



## FACULTY

Rome: P.Borrione – D. Caporossi – F. Felici – A. Macaluso  
F. Margheritini – P. Parisi – C. Pesce – M.P. Paronetto  
F. Pigozzi – M. Sacchetti – P. Sgrò – V.R. Spica  
G. Vannozzi – A. Zelli, and others

Language  
centre: A. Fazio

Cologne: F. Baumann – B. Biallas – K. Petry – C. Wilke, and others

Odense: P. Aagaard – P. Caserotti – K. Froberg – A. Grøntved  
T. Skovgaard, and others

Oslo: U. Ekelund – S. Loland – Y. Ommundsen, and others

Vienna: A. Baca – R. Diketmuller – P. Kornfeind – H. Tschan  
O. Weiss – B. Wessner, and others

Guest  
Lecturers: M. Audiffren (Poitiers) – A. Benjaminse (Groningen)  
A. Chirumbolo (Rome) – M. McNamee (Swansea)  
J. Parry (Prague) – Y. Pitsiladis – N. Schott (Stuttgart)  
J.J. Temprado (Marseille), and others

Program  
Coordinators: Daniela Caporossi (Rome)  
Arnold Baca (Vienna)  
Thomas Skovgaard (Odense)  
Yngvar Ommundsen (Oslo)  
Christiane Wilke (Cologne)



# EUROPEAN MASTER OF SCIENCE IN HEALTH AND PHYSICAL ACTIVITY

Children - Adults - Elderly

**A 2-year International 2nd-level degree (120 ECTS)**  
*offered jointly by*

The University of Rome "Foro Italico" (coordinating institution)

The University of Vienna

The University of Southern Denmark, Odense

The Norwegian School of Sport Sciences, Oslo

The German Sport University, Cologne

with contributions from the universities of Marseille, Groningen,  
Poitiers, Stuttgart, Swansea and others

International second level degree (120 ECTS) issued by the  
partner Universities as follow:

Italy - Laurea Magistrale in Attività Fisica e Salute (Classe LM 67) (National title)

Norway - Master i Idrettsvitenskap (National title)\*

Austria - Master of Science (National title)\*

Denmark - Cand. Scient. I Idraet og Sundhed (National title)\*

Germany - European Master of Science in Health and Physical Activity

\* single or multiple degree/s will be released in compliance with partner University's  
registration and ECTS requirements

For further information please contact:

European Master - University of Rome "Foro Italico"

Piazza Lauro de Bosis 6, 00135 Rome

e-mail: [european.master@uniroma4.it](mailto:european.master@uniroma4.it)

Web: [www.uniroma4.it](http://www.uniroma4.it) → Ammissione or [www.europeanmasterhpa.eu](http://www.europeanmasterhpa.eu)

International Office - e-mail: [relazioni.internazionali@uniroma4.it](mailto:relazioni.internazionali@uniroma4.it)

The program is structured into a one-year general program mainly offered in Rome, and a second year  
in other locations, focusing on alternative areas of specialisation: Children, Adults, Elderly, each  
referring to both the general population as well as to special groups, and dealing with such issues as:

- Health and fitness, risk factors and prevention in the general population
- Movement therapy in functional re-education & rehabilitation
- Wellness and coping in disability, chronic disorder, or other limiting conditions
- Maturation and social integration, wellness and creativity, personal growth and expression



## First year - 60 ECTS

FOUR TEACHING MODULES IN ROME (3 weeks of intensive teaching each)

- |  |                    |         |
|--|--------------------|---------|
| 1. Biomedical issues in Health and Exercise  | 11 Oct - 29 Oct'21 | 15 ECTS |
| 2. Changing behaviour towards a lifelong active lifestyle: from childhood to adulthood | 29 Nov - 17 Dec'21 | 15 ECTS |
| 3. Movement Therapy and Physical Activity for the Elderly and Special Populations      | 24 Jan - 11 Feb'22 | 15 ECTS |
| 4. Research Methodology*   | 14 Mar - 1 Apr'22  | 15 ECTS |

\*Students from consortium Universities could earn at their own home institution those credits relevant to topics of Research Methodology, for a total of 15 ECTS.

## Second year - 60 ECTS

TWO DIFFERENT SPECIALISATION TERMS AMONG (15 ECTS, 3 weeks of intensive teaching & internship each) *Apr-Nov'22* 30 ECTS

- Vienna: Physical activity and disease prevention in adults
- Odense: Physical activity and disease prevention in children
- Odense: Physical activity and disease prevention in the elderly
- Cologne: Movement therapy for special populations
- Rome: Movement therapy in orthopaedic rehabilitation
- Oslo: Psycho-pedagogic aspects of preventive physical activity

THESIS *Summer 2023* 30 ECTS

### Admission:

The program is addressed to students with an undergraduate degree in the sport science or related area, with good knowledge of written and spoken English and adequate credentials. A total of 38 students will be admitted, with possible extensions in case of qualified applications. 16 positions are reserved to students from partner universities. 7 additional positions are restricted to non-European students. Wide international participation is encouraged.

### Fees & Support:

All international students are entitled to the same student assistance services as Italian students, on the basis of the same requisites of financial means and/or merit. This applies to scholarships, student loans, housing assistance, and fee waivers.

The tuition fees amount is payable in two instalments:

- First instalment fee: € 481,13 (enrolment national tax, insurance), to be paid when you enrol;
- Second instalment fee: from € 0,0 to € 1.662,52 depending on the family income.

First two higher candidates in the ranking lists from each consortium university will be exempted from payment of university fees but IT Services and Regional Tax DSU and virtual duty stamp (total € 156,00) provided they comply each year with specific merit requirements. Additional students from consortium universities, with the exception of Italian students, are allowed to pay taxes and contributions of the two-year course in a single fixed settlement of € 3.200,00.

