

**UNIVERSITY OF ROME “TOR VERGATA”
SCHOOL OF MEDICINE AND SURGERY
MASTER of SCIENCE DEGREE PROGRAM - LEVEL II
in
PHYSICAL ACTIVITY AND HEALTH PROMOTION
Coordinator: Prof. Paola Sinibaldi
2016/2017**

Lectures and exams will be held in English.

DESCRIPTION and AIMS

The purpose of the program is to train graduates with different backgrounds related to the promotion of wellness and health. Particular attention is paid to their problem solving abilities and those related to their evaluations in terms of social and ethical responsibilities; graduates will also learn to assess health risks during trainees' physical activity and estimate the limit beyond which physical activity becomes harmful. The purpose of the program is to train specialized professionals who will work on fitness and wellness through:

- The basis of functional and physical assessment in relation to the specific characteristics of each person;
- Planning of physical activities and training paths for groups and/or individuals;
- Planning of health promoting learning courses and amateur sport activities;
- Planning of physical activities and rehabilitation programs for promoting health and preventing disease;
- Management of relations and communications with institutions , associations and families;
- Knowledge of the main rules and laws regarding physical activity and the trainer's legal responsibilities ;
- Ability to recognize and avoid life-threatening situations that can occur during physical activity;
- First-aid procedures and maneuvers

They will also have the expertise to cooperate with medical teams in the treatment and prevention , through physical activities, of chronic-degenerative diseases such as metabolic syndrome, obesity, hypertension , ischemic cardiac disease .

The purpose of the program is to train specialized professionals with the following characteristics:

- ISEF (Higher Institute of Physical Education) or equivalent diploma in accordance to law n. 136-June 13th 2002.
- Three-year degree in Motor Sciences and/or Sport/Motor Sciences
- Four or five-year degree in Motor Sciences and/or Sport/Motor Sciences
- Degree in Physiotherapy
- Degree in Medicine or Pharmacy or Biology
- Other degrees in the biomedical area to be evaluated by a special committee.

DIDACTICS

Courses and exams will be held in English. There will be an exam at the end of each semester. Furthermore, attendants must be able to discuss and clearly explain opinions regarding health topics. Seminars will be organized for this purpose. They are also expected to carry out their work autonomously through the acquisition of a solid methodology and must be acquainted with the use of recent multimedia and computer equipment. Dissertations are investigational and are the result of the two-year long experience.

The final dissertation, at present, should be made in the USA (Virginia: George Mason University) or in Brazil (Rio de Janeiro: State University of RJ, UERJ and Curitiba: Federal University of Parana, UFPR) financed by an international Tor Vergata University project and discussed and finalized in Rome

Enrolled students can apply for any international project organized and financed by the University of Rome Tor Vergata.

FOREIGN STUDENTS

Foreign graduate students are required to have a satisfactory knowledge of the English language which will be assessed by an evaluating committee.

Foreign graduate students who wish to enroll in this program must have their titles recognized. Academic titles obtained abroad must be legalized and accompanied by an official legal translation and a statement of comparative worth which must be obtained from the Italian Delegation in the country where the academic title was issued.

ENROLLMENT FEES

Students from both EU or non EU can enjoy a conspicuous reduction on the ordinary annual fee on the basis of the family income.

They can also apply for the ADISU (regional institution) scholarships always on the basis of the family income and the fee can be reduced to only € 16.

For enrollment, in addition to ordinary tuition fees, there is a special fee of euros 1.000,00

This payment must be made in the following way:

- 500 euro at the moment of the enrollment
- 500 euro not later than March 31st
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APPLICATION PROCEDURES

In order to fill out the pre-application form you must follow the path here below:

-enter in the web site www.uniroma2.it →INTERNATIONAL STUDENT → ADMISSION → ASSESSEMENT

The first deadline to enroll for Academic Year 2016-2017 is September 31st 2016. Students who intend to apply for ADISU scholarship can contact Prof. Paola Sinibaldi who will provide all the necessary help for the application process.

• **If you need pre-enroll through the local Italian Consulate, you must check for the exact dates or period during which the Consulate is open for this purpose.**

• **The second deadline is December 31st 2016 for particular situations. Students coming in December must to regain the previous classes**

ACCOMODATIONS

University residences are available (about 1,500 places). For further info: www.campusroma.it

DIDACTIC TABLE

First year

Physiology of Exercise and Pharmacology
Physics and Biomechanics of Human Movement
Pedagogy, Psychology, and Sociology
Ethics and Private Law in Sports
Research Methodology
Food and Nutrition for Health and Fitness
Internal Medicine
Functional Anatomy
History of Sport
Neurology
Physics Applied
Health Economics
Internship

Second year

Emergency Procedures

Role of Physical Activity in Health Promotion
Training Methodology in Fitness Specialties and Functional Assessment
Learning and Motor Control
Job Orientation
Thesis

For further information, please contact Prof. Paola Sinibaldi paola.sinibaldi@uniroma2.it
Or the Foreign Students Info office studenti stranieri@uniroma2.it