



DIDACTIC REGULATION

Sciences of Physical Activity for Health and
Well-Being LM-67

Faculty of Psychology

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Introduction and area of competence

1. The present Regulation shall regulate the didactic organization of the Master's Degree Course in Sciences of Physical Activity for Health and Well-Being LM-67 and, in particular, shall determine the elements required in the art. 12 of DM 270/04.
2. The present didactic Regulation of the Master's Degree Course in Sciences of Physical Activity for Health and Well-Being LM-67, pursuant to the Didactic Regulation of the University, shall be approved by the competent didactic structure by majority and shall be approved by the Technical-Supervisory Committee.

I: PURPOSES AND DIDACTIC RULES

Art. 1 - Introduction

1. The Master's Degree Course in Sciences of Physical Activity for Health and Well-Being LM-67 (hereinafter referred to as DC) belongs to the Degree Class LM-23 as provided for in D.M. 270/2004
2. The administrative authorities of the DC shall be the Coordinator (hereinafter referred to as CCdL), the Council of the DC and the Commission for the Didactic Coordination (CCD):
 - a. The Coordinator, a teacher appointed by decision of the Technical-Supervisory Committee and shall hold a coordinating function;
 - b. The Commission for the Didactic Coordination, with the purpose of promoting and verifying the quality and the unity of the teachings of the DC.
 - c. The Council of the DC shall be comprised of teachers who are entitled to at least one teaching;
3. The didactic rules of the DC in Sciences of Physical Activity for Health and Well-Being along with its general framework of formative activities, shall be reported in the attachment forming part of the present Regulation.
4. The present Regulation, pursuant to the academic Didactic Regulation, and to the other didactic regulations, shall regulate the didactic organization of the Degree Course on the elements which were not defined in the aforementioned Regulations.

Art. 2 – Structure of the Degree Course

1. The DC belongs to the Faculty of Psychology.
2. The DC is organized into two years, provides for the acquisition of 120 CFU and aims to provide theoretical and methodological basis of the scientific education in the psychological area. Upon completion of the studies, after having acquired 120 formative credits, the students shall be conferred the following study title: “Master Doctor in Sciences of Physical Activity for Health and Well-Being”. The DC also aims to provide the students with basic and characterizing knowledge in all the different sectors of the psychological disciplines; knowledge in the methods and procedures of scientific investigations; ability to apply the acquired knowledge in various contexts; proficiency in the English language.
3. The didactic rules of the Master’s Degree Course, along with its general reference framework of formative activities, the CFU assigned to each formative activity, drawn up according to a framework defined by ministerial decree and with due regard for the requirements of ANVUR, are contained in **Attachment 1**, which forms an integral part of the present Regulation.
4. The course of study in Industrial Engineering includes formative activities groups in the following typologies:
 - a) characterizing activities;
 - b) supplementary activities;
 - c) optional activities;
 - d) activities related to the final dissertation
 - e) activities related to the internship.
5. The course profiles of each formative activities shall be available on the website of the University, at the following “search for a member of the teaching staff” <https://www.uniecampus.it/en/students/search-for-a-member-of-teaching-staff/>

Art. 3 Specific formative objectives and description of the educational path

1. The aim of the Master’s Degree Course in “Sciences of Physical Activity for Health and Well-Being” is to provide the students with advanced knowledge, competencies and abilities in the field of physical activities, with particular regard to the areas related to the achievement of psycho-physical well-being and motor rehabilitation. In particular the graduates of the Degree

Course shall acquire theoretical, methodological and technical competencies related to:

- a) Planning and implementing physical activities for the conservation of physical efficiency and psycho-physical well-being with psycho-pedagogical and sociological instruments, throughout a lifetime, both in normal subjects and in subjects predisposed to sedentarity, and with wrong lifestyles;
- b) Planning and development of protocols of specific motor activities in particular subjects with motor disabilities, or affected by acute and chronic pathologies which may benefit from physical exercise;
- c) Anthropometrical evaluation of motor deficits and implementation of interventions aimed at the post injury functional recovery in subjects practicing sports or in a clinical context.