### Single Modules:

Candidates meeting admission requirements can be admitted to single modules on payment of € 800,00.

### Applications:

Students from the Universities of Cologne, Odense, Oslo, Vienna will be selected by their respective local coordinators, subject to the number of positions available.

Students from University of Rome "Foro Italico" and all other students should submit their application and documents to the head office in Rome.

The deadline for the application is **19 July 2021 at 13:00 (Central European Summer Time)**. Applicants will be immediately notified about selection procedures, which will be completed by 28 July 2020.

**The program starts on Monday 11 October 2021\*.**

\*In compliance with specific directions from the governments of partner countries that could modify rules and regulations towards social distancing, as well as national and international mobility, lessons will be delivered by telematic modality"

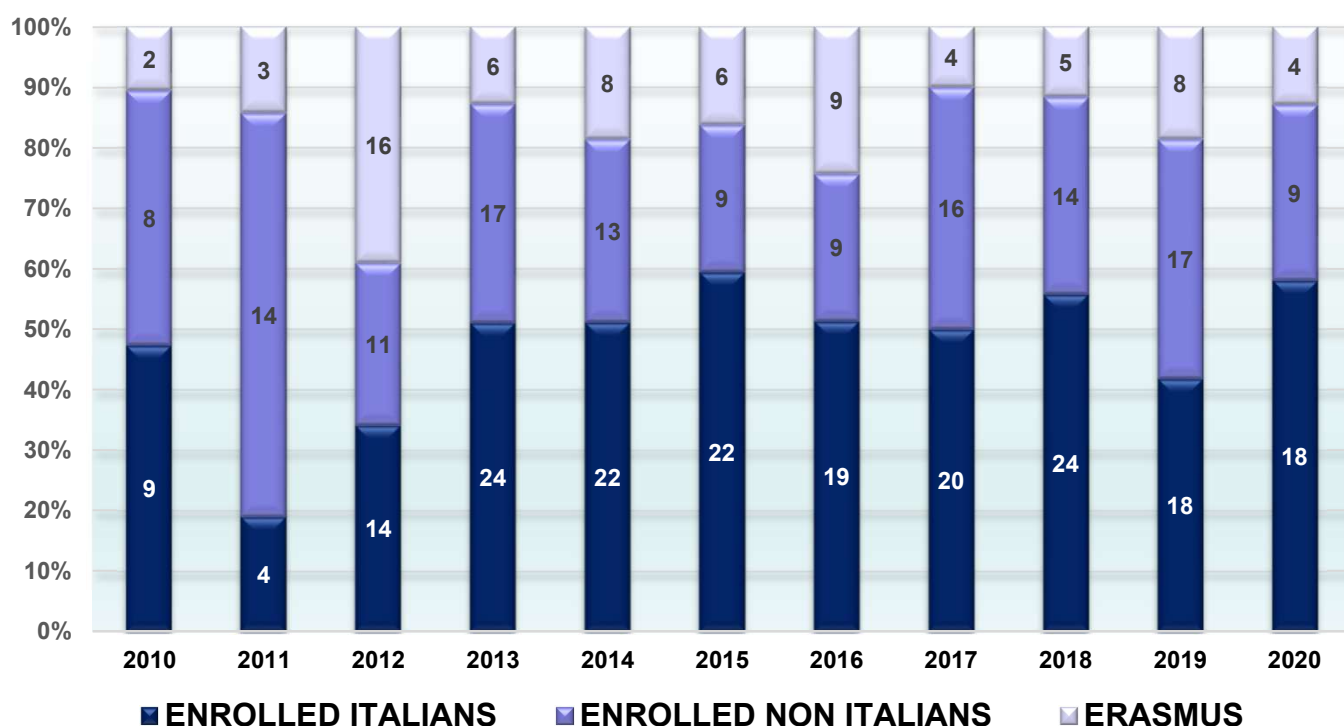


# European MSc in Health and Physical Activity

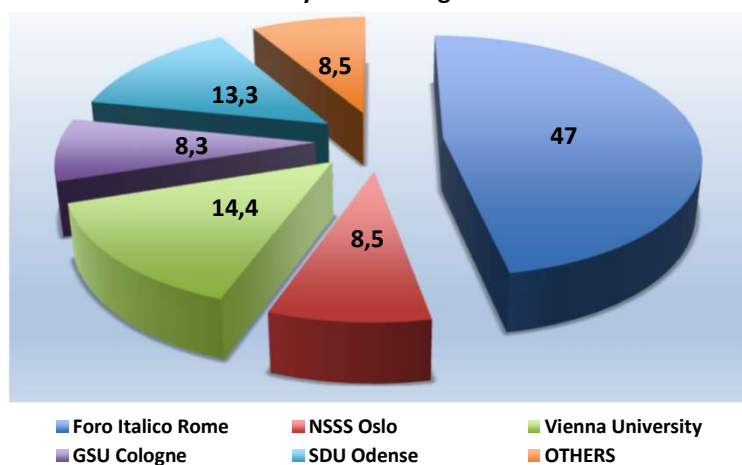
*Laurea Magistrale Internazionale in Attività Fisica e Salute – LM67INT*

## Main figures and quality assurance indicators 2019-2020 plus 3-year trend

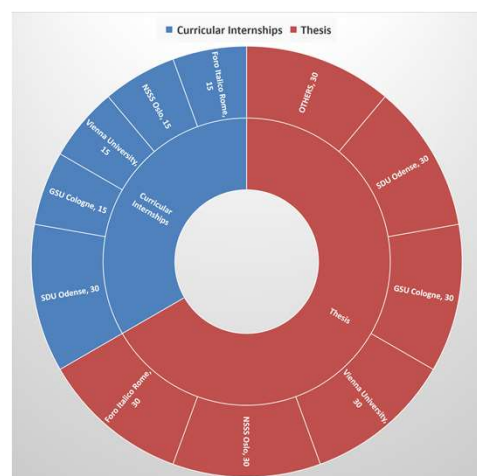
### Students attending the EMH&PA program 2010-2020



