



**CALL FOR APPLICATIONS FOR ADMISSION TO THE INTERNATIONAL FIRST-
LEVEL MASTER'S PROGRAM IN "STRENGTH AND CONDITIONING FOR HIGH
PERFORMANCE IN TEAM SPORTS"**

Academic Year 2026/2027

THE RECTOR

HAVING REGARD TO

Law no. 241 of 07.08.1990 "New rules on administrative procedure and the right of access to administrative documents" and subsequent amendments and additions;

Law no. 341 of 19.11.1990 "Reform of university teaching systems";

Law No. 104 of 05.02.1992, as amended by Law No. 17 of 28 January 1999, "Framework Law for assistance, social integration and the rights of disabled people";

Legislative Decree no. 286 of 25.07.1998, as amended. ii. "Consolidated text of the provisions concerning the regulation of immigration and rules on the condition of foreigners";

Presidential Decree no. 394 of 31.08.1999 "Regulation containing rules for the implementation of the consolidated text of the provisions concerning the regulation of immigration and rules on the condition of foreigners, pursuant to Article 1, paragraph 6, of Legislative Decree no. 286 of 25 July 1998";

Ministerial Decree no. 509 of 03.11.1999 "Regulations containing rules concerning the teaching autonomy of universities", as amended by Ministerial Decree no. 270 of 22.10.2004;

Presidential Decree no. 445 of 28.12.2000 "Consolidated text of legislative and regulatory provisions on administrative documentation";

Legislative Decree no. 196 of 30.06.2003 "Code regarding the protection of personal data" and subsequent amendments;

Law no. 170 of 08.10.2010 "Regulations on specific learning disorders in schools";

Legislative Decree No. 101 of 10 August 2018 "Provisions for the adaptation of national legislation to the provisions of Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, which repeals Directive 95/46/EC (General Data Protection Regulation)", which amended Legislative Decree No. 196 of 30 June 2003, "Code on the protection of personal data";

Law no. 33 of 12.04.2022 "Provisions on simultaneous enrolment in two higher education courses";



Ministerial Decree no. 930 of 29.07.2022 "Provisions to allow simultaneous enrolment in two university courses";

the Circular of the Ministry of University and Research "Procedures for the entry, stay, enrolment of international students and the related recognition of qualifications, for higher education courses in Italy";

Rector's Decree no. 1244 of 14.05.2012 "Statute of the University of Messina", as amended by Rector's Decree no. 3429 of 30.12.2014;

Rector's Decree no. 1636 of 22.07.2015 "University Teaching Regulations";

Rector's Decree no. 1463 of 07.06.2020 "Regulations for the regulation of advanced training courses";

Director's Decree no. 123/2026 of 25.02.2026, Protocol no. 27026, and Director's Decree no. 128/2026 of 25.02.2026, Protocol no. 27428, ratified by resolution of the Department Council of the Department of Biomedical Sciences, Dental Sciences and Morpho-functional Imaging (protocol no. 42040), approving the activation of the International First-Level Master's Program in "Strength and Conditioning for High Performance in Team Sports" for the Academic Year 2026/2027;

the minutes of the meeting of the Evaluation Committee of 28/04/2026, referred to in general protocol no. 55800 of 29/04/2026, certifying the release of a positive opinion on the proposal to activate the Higher Education Courses for the academic year 2026/2027, forwarded with requests acquired to general protocol no. 49065 of 11/04/2026;

D.R. 1243/2026, adopted in the general protocol of the University no. 60167 of 08/05/2026, with which the activation of the Master in "Strength and Conditioning for High Performance in Team Sports" for the academic year 2026/2027 was authorized;

CONSIDERED

that the Master in "Strength and Conditioning for High Performance in Team Sports" has a strong international vocation and that the deadlines set by the competent Ministerial and Consular Authorities for the application and issuance of the entry visa for study purposes require to reduce the administrative time required for the approval of the Educational Offer of the Higher Education Courses, to avoid negative effects on the attractiveness of these training courses to non-EU foreign students;

GUARANTEED

equality and equal opportunities between men and women and the absence of any form of direct and indirect discrimination in access to Higher Education Courses.