2. Said objectives shall be realized through the activation of a congruous number of courses within the area of physical education, biomedicine, psycho-pedagogy and sociology. The course shall be organized into two years: in addition to the online lessons, the Course provides for workshops and exercises to be carried out in one of the branches of the University; internships which shall be carried out in businesses/companies/organizations/ public administration/etc. operating in the area of physical education and rehabilitation such as gyms, sports associations, etc. The verification of the acquisition of said abilities shall be implemented through written and oral examinations, as well as through the final dissertation.
3. The Master's Degree shall be organized into one curriculum;
4. The present Regulation shall be completed with three attachments annually predisposed by the DC:
 - a) In **Attachment 1** shall be indicated the general framework of the formative activities;
 - b) In **Attachment 2** shall be indicated the formative activities proposed along with the list of the teaching courses and the study plan;
5. All the information required by the current legislation such as the formative objectives of the course of study and the activated formative activities, the list of the teachers involved in the DC, shall be published on the University website and on the Course Profile.
6. The programmes of the courses and the other formative activities, as well as the calendar of the exams shall be announced before the beginning of the academic year.

7. The formative activities, autonomously chosen by the student, provided for in Article 2 paragraph 4, letter d, shall be selected among the teachings indicated in **Attachment 2**.
8. For all the matters related to their academic career and their study plans, the students shall turn to the orientation tutor assigned to them, also known as tutor on-line (TOL). The Degree Course, in fact, shall offer an ongoing orientation and tutoring service which avails itself of the assistance of tutors selected by the University and operating in conjunction with the coordinator and the Council of the Course of Study.
9. There are no planned preparatory activities with regard to the education path.
10. The Study Plan of the Master's Degree Courses in Sciences of Physical Activity for Health and Well-Being shall give special priority to the curricular internship, with the aim to have the students experiment their skills in the labour market as an addition to their academic education. The internship activity shall amount to 550 hours, equivalent to 22 CFU. The purposes of the internship activity shall be defined in the online portal of the University at the following link: www.uniecampus.it/studenti/stage-e-placement/stage-e-tirocini/regolamenti-tirocini/index.html

Art. 4 - Learning Results

1. The graduates shall possess abilities in the following areas:

1. Physical Education

The students during their learning pathway shall acquire the following methodological and practical competencies:

- a. Techniques of morpho-functional assessment, with the aim to assess the motor skills of various subjects (ex: children, elderly, people with special needs, post-injury, etc.).
- b. Implementation of programmes of motor activities aimed at the post-rehabilitation functional maintenance, and at the conservation of physical efficiency and well-being conditions.
- c. Development of methods and techniques for physical activities and fitness in order to organize a working environment for individuals, and groups composed by people of different ages and with different abilities.

The ability to develop the aforementioned knowledge and abilities shall be evaluated through online exercises, workshops, seminars and examinations, as well as through the internship and

the final dissertation.

2. Biomedicine

The students during their learning pathway shall acquire the following methodological and practical competencies:

- a. Methods for the promotion of correct lifestyles with particular regard to physical activity and nutrition for well-being and functional recovery.
- b. Principles and methods for functional anthropometrical evaluation of body composition, and for the main ergonomic problems related to the conservation of a state of health in different ages, for disabled people, and in different contexts.

The abilities to apply such knowledge and abilities shall be evaluated through online exercises, workshops, seminars and examinations, as well as through the internship and the final dissertation.

3. Psycho-Pedagogy and Sociology

The students during their learning pathway shall acquire the following methodological and practical competencies:

- a. Social, psychological and pedagogical problems related to health states and disabilities at different ages.
- b. Psycho-pedagogical principles and techniques for promotion and well-being of the quality of life in populations with or without physical deficiencies and special people.
- c. Knowledge and techniques for the management of working groups and organizational aspects of human resources.

2. The abilities to apply such knowledge and abilities shall be evaluated through online exercises, workshops, seminars and examinations, as well as through the internship and the final dissertation.

Art. 5 - Professional figures, sources of employment and education prospects

The graduates of the Master's Degree Course in Sciences of Physical Activity for Health and Well-Being LM-67 shall pursue professional profiles with the following purposes:

- a) Developing and maintaining physical efficiency in adults and elderly (fitness and wellness);
- b) Development of physical abilities in developmental age and implementation of sports

practice in prevention and treatment of metabolic and cardiovascular, hypermorphism and alterations musculoskeletal system;

- c) Physical education and sports activity after an injury of the musculoskeletal system or pathology of the cardiovascular system; development or improvement of the psycho-physical abilities of special people or people with disabilities.

Said activities shall necessarily require the interaction of the graduate with specialists in medicine, biology and rehabilitation.

The students shall acquire the following competencies/abilities:

- a) Knowledge and skills in physical rehabilitation and implementation of physical exercises for the improvement of physical abilities in developmental age;
- b) Acquisition of knowledge and competencies for the psycho-physical development and the maintenance/improvement of physical efficiency in special people, acquisition of knowledge and competencies for the evaluation of physical skills;
- c) Ability to independently assimilate and update the scientific themes regarding the relation between physical activity and health;
- d) Communication-relational and Psychological-Pedagogical competencies for the interaction with the beneficiaries of physical exercises implemented by the graduate.