Contribution (% total ECTS) of European partner universities to the 1st year teaching activities in Rome



Contribution of European partner universities to the 2nd year teaching activities (ECTS)

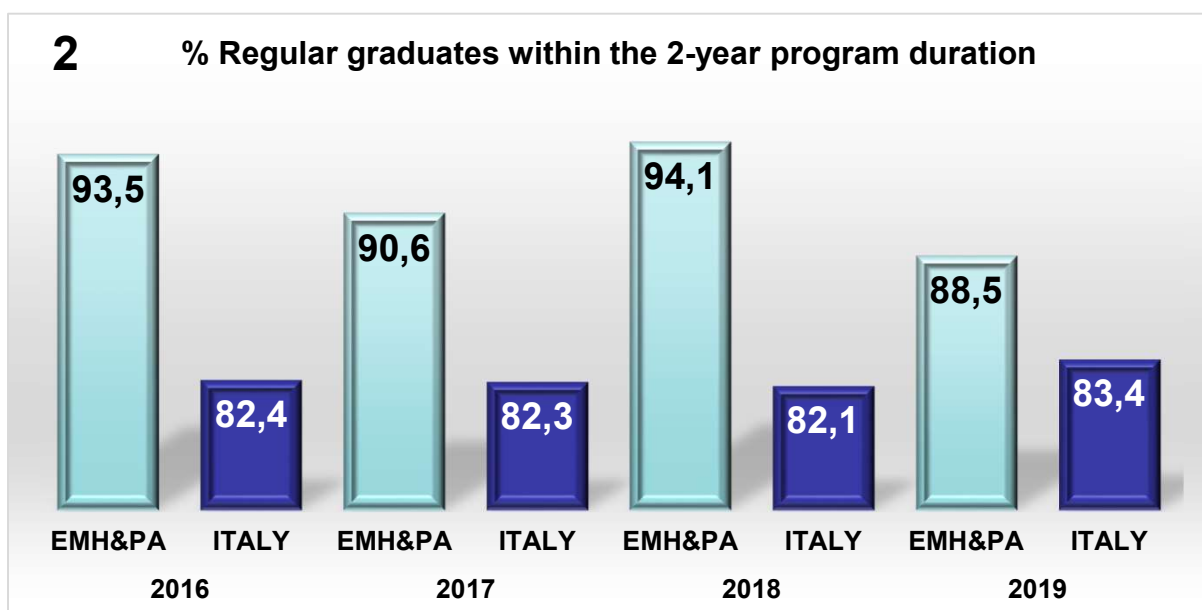
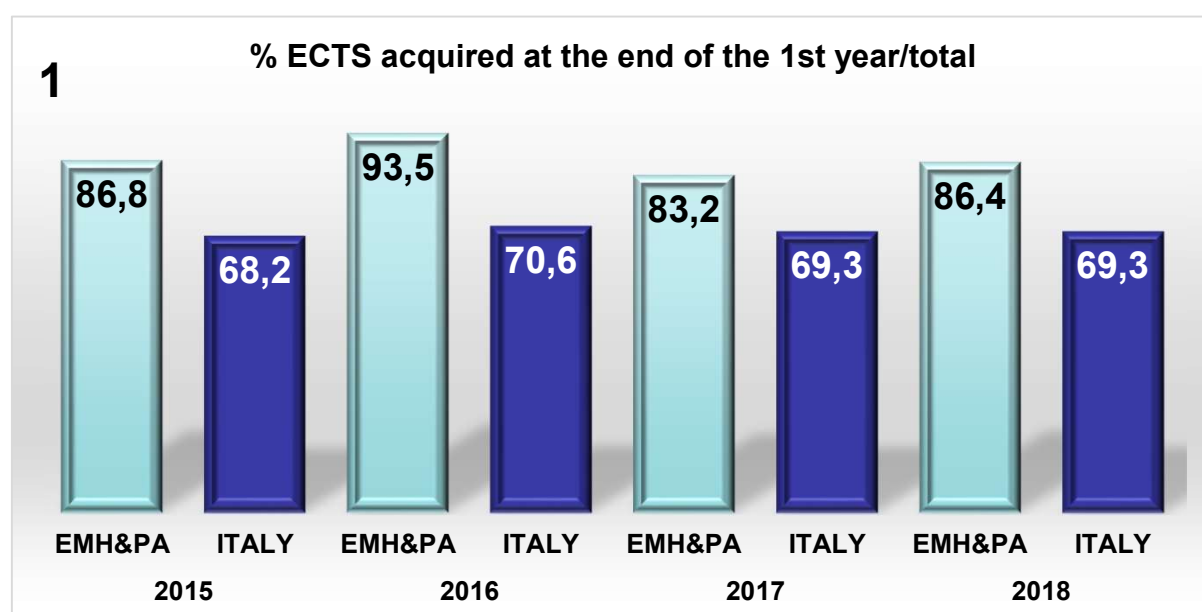


## REGULARITY OF STUDENT CAREERS

(Indicators from MIUR-SMA annual monitoring – update January 2021)

Regular students show a good percentage of ECTS acquired at the end of the 1st year, with a slight decrease in the a.y. 2017/2018, still higher when compared to the situation at national level for the same II level programs (1); Not less than 97% of students progress towards the 2nd year of the study program, with an excellent percentage of graduates within the program duration, although a decline is seen in 2019 (2).

Gli indicatori della didattica mostrano un buon andamento delle carriere degli studenti, stabile nel tempo, con una leggera diminuzione nella % di CFU acquisiti al termine del I anno, comunque decisamente superiore alla situazione nazionale (1), con il 100% di studenti che prosegue al II anno e una percentuale molto elevata di studenti che si laurea entro la durata regolare del corso, sebbene in calo nel 2019 (2).