DECREE

ART.1. ACTIVATION OF THE MASTER IN “STRENGTH AND CONDITIONING FOR HIGH PERFORMANCE IN TEAM SPORTS” A.Y. 2026/2027

1.1 GENERAL PROVISIONS

For the academic year 2026/2027, the International First-Level Master’s Program in “Strength and Conditioning for High Performance in Team Sports” at the University of Messina is activated for n. 26 places.

The administrative office of the Master’s Program is based within the Department of Biomedical Sciences, Dental Sciences and Morpho-functional Imaging (BIOMORF).

The Master’s Program will be activated on condition that, at the end of the aforementioned competition, the minimum number (10) of enrolled students set by the Regulations for the discipline of advanced training courses is reached.

1.2 OBJECTIVES AND COURSE OF STUDY OF THE MASTER

The Master’s Program is aimed at providing specific knowledge and cultural insights in sectors and problems with a high professional profile, for an optimal connection with the labour market and professional sport environments.

The duration of the Master and the number of credits to be obtained is established in the attached sheet.

To obtain the University Master qualification, the student must have acquired at least 60 ECTS (CFU).

The achievement of the credits corresponding to the articulation of the various specialization and training activities is subject to a final examination to ascertain the skills acquired in relation to the learning areas covered during the program.

The achievement of the University Master is subject to passing a final test to ascertain the overall skills acquired, also taking into account the internship activity.

The objectives and regulations of the Master are described in the form attached to this Call for Applications.

For any further information, please refer to the above-mentioned Regulations governing Advanced Training Courses, as well as to the section dedicated to the relevant Master’s Program available at <https://www.unime.it/didattica/post-laurea/corsi-di-alta-formazione-master-e-corsi-di-perfezionamento> and to the official Master’s Program website <https://master-high-performance-team-sports.unime.it>.

1.3 ATTENDANCE AND INTERMEDIATE AND FINAL ASSESSMENTS



The Educational activities for participants will be carried out through lectures also carried out through the use of the Teams platform and / or other telematic mode and internship activities, articulated according to the indicated provided in the attached sheet.

Attendance is mandatory for at least **80%** of the total hours of lectures, technical-practical activities, and seminar activities.

The Technical-Scientific Council may decide to suspend or exclude the participant if it is found that he/she has not attended, made regular payments or failed the final examination.

ART. 2. ACCESS REQUIREMENTS

2.1 REQUIRED QUALIFICATIONS

Admission to the Master is subject to the possession of the following qualifications:

- a first-level or higher degree, a first-level academic diploma or another equivalent qualification or issued abroad recognized as suitable according to current legislation;

For the International I level Master Program in “Strength and Conditioning for High Performance in Team Sports”, the specific requirements are indicated in the form attached to this Call for Applications.

The candidate must, under penalty of exclusion, certify the possession of the aforementioned admission requirements, pursuant to Presidential Decree 445/2000 and subsequent amendments and additions, in accordance with the provisions of Article 6 below.

All candidates are admitted with reservations. The Administration will subsequently and at every stage of the procedure exclude those who do not possess the qualifications and admission requirements provided for in the competition notice and/or declared.

2.2 PROVISIONS FOR SIMULTANEOUS ENROLMENT IN TWO DEGREE PROGRAMMES

Simultaneous enrolment in a Master's program and in another course of study activated at this or other universities is allowed within the limits provided for by D.M. no. 930 of 29 July 2022.

Compatibility cases are described on page <https://www.unime.it/didattica/immatricolazioni-e-iscrizioni/contemporanea-iscrizione-due-corsi-di-istruzione-superiore>.

In the event that one of the two courses of study is compulsory attendance, enrolment in a second course of study that does not have attendance obligations is allowed, with the exception of courses for which compulsory attendance is provided only for laboratory and internship activities, subject to authorisation by the Collegiate Bodies of the two courses of study.

When registering for the competition, the candidate is required to attach the self-certification relating to attendance at the first course of study, also attaching the teaching plan.

Following registration, pending the admission procedure, the candidate must obtain the authorization of the first course of study.