The sources of employment for the graduates are the following:

- Wellness and fitness centres: planning, managing and implementing programmes for physical activity aimed at the maintenance/improvement of physical efficiency in adults and elderly; corrective gymnastics for the muscular-skeletal system;
- Orthopaedic, neurologic, metabolic and cardiovascular rehabilitation centres: the graduates shall organize physical activities in equipe with sports doctors, orthopaedics, psychiatrists and physiotherapists;
- The graduates may also start an independent business in fitness and wellness, for physical re-education and postural gymnastics for the alterations of the muscular-skeletal system.

Art. 6 – Admission and enrolment

1. The Master's Degree Course does not provide for numerus clausus.
2. Shall be admitted to the Degree Course all the students with a Bachelor's Degree. Shall also be admitted all the students with an equivalent Degree attained abroad, deemed appropriate according to the current legislation.

3. The University shall establish for each master's degree specific access criteria, providing for the possess of specific curricular requirements. The Master's Degree in Sciences of Physical Activity for Health and Well-Being the access requirements shall be considered satisfied for the graduates belonging to the Degree Courses of class L-22 or equivalent ex D.M. 509/99 including the ISEF Graduates. In case the students have attained a title in the L-22 class or equivalent ex D.M. 509/99 including the ISEF graduates, shall acquire during their previous career:
 1. at least 6 CFU in BIO/13 or BIO/10
 2. at least 6 CFU in BIO/09 or BIO/16
 3. at least 6 CFU in MED/33 or MED/34
 4. at least 12 CFU in M-EDF/01
 5. at least 6 CFU in M-EDF/02
 6. at least 6 CFU in M-PSI/01 or M-PSI/02 or M-PSI/04 or M-PSI/05
 7. at least 6 CFU in M-PED/01 or M-PED/02
 8. at least 3 CFU in L-LIN/12
4. The students who did not graduate in a Degree Course of the L-22 class ex D.M. 509/99, including the ISEF graduates shall have the possibility to integrate their academic career with maximum 3 courses belonging to the formative path of the L-22 Degree Course, in order to enrol into the Master's Degree Course.
5. Without prejudice to the curricular requirements, for the purpose of the admission to the Master's Degree Course the students shall take an oral exam for the assessment of their personal preparation. In that respect the DC shall identify a dedicated evaluation committee.
6. There shall not be limits to the possibility of enrolment, nor a maximum number of repeatable years.
7. The recognition of the CFU of the incoming students as well as the quantification of the minimum number of CFU that the students shall attain in an academic year in order to continue the course of study to another academic year, shall be established in the related Academic Regulations:

www.uniecampus.it/ateneo/statuto-e-regolamenti/regolamenti-didattica/index.html

Art. 7 - Examinations and tests

1. For each formative activity shall be provided an examination, upon completion of the didactic activities represented by the learning objects present in the VLE.
2. The students shall acquire the CFU attributed to a particular formative activity only passing the examination.
3. The examination and the final evaluations needed for the attainment of the title shall not be more than 12. For the purpose of the calculation shall be considered the following formative activities:
 - a. Characterizing;
 - b. Supplementary;
 - c. Optional
 - d. Activities related to the Final Dissertation;
 - e. Further linguistic knowledge, eventual formative internships, IT, telematic and relational abilities.
4. The examinations shall consist in a test structured in conformity with what is provided for in the “Regulation for the implementation of the examination” and with due regard for the following rules:
 - a. The examination shall be organized so as to evaluate the knowledge, the comprehension, and the application of the examination subjects, demonstrating the proficiency of the student in the didactic units/thematic units of the related course.
 - b. The final evaluation shall take into account the results of the partial examinations, carried out with due regard for the Academic Regulations, in which case the teacher shall specify in the “course profile” the kind of activity, the modalities and the criteria of evaluation.
5. The professor in charge of the teaching, before the beginning of each academic year, and with due regard for the general regulation of the University, shall communicate the modalities for the examination, the assessment criteria and the possibility to carry out partial examinations. The manner in which the examination shall be carried out shall be the same for all the students with due regard for what has been established at the beginning of the academic year.
6. Eventual partial verifications shall not replace the final examination.

7. With regard to the implementation of the examinations shall be applicable the rules provided for by the Academic Regulation.