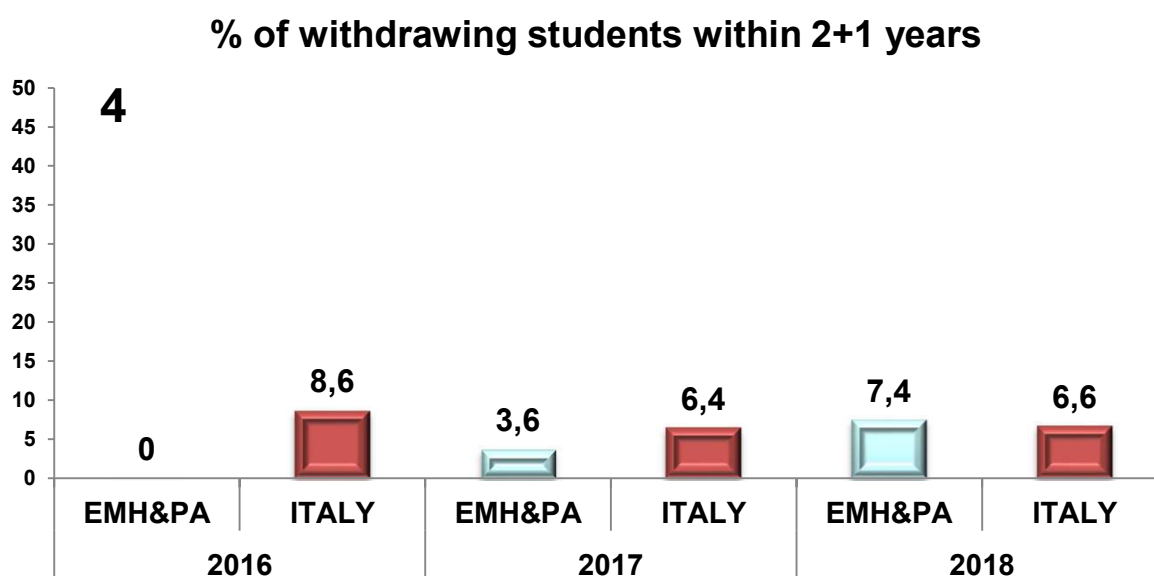
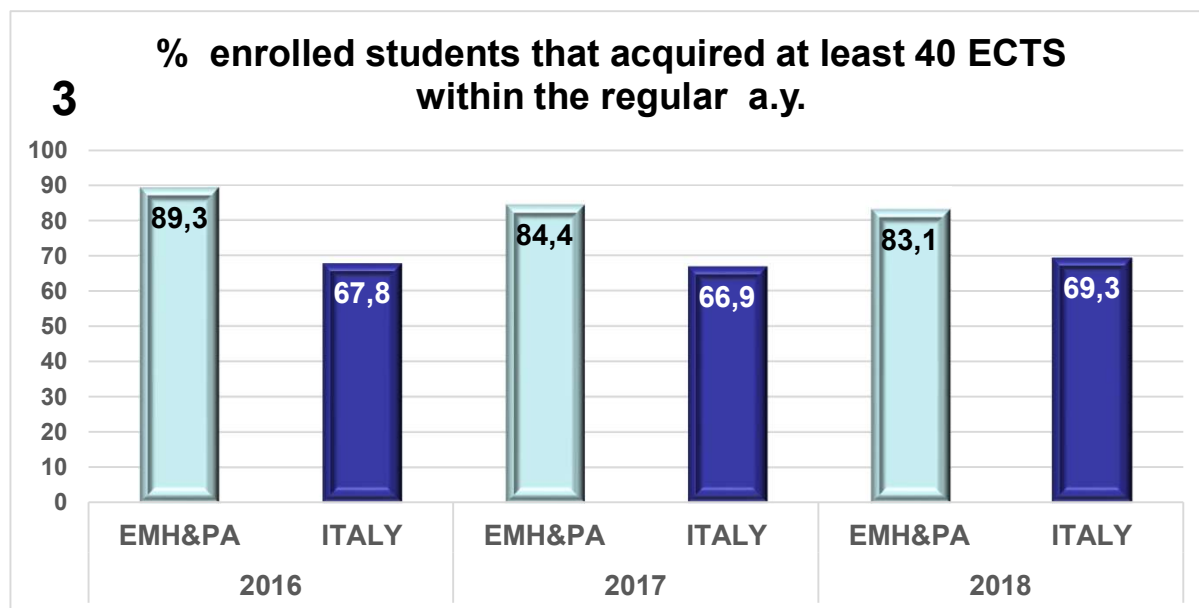


## REGULARITY OF STUDENT CAREERS

(Indicators from MIUR-SMA annual monitoring – update January 2021)

The percentage of regular students acquiring 2/3 of mandatory ECTS within the 1 year is satisfactory and stable in the 3-year trend (3), while the percentage of students that withdraw from the program shows an increase in the 3-year trend, reaching the national value in the 2018 (4).

La percentuale di studenti che acquisiscono non meno di 40 CFU entro il primo anno di corso è soddisfacente con un andamento stabile nel triennio, mentre in aumento la percentuale di abbandoni, passata, nel triennio, dallo 0% del 2016 al 7,4% del 2018, sovrapponendosi al valore a livello nazionale.