2.3 PROVISIONS FOR FOREIGN NATIONALS



Citizens of the European Union and citizens of non-member states of the European Union, in possession of a qualification obtained at foreign universities may submit an application, if they are in possession of an academic qualification comparable, in duration and content, to the Italian academic qualification required for access. The qualification must be obtained within the deadlines indicated above.

RECOGNITION OF QUALIFICATIONS

If the qualification obtained abroad has not already been recognised, admission is subject to the assessment, exclusively for these purposes, of the suitability of the qualification by the Selection Committee.

In this case, the aforementioned candidates must accompany the aforementioned application with the documents useful to allow the Selection Committee to evaluate the application.

The application for admission must be accompanied by the following documentation:

- original title. Candidates who are citizens of Member States of the European Union can self-certify it;
- official translation into Italian, only if the qualification is not issued in English, French, Spanish. Interested parties can contact local translators and then request certification of the conformity of the translation from the competent Italian Representation (see Letter No 100). <https://www.esteri.it/mae/it/servizi/italiani-all-estero/traduzione-e-legalizzazione-documenti.html>);
- legalization, issued by the authority competent to legalize the document certifying the possession of the qualification. Legalization is not necessary if the country where the degree was obtained adheres to the Hague Convention (1961). Legalization is replaced in this case by the Apostille which validates the authenticity of the deed. Furthermore, no legalisation is necessary if the qualification is awarded by an institution in Belgium, Denmark, France, Ireland, Latvia (Brussels Convention 1987), Germany (Rome Convention 1969), Austria (Vienna Convention 1975).

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- declaration of value on site, issued by the Italian Consular Representation competent for the territory of the foreign country to which the institution that issued the qualification belongs.

In the event that the qualification has been issued by a country whose legislation provides for its legalization, the Embassies of Italy issue the declaration of value only after the qualification has been legalized by the competent authority of that country.

The declaration of value must include the date and grade of graduation and information on the evaluation system of the academic qualification obtained in the foreign country (minimum and maximum grade achievable). The transformation of any grade of the final degree exam will be



carried out by the Selection Committee on the basis of the information provided by the Italian Representation in the declaration of value regarding the evaluation system of the country in which the degree was obtained and regarding the scale of values to which the grades refer. If it is not possible to deduce these data from the documentation submitted, the Selection Committee will automatically assign the lowest grade.

The declaration of value can be replaced by the *Diploma Supplement*, drawn up according to the model of the European Commission, for academic qualifications issued by institutions in countries belonging to the European Higher Education Area.

The declaration of value can also be replaced by certificates issued by CIMEA, as the ENIC-NARIC centre for Italy, which contain all the information contained in the declaration of value, necessary for the evaluation of the qualification (<https://www.cimea.it/>).

For anything not expressly provided, please refer to the website: <http://www.studiare-in-italia.it/studentistranieri>

EU candidates residing anywhere and non-EU candidates legally residing in Italy for at least one year pursuant to Article 39, paragraph 5, Legislative Decree No. 286 of 25 July 1998, as amended by Art. 26 of Law no. 189 of 30 July 2002, in possession of a qualification obtained abroad, access under the same conditions and with the same requirements as Italian citizens.

Alternatively, solely for the purpose of admission to the Master's Program, the Committee responsible for verifying the admission requirements may recognize foreign study cycles and qualifications, provided that the foreign qualification meets all of the following requirements:

- it is an official first- or second-cycle qualification within the relevant foreign higher education system, issued by an officially recognized institution of that system;
- it grants access, within the relevant foreign education system, to equivalent second- or third-cycle programs;
- it includes academic and disciplinary elements corresponding to those required for admission to the equivalent Italian qualification (such as academic nature or research-related components).

This procedure does not result in the formal recognition of the foreign qualification as an Italian degree, but solely allows admission to second- or third-cycle academic programs. Any bilateral agreements in force shall remain applicable.

CANDIDATES NOT RESIDENT IN ITALY

The provisions established by current legislation and indicated by the Ministry of University and Research apply to non-EU candidates.



The pre-enrolment application must also be submitted on the University portal (<https://www.university.it/studenti-stranieri>) and will be validated following admission to the advanced training course.

