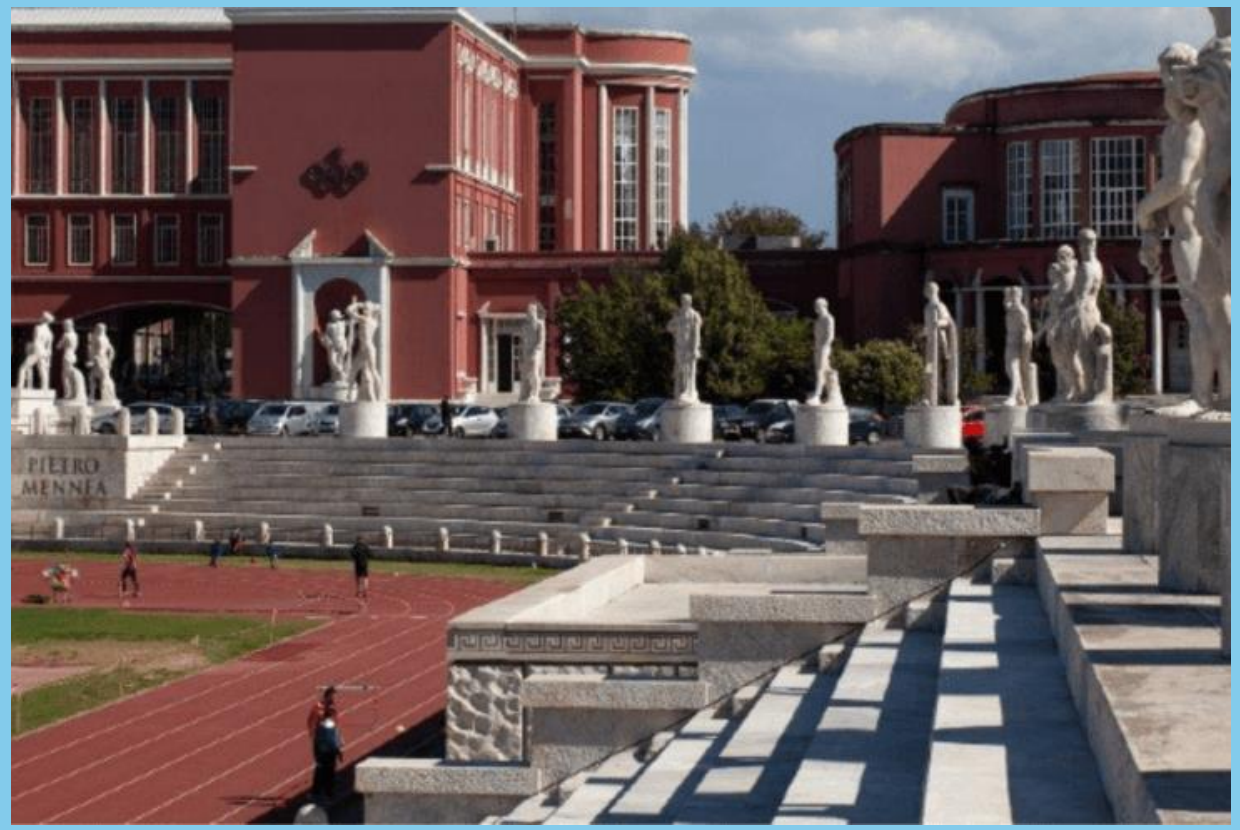
PhD
Human Movement and Sports Science
University of Rome Foro Italico

University of Rome "Foro Italico"



The mission of the **Ph.D. program in Human Movement and Sport Sciences** is to train researchers capable of integrating the peculiarities of different disciplines related to the phenomenon of “human movement” in the areas of daily life, work, exercise and sport, education, and management, thus contributing to the promotion of health and improvement of quality of life.

- The educational objectives of the Ph.D. are in the following areas:
- **basic**: study of the anatomo-physiological, biological and biochemical, cognitive and biomechanical responses of the service apparatus and study of the responses of the neuromuscular system to exercise;
- **Sports**: analysis of motor and sports performance and training methodology;
- of **health**: design of original sports activity programs for health and physical efficiency; use of exercise as therapy for special populations; development of expertise in preventing and combating doping;
- **psycho-pedagogical**: study of sports pedagogy, training of physical education teachers and coaches, special sports pedagogy, study of autism and motor and sports activity, analysis of motivational, cognitive, emotional, and sociological processes that influence sports experience and performance, and lifestyle choices related to physical activity;
- **managerial**: developing skills for the promotion and management of research in the field of sports, including the new field of E-sport.

Research Areas

Biochemistry and Molecular Biology – Movement Biochemistry
Bioengineering and neuromechanics of human movement
Biology and genetics of movement
Endocrinology
Exercise adapted to different diseases
Exercise physiology
Sports medicine
Cognitive and action neuroscience
General pedagogy and special pedagogy
Psychology and social processes in sport
Public health, epidemiology and biotechnology
Sports and applied medical technical sciences
Sport Strategy & E-Sports Management (SSEM)
Functional assessment and analysis of sports performance

Educational Offer

- **32 hours** of statistics and research methodology
- **18 hours** covering ethics, intellectual property rights, technology transfer, and EU funding
- **24 hours** of scientific writing and communication
- Additional relevant seminars

How does it work?

Call for applications

Deadline: September 3

Available Positions

- 9 Funded Positions
- 2 Unfunded positions

Duration: 3 years

Scholarship & Funding Highlights

Annual Scholarship:

- A gross yearly scholarship of **€16.243,00**

International Mobility Funding:

- **+50%** PhD scholarship increase during research stays abroad (Applies to all PhD students, including unfunded positions)

Research Budget:

- Additional **10% budget** of the scholarship allocated to research/mission expenses