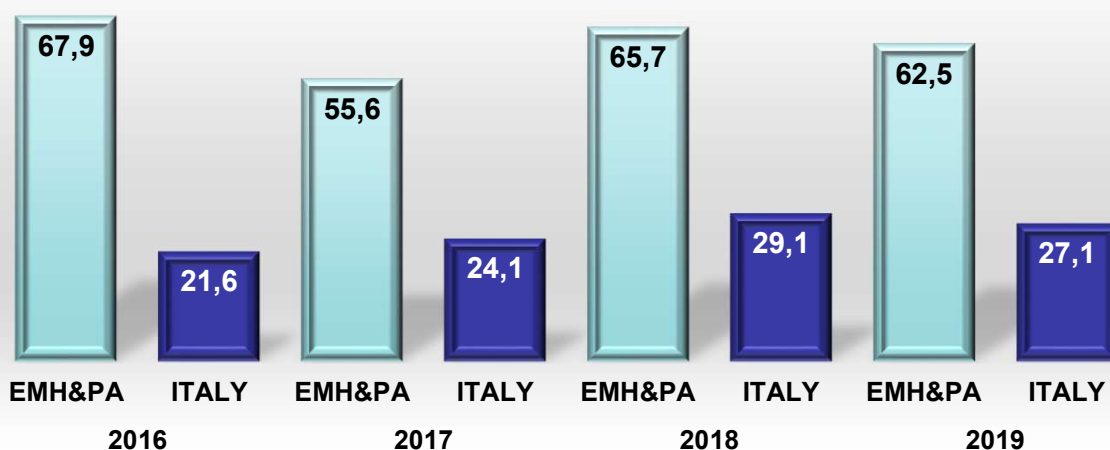
## ATTRACTIVENESS AND INTERNATIONALIZATION OF THE STUDY PROGRAM

(Indicators from MIUR-SMA annual monitoring – update January 2021)

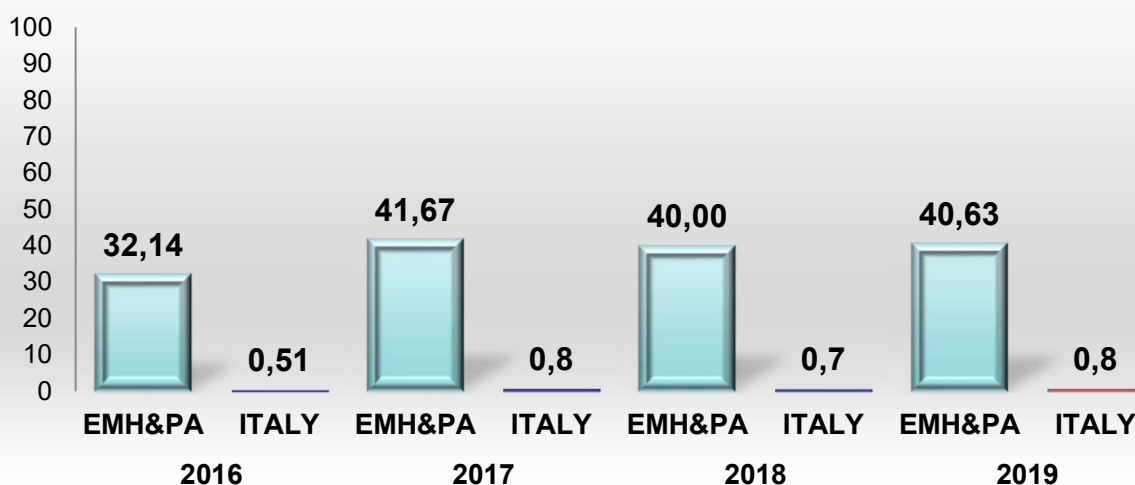
The uniqueness of the LM67-I study program at national and international level is verified by its attractiveness among bachelor graduates from universities other than Foro Italico (5), with a very distinct percentage of enrolled students (about 40%) that acquired their bachelor degree abroad (6).

Ottima e stabile nel triennio l'attrattività a livello nazionale ed internazionale, con più del 60% di iscritti provenienti da un altro ateneo (5), di cui circa il 40% da atenei non Italiani (6).

### 5 % enrolled students from universities other than Foro Italico



### 6 % enrolled students that acquired the bachelor degree abroad

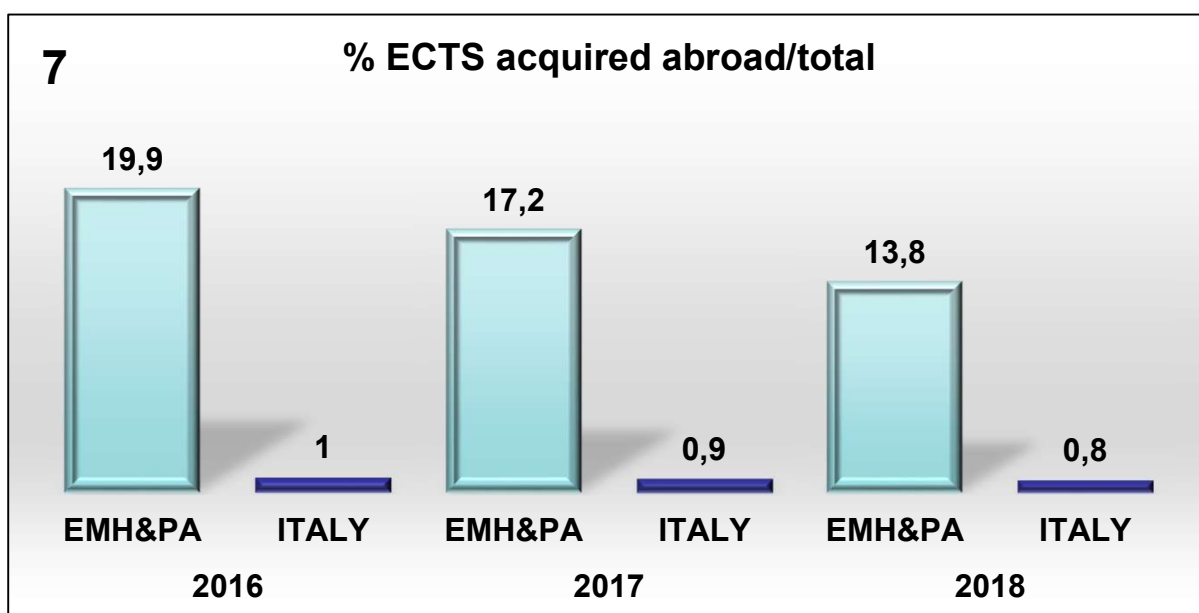


## ATTRACTIVENESS AND INTERNATIONALIZATION OF THE STUDY PROGRAM

(Indicators from MIUR-SMA annual monitoring – update January 2021)