Once the application has been validated, the candidate must submit the visa application to the competent diplomatic-consular representations, following the procedure better described on the <https://www.university.it/> website.

For information, also regarding pre-registration for the competition, interested candidates can contact the Welcome Point (located in Via dei Verdi, 98122 – Messina; email welcomepoint@unime.it – tel +390906768300 – web site <https://www.unime.it/didattica/servizi-e-agevolazioni/orientamento/welcome-point> / <https://international.unime.it/services/contact-us/welcome-point>).

ART. 3. PROCEDURE FOR REGISTERING FOR THE COMPETITION

3.1 TIMELINES ON ADMISSION PROCEDURES

Applicants interested in the Master's Program are required to comply with the deadlines indicated in the table below regarding the application process, selection procedure, and subsequent enrolment.

PROCEDURE	DEADLINE
Application for admission to the competition	By 11:59 PM on 25 August 2026
Online oral interview	From 26 August 2026 to 06 September 2026
Publication of the ranking list	Within 15 days from the application deadline
Enrolment	Within 15 days from the publication of the list of admitted candidates
Payment of the first instalment	Upon enrolment
Payment of the second instalment	Within two (2) months from the date of enrolment
Payment of the third instalment	Within six (6) months from the date of enrolment
Start of the course	09 November 2026

The University reserves the right to extend the deadlines set forth in this call for applications and to reopen the admission period should the minimum number of applications required by the relevant Regulations not be reached by the above-mentioned deadline.

3.2 COMPETITION REGISTRATION PROCEDURE

To participate in the Master's admission competition, candidates must:

1. fill in the application form, using **only** the "**online pre-registration**" procedure at the <https://unime.esse3.cineca.it/Home.do> link, accessible from any computer with an internet



connection, **no later than the deadline indicated in paragraph 3.1**, under penalty of exclusion. After this time, the procedure will be deactivated.

Applications for participation delivered by hand or sent by post, e-mail or certified email will not be accepted.

2. when filling out the application form, make the **payment of the contribution for the organization of the competition procedure equal to € 50.00 (fifty/00)**, in the manner provided for by the PagoPA system, under penalty of exclusion. The aforementioned payment is refundable **only** in the event that the Course is not activated;
3. Once the procedure has been completed, it is advisable to **print the application form**.

The documentation listed below must be attached, in .pdf format, in the spaces indicated on the esse3 platform, to the application form referred to in point 1:

- ✓ self-certification concerning the degree qualification obtained, including the date of graduation, final grade, and examinations passed, specifying the title of each course, the corresponding Academic Discipline Sector (SSD), the number of ECTS credits (CFU), the date of each examination and the related grade, as well as technical qualifications, professional experience, and scientific publications, issued pursuant to Presidential Decree no. 445/2000 (FORM A);
- ✓ photocopy of a valid identity document, duly signed by the candidate;
- ✓ self-certification relating to the simultaneous attendance of another course of study for those who intend to follow the Master as a second course, made pursuant to Presidential Decree no. 445/2000 (FORM B);
- ✓ IBAN in the specially dedicated part of the esse3 platform.

All candidates will be admitted to the competition procedure subject to reservation.

The Administration may at any time, with a reasoned measure, order the exclusion for lack of the prescribed requirements. This measure will be communicated to the interested party by certified email.

Likewise, in the event that the documentation submitted by the competitor results in false or misleading declarations, without prejudice to the sanctions provided for by the Criminal Code and by the special laws on the subject (Articles 75 and 76 of Presidential Decree no. 445/2000), and the exposure of the declarant to the action for compensation for damages by the counter-interested parties, any enrolment at the School will be cancelled, to the recovery of any benefits granted and the university fees and contributions paid, including the sum of € 50.00, paid as a contribution for participation in the competition, will be retained.

ART. 4. SELECTION COMMITTEE



The Selection Committee will be appointed by Decree of the Director of the relevant Department and published on the webpage dedicated to the admission procedure.

Upon its establishment, the Committee shall publish the participant selection criteria through a specific official report, which will also be made available on the webpage dedicated to the admission procedure.