Art 8 - Duration

1. Shall be applicable the rules provided for by the Academic Regulation.

Art 9 - Mobility and studying abroad

1. The Degree Course in Sciences of Physical Activity for Health and Well-Being, in line with the provisions of the University shall promote the exchange of teachers and students through international cooperation and bilateral agreements. In this regard see the indications published on the website of the University on the International Cooperation and the Erasmus Policy at the following link:

<https://www.uniecampus.it/ateneo/cooperazione-internazionale/index.html>

Art. 10 - Final Dissertation

1. The final dissertation shall be written by the student with the supervision of a teacher of the Faculty of Psychology or of an external teacher entitled to one of the teachings provided for the Degree Course. The elaboration of the final dissertation, shall begin at least six months before the date estimated for the discussion, in order to guarantee its accuracy. The discussion of the final dissertation shall consist in the presentation of a written dissertation realized by the student under the guidance of a supervisor with due regard for and with the procedures provided for in the related Academic Regulations and in the guidelines of the Faculty of Psychology: <https://www.uniecampus.it/studenti/segreteria-studenti/prova-finale/index.html>
2. The final dissertation shall focus on any subject related to one or more formative activities of the following typology:
 - a) characterizing;
 - b) supplementary;
 - c) optional;
3. In the final dissertation, the student shall demonstrate the acquisition of specific linguistic-cultural competencies and critical elaboration in accordance with arrangements

established by the competent Degree Course Council. The evaluation of the final dissertation shall be based on the following criteria: a) thoroughness and completeness; b) methodological awareness and relevance; c) final results and presentation. The final dissertation, evaluated on the basis of definite parameters shall be assigned maximum 6 points.

Art. 11 - Attainment of the Degree

1. The student shall attain the Degree with at least 120 CFU and upon completion and discussion of the final examination (final dissertation).
2. With regards to the conditions for the admission to the final dissertation, the degree examination board, the implementation of the examination and the final grade see the Academic Regulation for the final dissertation at the following link: <https://www.uniecampus.it/studenti/segreteria-studenti/prova-finale/index.html>
3. The secretariat upon request, shall provide the graduate students with the Diploma Supplement, which shall describe the category, the level, the context, the content and the status of the studies carried out in accordance with the standard eight-point plan developed on the initiative of the European Commission, the European Council and of the UNESCO.

II - OPERATIVE RULES

Art. 12 - Obligations related to frequency

1. The student shall be admitted to the examination related to a determined teaching only after having implemented all the online learning objects making up the course, except for expressed and motivated waivers provided for by the teachers, who shall clarify them in their teacher's profile.
2. The DC provides for the enrolment as part-time student, for all the qualified students, pursuant to what is regulated in the Academic Regulations.
3. Frequency to the formative activities is not mandatory.

Art. 13 - Enrolment to the following years, transfer and withdrawal from the studies

1. See the rules provided for in the Academic Regulations.

Art. 14 - Recognition of incoming CFU

1. See the general regulations provided for by the University; along with the opinion of the DC if the aforementioned regulation shall require so.

Art. 15 - Dispositions for the students

1. The DC shall apply the rules provided for by the University regulating the frequency to the formative activities, the number of the credits to be acquired for the enrolment to the following course year; the requirements for the implementation of outsourcing education, and all the actions aimed at an effective learning. In this regard see the Student Regulation, the website page on the LDs and the Erasmus Policy of the University.

Art. 16 - Assessment of the Didactic Activity

1. The DC shall implement forms of assessment of the quality of the didactic activities provided for by the current legislation with the modalities and the deadlines provided for by the University's Quality Assurance Committee.

Art. 17 - Flexibility of the learning pathway

1. The Degree Course in Physical Activity for Health and Well-Being, with the collaboration of the online tutors (OT) proposes orientation and tutoring activities in relation to the individual study plan, of the optional formative activities and with regard to the implementation of the curricular internship, promoting a student-centred approach to learning focused on encouraging the assumption of an active role in the definition and in the time frame of the learning pathway. The DC shall promote a collaboration with the disciplinary tutors whom, coordinating with the teachers in charge of the course, shall have the task of supporting the preparation of the didactic materials and of the partial examinations, guaranteeing the possibility to implement flexible learning pathways. Finally, the student shall have the possibility to enrol in the DC and to take advantage of the formative offer at any time of the academic year and to carry out the examinations during

the seven examination sessions, provided for in the academic calendar.