*The % of ECTS acquired abroad is very high, in line with the structure of the joint program, and usually higher than the mandatory amount (12,5%), reflecting the students' interest towards international training experiences (7). The tendency to decline in the last two years could reflect the incapability of the students to attend elective activities abroad.*

L'eccellenza del grado di internazionalizzazione è verificata anche dal numero medio di CFU acquisito all'estero da ogni studente, superiore del minimo obbligatorio del 12,5% (7). Il declino che si nota nell'ultimo periodo potrebbe essere dovuto all'impossibilità degli studenti di frequentare attività a scelta offerte dalle università partner.



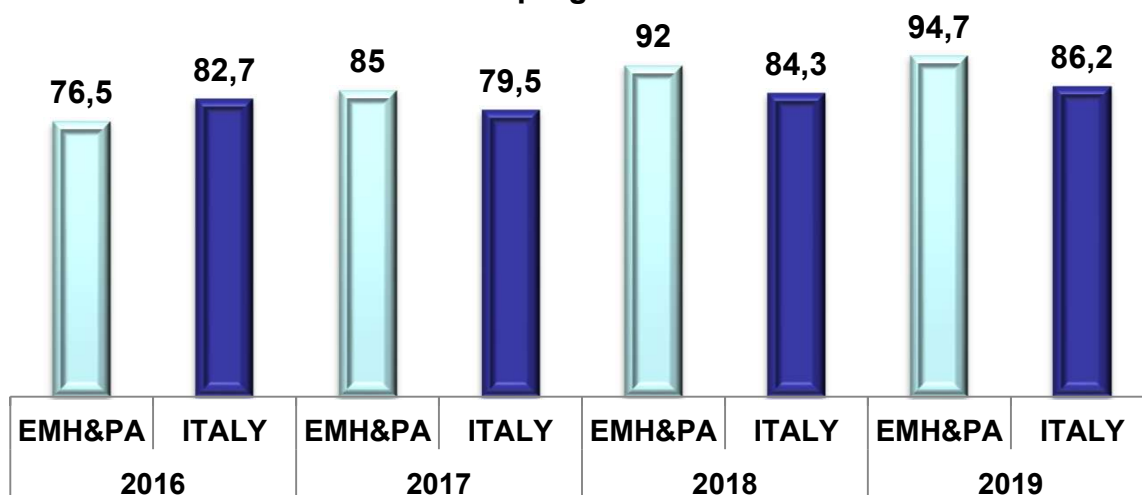
## PROGRAM SATISFACTION BY GRADUATING/GRADUATES

(Indicators from MIUR-SMA annual monitoring– update January 2021)

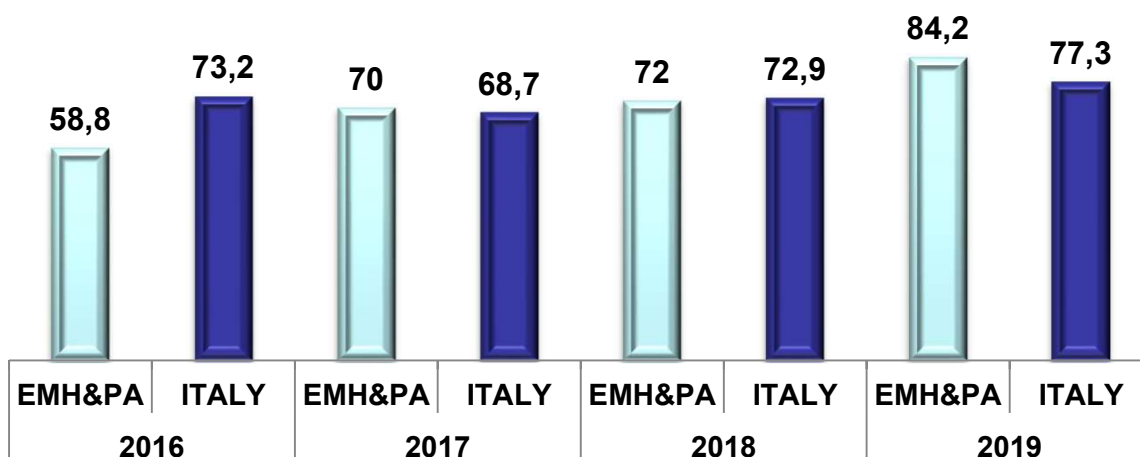
The program satisfaction by graduating students (8) and graduates (9) shows a positive 3-year trend, comparable to the Italian national situation (8), with an excellent satisfaction towards the relationship with the teachers (92%) and with other students (100%).

La soddisfazione degli studenti, riferita sia ai laureandi (8) che ai laureati (9), mostra un trend positivo, generalmente in linea con il panorama locale e nazionale (8). Particolarmente apprezzati il rapporto con i docenti (92%) e con gli altri studenti (100%).