ART. 5. LIST OF ADMITTED STUDENTS

Those who, in relation to the number of places available, will be placed within the last useful position in the ranking compiled on the basis of the overall score reported, determined following the evaluation of qualifications and the oral interview, are admitted to the Master's Course.

The general ranking of merit will be published on the University website in the news and notices section of the page dedicated to the Master's program which can be reached at the link <https://www.unime.it/didattica/post-laurea/corsi-di-alta-formazione-master-e-corsi-di-perfezionamento>.

This publication will be the only official means of publicising the results of the admission tests.

Candidates placed in a suitable position must enrol in the Master's Program by the peremptory deadline and according to the procedures set out in Article 6 of this call for applications "ON-LINE ENROLMENT PROCEDURE".

ART 6. ONLINE ENROLMENT PROCEDURE

All candidates who have been duly placed in the ranking list must register **no later than the deadline indicated in paragraph 3.1**, using the online procedure ONLY, i.e. by connecting to the website <https://unime.esse3.cineca.it/Home.do>

Through the aforementioned procedure, the following must be carried out:

- ✓ payment of the first instalment of university fees (including Regional Tax for the right to study, virtual stamp duty and insurance), through the PagoPA payment procedure;
- ✓ upload of the photocopy of the identity document and tax code of the interested parties;
- ✓ for residents abroad, upload of a copy of the official Italian tax code and residence permit.

Those who do not comply with the above within the established term will be considered to have withdrawn.

THE VERIFICATION OF THE SCROLLING OF THE RANKING IS THE EXCLUSIVE RESPONSIBILITY OF THE CANDIDATES.

ART. 7. TUITION FEES AND CONTRIBUTIONS FOR ATTENDANCE

7.1 METHODS OF PAYMENT

Those who enrol in a master's programme are required to pay the fees and contributions set out in the form attached to this Call for Applications, which can be paid in the following ways:



- first instalment (including virtual stamp duty and insurance coverage) amounting to € 3,000.00 (three thousand/00 euros), to be paid upon enrolment. Late payment of this instalment shall not be permitted; failure to pay within the above-mentioned deadline will be considered as withdrawal from the Master's Program;
- second instalment amounting to € 1,450.00 (one thousand four hundred and fifty/00 euros), to be paid within two months from the date of enrolment;
- third instalment amounting to € 1,450.00 (one thousand four hundred and fifty/00 euros), to be paid within six months from the date of enrolment.

The payment of the first instalment of enrolment must be made peremptorily at the time of enrolment.

7.2 INSURANCE COVERAGE

All students enrolled at the University are covered by a special insurance policy for accidents related to training activities.

ART 8. FINAL EXAMINATION AND GRADUATION

At the end of the teaching activities, a final examination is scheduled according to the procedures indicated in the attached sheet.

For the purposes of admission to the aforementioned exam, the student must have regularized the payment of the related fees.

By the twentieth day prior to the day set for the final examination, candidates must complete the qualification application procedure by accessing their personal area of the esse3 platform, following the relevant procedure (https://archivio.unime.it/sites/default/files/guida%20conseguimento%20titolo_0.pdf).

The final examination consists of the presentation and discussion of a final project before a Committee appointed by the Technical-Scientific Board and chaired by the Master Director. The Committee will award a pass/fail assessment for the achievement of the Master.

ART. 9 APPOINTMENT OF THE PERSON IN CHARGE OF THE PROCEDURE

Pursuant to Law 241/90, the person responsible for the administrative procedure is identified:

- the Director of the Master's program for the procedure relating to the admission procedure until the publication of the ranking list;
- in the Head of the Master's Operational Unit, Dr. Maria Franzò, with regard to the issuance of this call, the transmission of applications for admission to the Technical-Scientific Committee and the procedure relating to the enrolment phase.

Candidates have the right to exercise the right of access to the documents of the competition



procedure in accordance with the procedures provided for in Chapter V of Law No. 241/90 as well as in the Implementing Regulation referred to in Presidential Decree No. 184/2006.

For the acts of the procedure subject to the publication obligations pursuant to Article 19, paragraphs 1 and 2, of Legislative Decree no. 33/2013, the method of access is governed by the aforementioned legislative decree.

