EUROPEAN MASTER IN HEALTH AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2026 - 2027 - 1st year, First Semester -
Integrated Course on "Lifelong Healthy Habits: Promoting Physical Activity from Childhood to Adulthood" - 23 November - 18 December 2026 (15 ECTS, 110 total face-to-face hours plus 6 Language plus 4 Descriptive Statistics)

1ST WEEK: 23 - 28 November 2026 (week 48°) - Lecture room: SNA4 - Via dei Robilant 1 – first floor (unless otherwise indicated)

TIME	MONDAY, 23 NOV	TUESDAY, 24 NOV	WEDNESDAY, 25 NOV	THURSDAY, 26 NOV	FRIDAY, 27 NOV	SATURDAY, 28 NOV
9:00 - 10:00	**Course LM67I - R -01 Exam Test**	Physical activity & sport as social phenomena **(O. Weiss)**	Introduction to Psychology and Physical Activity **(A. Zelli)**	"Psychological Determinants of Physical Activity" **(A. Zelli)**	"Social Cognitive Models of Behavioral Change" **(A. Zelli)**	The power of sport to promote development and peace: implementing physical activity projects in disadvantage communities **(A. Brunelli)** (Classroom, Gym TBD)
10:00 - 10:30	**Break**					
10:30 - 11:00	Physical activity & sport as social phenomena **(O. Weiss)**					
11.00 - 12.00						
12.00 - 13.00		**Break**		**Break**	**Break**	
13.00 - 14.00	**Break**	Exploring Health and Sports Issues through Sociology **(F. R. Lenzi)**	**Break**	"Models of Health Behavior Change" **(A. Zelli)**	"Health Psychology and Physical Activity in elderly populations" **(A. Zelli)**	
14.00 - 15.00	Physical activity & sport as social phenomena **(O. Weiss)**		Exploring Health and Sports Issues through Sociology: practical applications **(F. R. Lenzi)**			
15.00 - 16.00						
16.00 - 17.00						
17.00 - 18.00						

2nd WEEK: 30 November - 5 December 2026 (week 49°) - Lecture room: SNA4 - Via dei Robilant 1 – first floor (unless otherwise indicated)

TIME	MONDAY, 30 NOV	TUESDAY, 1 DEC	WEDNESDAY, 2 DEC	THURSDAY, 3 DEC	FRIDAY, 4 DEC	SATURDAY, 5 DEC
9.00 - 10.00	Social impact of physical activity programs in emergencies and special conditions **(S.A. Fischer)**	Enhancing physical activity: Towards a social-ecological approach **(S. Gjesdal)**	Effective interventions to enhance physical activity in young children and adolescents: A review **(S. Gjesdal)**	Practice in Statistics (**G. Vannozzi)**	Neuroplasticity and motor control **(A. Brancucci)**	Group work and Individual Study
10:00 - 11:00						
11:00 - 12.00						
12.00 - 13.00	**Break**				**Break**	
13.00 - 14.00	Physical and Mental Wellbeing for vulnerable or social disadvantaged groups/ youth (**S.A. Fischer)**	**Break**	**Break**	**Break**	Biology and Genetics of growth and development **(D. Caporossi)**	
14.00 - 15.00		Enhancing physical activity: Towards a social-ecological approach **(S. Gjesdal)**	Effective interventions to enhance physical activity in young children and adolescents: A review **(S. Gjesdal)**	Language Studies Academic writing course **(Francesca Morini)**		
15.00 - 16.00						
16.00 - 17.00	Language Studies: Italian **(A. Lancione)**					
17:00 - 18.00						

3rd WEEK: 7 - 12 December 2026 (week 50°) - Lecture room: SNA4 - Via dei Robilant 1 – first floor (unless otherwise indicated)

TIME	MONDAY, 7 DEC	TUESDAY, 8 DEC	WEDNESDAY, 9 DEC	THURSDAY, 10 DEC	FRIDAY, 11 DEC	SATURDAY, 12 DEC
9.00 - 10.00	**NATIONAL HOLYDAY**	**NATIONAL HOLYDAY**	Motor development and cognition **(P. Sbriccoli)**	Biology and Genetics of growth and development: practical applications in HEPA **(D. Caporossi)**	Practice in Motor Development and Cognition **(P. Sbriccoli) -** (Classroom MA2, Gym TBD)	Group work and Individual Study
10.00 - 11.00						
11.00 - 12.00						
12.00 - 13.00			**Break**	**Break**	**Break**	
13.00 - 14.00			Exercise, neural activity, and optimal brain functioning **(A. Brancucci)**	Effects of physical activity and exercise on mental health and cognitive processes **(P. Sbriccoli)**	Language Studies Academic writing course **(Francesca Morini)**	
14.00 - 15.00						
15.00 - 16.00						
16.00 - 17.00						

4th WEEK: 14 - 18 December 2026 (week 44°) - Lecture room: SNA4 - Via dei Robilant 1 – first floor (unless otherwise indicated)						
TIME	MONDAY, 14 DEC	TUESDAY, 15 DEC	WEDNESDAY, 16 DEC	THURSDAY, 17 DEC	FRIDAY, 18 DEC	
9.00 - 10.00 10.00 - 11.00 11.00 - 12.00	Motor Behavior **(N. Schott)**	Motor Behavior: practical aspects **(N. Schott)** (Gym TBD)	Theoretical and Practical Aspects of Exercise Physiology during growth - II **(A. Kær Gejl)**	Promoting physical activity in children and young people **(T. Skovgaard)**	Settings based promotion of physical activity among children and youth – from evidence to practice – Part II **(T. Skovgaard)**	
12.00 - 13.00	**Break**	**Break**	**Break**	**Break**	**Break**	
13.00 - 14.00 14.00 - 15.00 15.00 - 16.00	Motor Behavior **(N. Schott)**	Theoretical and Practical Aspects of Exercise Physiology during growth - I **(A. Kær Gejl) -** (Classroom MA2 & Gym TBD)	Screen media use during childhood **(A. Kær Gejl)**	Settings based promotion of physical activity among children and youth – from evidence to practice – Part I **(T. Skovgaard)**	Practice of physical activity among children and youth **(T. Skovgaard)**	
16.00 - 17.00						