### 8 % of graduating students overall satisfied with the study program



### 9 % of graduates that will enroll again to the same study program





## EMPLOYABILITY OF GRADUATES

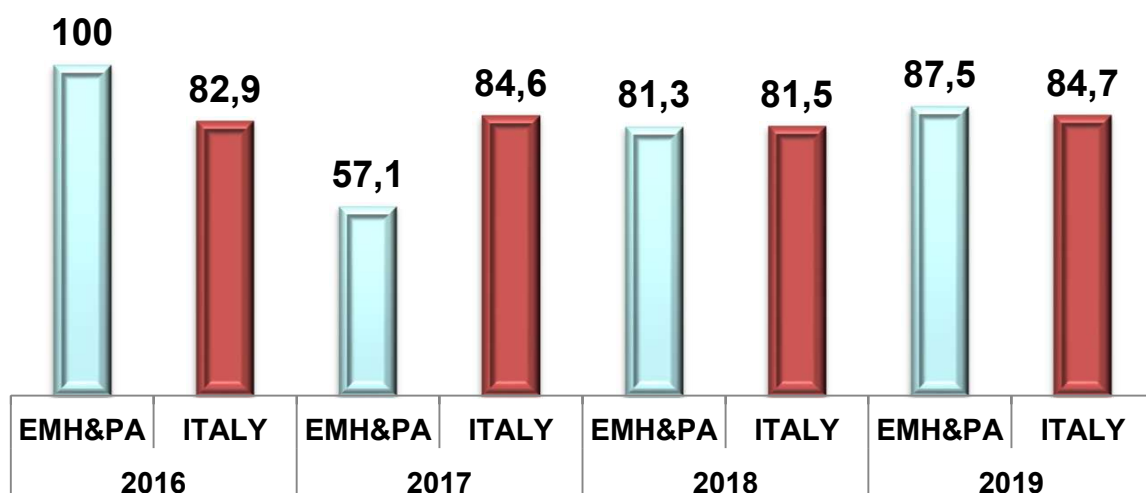
(Indicators from MIUR-SMA annual monitoring– update January 2021)

*Despite the apparent negative trend in 2017, the employability of graduates after 3 year from the program completion is good, comparable to the situation at national level (10).*

A parte il trend apparentemente negativo nel 2017, i dati sull'occupabilità dei laureati sono buoni e sovrapponibili alla situazione nazionale (10).

**10**

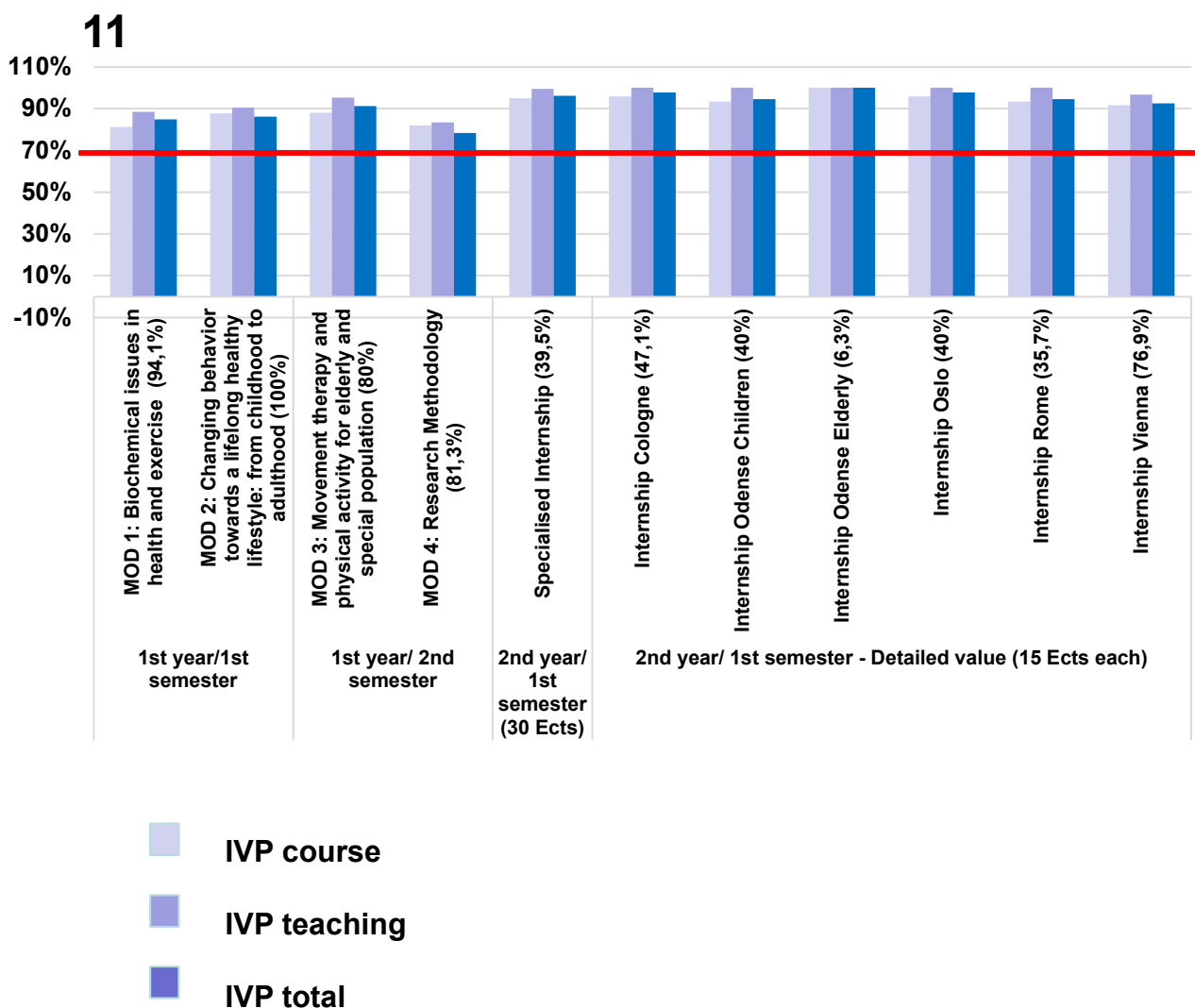
**% of occupaied at 3 years after graduation**



## Students' evaluation of the 2019-2020 Teaching Activities expressed as % of Positive Evaluation Index (IVP) (data from the University Quality Assurance Praesidium)

The evaluation of **2019-2020** teaching activities by the students shows very positive indexes (between 80% and 99%), higher than the critical threshold of 70% set by the University of Rome Foro Italico (11), with some bias for the 2° year course, showing a low participation by the students.