ART. 10. PROCESSING OF PERSONAL DATA

The processing of candidates' personal data will be carried out in accordance with the European Regulation on the protection of personal data 679/2016.

The relevant information, which can be consulted when submitting the application, is available in the University privacy section accessible at the link <http://www.unime.it/it/ateneo/privacy>.

The provision of the personal data indicated in the announcement and in the registration procedure on the esse3 platform is mandatory for the purposes of participation in the procedure itself and of any consequential operation, including the determination of the score obtained following the admission tests.

The personal data provided on the esse3 platform may also be processed by the University for the institutional purposes of the institution itself.

ART. 11 SAFEGUARD RULES

For anything not provided for in this announcement, please refer to the provisions in force on the subject.

Administrative information can be requested from the Master Operating Unit by e-mail: master@unime.it or by calling the info point at no. 0906768300.

THE DEPARTMENT DIRECTOR

Prof. Sergio Lucio Vinci
(digitally signed)

R.P.A. Dr. Maria Franzò – U. Op. Master



DESCRIPTIVE SHEET

THE INTERNATIONAL I LEVEL MASTER'S IN “STRENGTH AND CONDITIONING FOR HIGH PERFORMANCE IN TEAM SPORTS”

ADMISSION REQUIREMENTS

Admission to the Master's Program is reserved for candidates holding one of the following qualifications:

L-22 – Sport and Exercise Sciences

LM-67 – Preventive and Adapted Physical Activity Sciences and Techniques

LM-68 – Sport Sciences and Techniques

LM-47 – Organization and Management of Sport and Physical Activity Services

Equivalent academic qualification pursuant to current legislation

Academic qualification obtained abroad and recognized as suitable for admission purposes by the Technical-Scientific Board (TSB) of the Master's Program

Applicants are also required to possess intermediate-level knowledge in biomedical and sport and exercise science disciplines, as well as intermediate-level English language proficiency.

PURPOSE

The Master's Program is aimed at training highly specialized professionals in the management and optimization of performance in team sports, with particular reference to professional and high-performance environments. The program directly responds to the evolution of the sports industry, which is increasingly demanding professionals with integrated competencies in the physiological, methodological, technological, and organizational fields. Professional clubs and high-level sport organizations now systematically include dedicated performance and sport science departments, requiring professionals capable of planning and periodizing training load, monitoring and interpreting complex data, collaborating within multidisciplinary staffs, and integrating injury risk reduction, recovery, and performance optimization strategies. The Master's Program combines advanced scientific knowledge, practical applications, and direct immersion in real high-performance environments. The involvement of lecturers and experts currently working within leading European professional clubs ensures a direct connection between research, innovation, and applied professional practice. Educational activities will also take place at high-level facilities such as the Mapei Sport Research Center and the University Sports Center of the University of Messina, ensuring a learning environment aligned with the standards required in professional and high-performance sports. The internship experience within professional sport organizations represents a key component of the educational pathway and allows the direct application of the competencies acquired during the program, facilitating access to both national and international employment opportunities.

LANGUAGE

ENGLISH

DEPARTMENT

Department of Biomedical Sciences, Dental Sciences and Morpho-functional Imaging (BIOMORF),
University of Messina



SPECIFIC OBJECTIVES

The Master's Program aims to develop specialized and operational competencies related to performance management in high-level team sports environments.

In particular, the program is designed to:

- develop competencies in training load planning and periodization in indoor and outdoor team sports;
- provide advanced tools for athlete monitoring and functional assessment;
- integrate physical, physiological, neuromuscular, psychological, and cognitive determinants within the training process;
- apply technologies and data analysis systems to support decision-making processes;
- implement injury risk reduction and recovery optimization strategies;
- apply evidence-based models in the planning and periodization of training in team sports.

LEARNING OUTCOMES

Upon completion of the Master's Program, participants will be able to:

- analyze the performance model of team sports and identify the main determinants of performance;
- design strength, metabolic, speed, and agility training programs consistent with competitive demands;
- monitor and interpret internal and external load indicators using advanced technological tools;
- assess athletes' fitness status and neuromuscular fatigue levels;
- collaborate with technical, medical, and managerial staff in the integrated management of performance;
- assume responsibility roles within the performance departments of sport organizations.