II - FINAL AND TRANSITIONAL REGULATIONS

Art. 18 - Amendments to the Regulation

1. Any amendment to the present Regulation shall be proposed by the Coordinator of the DC or by at least one third of the members of the Council of the DC or at least one third of the members of the Council of the DC and shall be approved by absolute majority and, successively, by the Technical Supervisory Committee.
2. In case of failure to approve the amendment, the proponent shall send a response, along with a report describing its motivations directly to the Technical Supervisory Committee.
3. Any modification to the present regulation, subject to the verification of their conformity to the Academic Regulations shall be issued by Decree of the President of the Technical Supervisory Committee.
4. Eventual legislative acts compatible with the Academic Regulation and incompatible with what is stated in the present regulation shall be applicable even in the absence of an expressed modification, but shall determine the immediate beginning of the procedure provided for in the first paragraph of the present article.
5. Eventual interpretive or applicative problems resulting from the succession of the Regulations in the course of time shall be the subject of a specific assessment on the part of the DC.

Art. 19 - Transitional regulations

1. The present regulation shall be applicable from the academic year 2018/2019.

Attachment 1

General Framework of Formative Activities

Characterizing Activities				
Subject Area	Sector	CFU		minimum by D.M.
		min	max	
Sports and Motor Activities	M-EDF/01 Methods and Didactics of Motor Activities M-EDF/02 Methods and Didactics of Sports Activities	20	24	20
Biomedicine	BIO/09 Physiology BIO/10 Biochemistry BIO/12 Clinical Biochemistry and Clinical Molecular Biology BIO/14 Pharmacology BIO/16 Human Anatomy MED/09 Internal Medicine MED/33 Diseases of the Motor Apparatus MED/Physical and Medical Rehabilitation	16	24	16
Psychology and Pedagogy	M-PED/03 Special Didactics and Pedagogy M-PSI/05 Social Psychology M-PSI/06 Labour Psychology	7	12	7
Sociology	SPS/08 Sociology of Cultural and Communication Processes	5	6	5
Minimum credits reserved by the University minimum by D.M. 48:		-	-	
Total Characterizing Activities				48-66

Supplementary Activities				
Subject Area	Sector	CFU		minimum by D.M.
		min	max	
Supplementary Activities	BIO/10 Biochemistry BIO/12 Clinical Biochemistry and Clinical Molecular Biology M-PED/03 Special Didactics and Pedagogy M-PSI/01 General Psychology M-PED/04 Developmental Psychology M-PED/06 Labour Psychology MED/11 Diseases of the Cardiovascular Apparatus	12	24	12
Total Supplementary Activities				12-24

Other Activities				
Subject Area		CFU		
		min	max	
Optional		8	12	
For the Final Dissertation		9	15	
Further Formative Activities (art.10, paragraph 5, letter d)	Further Linguistic Knowledge	3	6	
	IT Abilities	-	-	
	Internship	20	22	
	Further knowledge for the insertion into the labour market	-	-	
Total Other Activities				

Total CFU for the attainment of the title	120
Range CFU of the course	100-145

Attachment 2

Study Plan

SCIENCES OF PHYSICAL ACTIVITY FOR HEALTH AND WELL-BEING - LM-67					
SSD	Subject Area	Course	CFU		
			TOT	ON-LINE	at the campus
1st Year					
BIO/16	Biomedicine	Anthropometric Evaluation and Body Composition	6	4	2
MED/33	Biomedicine	Ergonomics	6	6	
M-EDF/02	Sports and Motor Activities	Fitness and wellness	9	6	3
M-PSI/05	Psychology and Pedagogy	Social Psychology of health and quality of life	9	9	
M-PED/03	Supplementary Activities	Pedagogy of Motor Adaptation	6	6	
	art.10, paragraph 5, letter d	English Language	3	3	
	Optional	Optional Exam	6		
	art.10, paragraph 5, letter d	Internship	12		
2nd Year					
BIO/10	Biomedicine	Nutrition, Well-being and Motor Activities	6	6	
M-PSI/06	Supplementary Activities	Theories and techniques for management of human resources (also provided in LM51)	6	6	
M-EDF/02	Sports and Motor Activities	Methods of evaluation of motor adaptation	6	4	2
M-EDF/01	Sports and Motor Activities	Preventive, compensatory and re-educational motor activity	9	6	3
SPS/08	Biomedicine	Sociology of well-being	6	6	
	Optional	Optional Exam	6		
	art.10, paragraph 5, letter d	Internship	10		
		Final Dissertation	14		
	Optional		12		
M-PSI/01		Motivation and Personal Well-being	6	6	
BIO/14		Nutraceuticals, integrators, functional foods	6	6	
BIO/09		Nutrition Physiology	6	6	
MED/34		Motor Activities for Neurodegenerative Diseases	6	6	