La valutazione della didattica 2019-2020 da parte degli studenti mostra indici di positività molto alti per tutti i corsi, superiore alla soglia critica del 70% definita dall'Università di Roma Foro Italico, sebbene la valutazione dei corsi del 2° anno soffre di una partecipazione limitata alla consultazione (11).

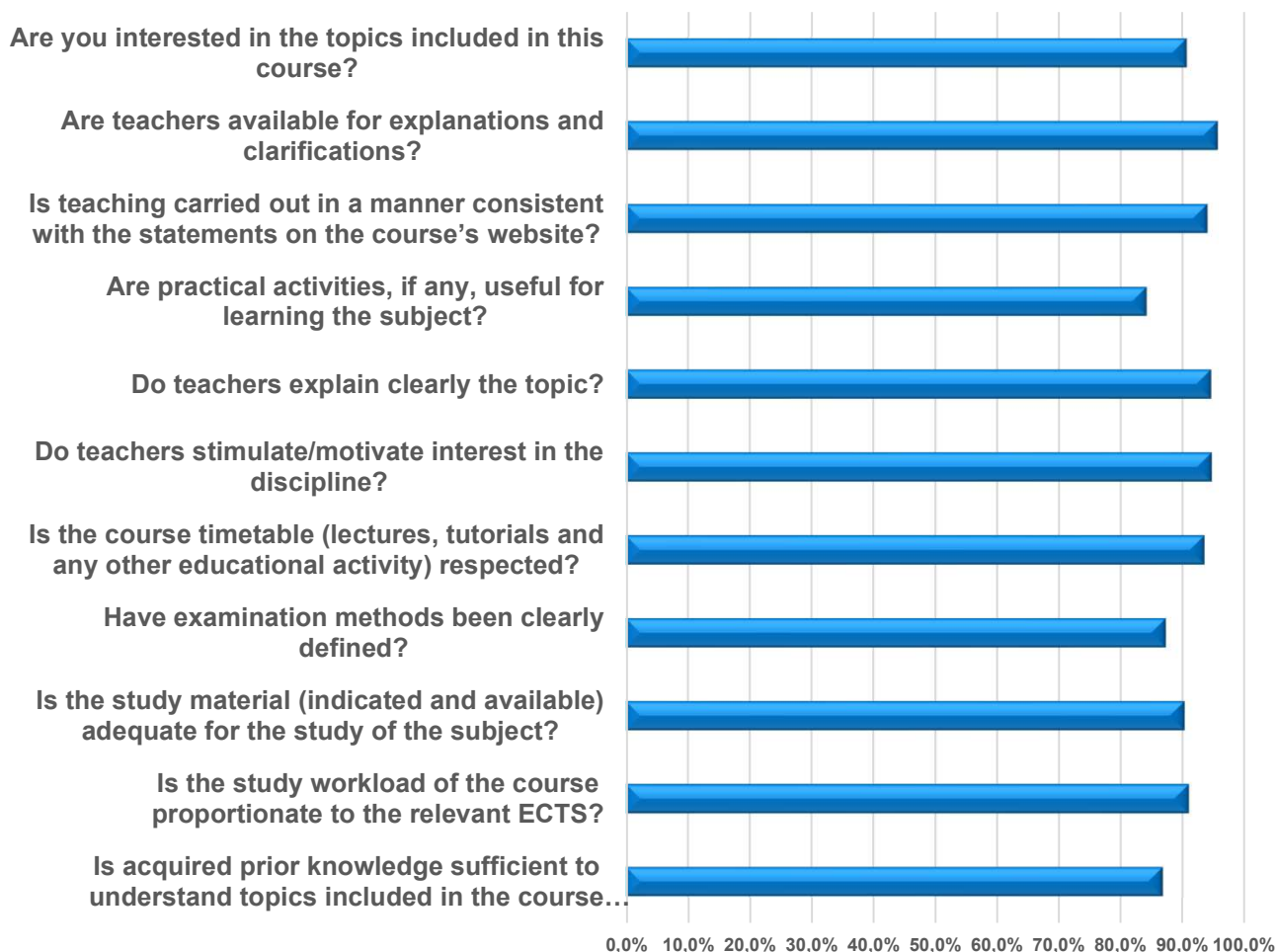


## Students' evaluation of the 2019-2020 Teaching Activities expressed as % of Positive Evaluation Index (IVP) (data from the University Quality Assurance Praesidium)

The 2019-2020 overall evaluation of the organization, content and teaching modality of the program is positive, with IVPs ranging between 84% and 95% (12).

In generale, la valutazione 2019-2020 da parte degli studenti riguardo l'organizzazione, contenuti e qualità della didattica del programma è positiva con indici IVP compresi tra l'84% e il 95% (12).

### 12



## Students' evaluation of the Teaching Activities expressed as % of Positive Evaluation Index (IVP) - 3-year trend (data from the University Quality Assurance Praesidium)

Considering the 3-year trend (13), the overall evaluation of different courses shows a general positive trend, with stable or increasing values, with the resolution of past critical situations.

Rispetto al triennio 2017/2018 – 2019/2020 (13), la valutazione della didattica da parte degli studenti mostra una valutazione generalmente positiva per tutti i corsi, con valori stabili o in miglioramento e la risoluzione di alcune criticità presenti negli anni precedenti.

**13**