The Master's Program also promotes the development of critical thinking, problem-solving abilities, and lifelong learning skills, which are essential for operating in constantly evolving professional sport environments.

TEACHING STRUCTURE

HOURS OF EDUCATIONAL ACTIVITIES AND DELIVERY METHODS

Educational activities will be delivered primarily in person, with the possibility of blended learning solutions for specific organizational or logistical needs, according to the following structure:

- Lectures: 204 hours
- Technical-practical activities: 40 hours
- Internship: 275 hours
- Seminar activities: 10 hours
- Individual study: 721 hours
- Final examination/project work: 250 hours

CURRICULUM STRUCTURE AND ECTS CREDITS

TOTAL ECTS (CFU) CREDITS: 60

COURSE	LECTURER	HOURS LECTURES / STUDY	ECTS (CFU)
Research Methodology		12T / 38S	2
Sport management		6T / 19S	1
Physical and physiological determinants of performance in team sports		18T / 57S	3
Functional assessment of athletes and video analysis		24T / 76S	4



Psychological and cognitive determinants of performance in team sports			12T / 38S	2
Nutrition in team sports			12T / 38S	2
Integrated course in Training methodology in team sports	Load monitoring in outdoor team sports		6T / 19S	1
	Load monitoring in indoor team sports		6T / 19S	1
	Load planning and periodization in outdoor team sports		12T / 38S	2
	Load planning and periodization in indoor team sports		12T / 38S	2
	Recovery strategies for training process optimization		12T / 38S	2
	Strength training in outdoor team sports		6T - 10ATP 34S	2
	Strength training in indoor team sports		6T - 10ATP 34S	2
	Metabolic training in outdoor team sports		12T / 38S	2
	Metabolic training in indoor team sports		6T / 19S	1
	Speed and agility training in team sports		6T / 19S	1
Neuromuscular fatigue in team sports			12T / 38S	2
Integrated Course in Injury management in team sports	Injury epidemiology		6T / 19S	1
	Injury risk reduction and functional recovery in outdoor team sports		6T - 10ATP 34S	2
	Injury risk reduction and functional recovery in indoor team sports		6T - 10ATP 34S	2
Technology and innovation in team sports			6T / 19S	1
Seminar activities			10T / 15S	1
Internship			275 TOT	11
Master's Thesis			250 TOT	10
		TOTAL	1500	60

Abbreviations: T, Theory (lectures); ATP, Technical-practical activities; S, Individual study

WEB SITE
https://master-high-performance-team-sports.unime.it

MASTER DIRECTOR			
NAME	QUALIFICATION	SSD	DEPARTMENT
Davide Ferioli	Associate Professor	MEDF-01/B	Department of Biomedical Sciences, Dental Sciences and Morpho-functional



			Imaging (BIOMORF), University of Messina
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MEMBERS OF THE TECHNICAL-SCIENTIFIC BOARD			
NAME	QUALIFICATION	SSD	DEPARTMENT
Nicola Maffiuletti	Head of Human Performance Lab		Schulthess Klinik
Herbert Ryan Marini	Full Professor	MEDS-08/C	Department of Clinical and Experimental Medicine (DIMED), University of Messina
Alan McCall	Performance and Innovation Consultant in Professional sports		Research & Innovation for Sports Ltd
Stefano Mazzoni	Medical Director of AC Milan and Director of Milan Lab		A.C. Milan
Ermanno Rampinini	Chief Operating Officer and Head of Human Performance Lab		Mapei Sport Research Centre

MEMBERS OF THE ADMINISTRATIVE SECRETARIAT		
NAME	QUALIFICATION	DEPARTMENT
Francesco Giliberto	Administrative Coordinator	Department of Biomedical Sciences, Dental Sciences and Morpho-functional Imaging (BIOMORF), University of Messina

TUITION FEE
€ 5.900,00

THE DEPARTMENT DIRECTOR

Prof. Sergio Lucio Vinci
(digitally signed)