

**LM- 68 - HUMAN PERFORMANCE AND SPORTS SCIENCES**  
**LM 68 – SCIENZE E TECNICHE DELLE ATTIVITÀ SPORTIVE**

**EDUCATIONAL PROGRAMME**

<b>1<sup>st</sup> YEAR</b>	<b>credits</b>
Deontology and regulations of sport and sport professions – integrated course	
- Sport facilities	3
- Deontology and regulations of sport professions	6
Training methodology and planning in fitness sports – integrated course	
- Training methodology and planning in fitness sports	7
- Human anatomy applied to sport performance	3
Training methodology, planning in disabled athletes – integrated course	
- Neurology	3
- Science and technique of adapted sport activity	6
Other educational activities	9
Training methodology and planning in sport games	9
Training methodology and planning in individual sports	9
Stage	2

<b>2<sup>nd</sup> YEAR</b>	<b>credits</b>
Professional practice	4
Sport medicine – integrated course	
- Locomotor system diseases	3
- Hygiene	3
- Sport medicine	6
Adaptability and adaptations in sport training – integrated course	
- Physiology applied to sports	3
- Biochemistry applied to sports	6
Further linguistic knowledge: English language	3
Professional practice	2
Methodology and design of functional evaluation in high level athletes – integrated course	
- Methodology and design of functional evaluation and research in sport	6
- Methodology and planning of functional evaluation and research in motorial activities	6
Sports psychology and pedagogy	6
(suggested) Elective educational activities	8
Final examination	7

<b>Elective educational activities</b>	<b>8</b>
Physiology of nutrition	4
Training methodology and planning in dance sport	4
Design methodology of training schedules	4