



University of Verona

Faculty of Exercise and Sport Sciences

In the Faculty of Exercise and Sport Science biological, physical, social and behavioral sciences are applied to the study of physical activity and sport and their effects on the health, fitness and quality of life of people of all ages and abilities.

The Faculty Campus is on the east-side of the city of Verona; the teaching and research activities are embedded in an environment of facilities dedicated to sports which are unique in Italy and include open fields for athletics and team sport such as soccer, rugby and baseball, as well as two large indoor sport centers with several courts each.



The Faculty is fully engaged in the teaching, research and service missions with flourishing academic programs and research laboratories.



Exercise physiology labs are equipped with last generation instruments for the study of human movement and energetics. Labs dedicated to motor control and anthropometry have been recently added to the growing list of research labs active within the Campus and operated by a vibrant intellectual community of students, researchers and faculty staff.

The Faculty offers a series of activities and courses involving the population. The programs are based on scientific research and are inspired by the tradition of the Faculty of Sport Sciences of Verona which is involved since years in the promotion of Health and Physical activities on the territory. Furthermore we are proud to say we can provide specific scientific and training programs to athletes through our: Centre for Applied Research on Rugby and the Centre for Preparation to Marathon.



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The teaching activities include courses at the three academic levels: BA, Masters and PhD.

The **BA IN EXERCISE AND SPORT SCIENCE** (major) is designed for undergraduate students who are interested in the scientific study of human movement. Within this major, the student may choose from two academic options.

BASIC EXERCISE SCIENCES

Preparation for careers in physical fitness and wellness.



SCIENTIFIC STUDIES OF EXERCISE AND SPORT

An interdisciplinary approach to the study of movement and/or sport, leading to a career in physical trainer for sport or adapted physical activities (see laurea Magistrale)

Graduate students can continue their university education by enrolling in one of the two **MASTERS DEGREES** courses offered by the Faculty



MASTERS DEGREE IN SPORT SCIENCES

The course is organized in collaboration with national sport federation and provides practical knowledge and scientific background for advanced career in physical training in competitive sport settings



MASTERS DEGREE IN ADAPTED PHYSICAL ACTIVITIES.

Provides cultural and practical background for coordinating and organizing APAs for health promotion, elderly people and disabled persons



The third level of University Degrees in Italy is PhD.

Students can enroll in the

PHD COURSE IN PHYSICAL EXERCISE AND HUMAN MOVEMENT.

The course is part of the PhD School in Translational Medicine and enrolls 5-8 students per year after a highly competitive selection. The course is open to non-italian students. During the Master course, the students will develop research projects in the fields of physiology of exercise, biomechanics and motor control.