Teaching Regulations for the Master's Degree in

Exercise, Rehabilitation and Nutrition in an Aging Society

Degree Class LM-67 - Scienze e tecniche delle attività motorie preventive e adattate (ex D.M. 270/04)

A.Y.2018/19

Approved by the Degree Program Board in Science and Technology for Population Health and Wealth at the meeting of 30 May 2018
Approved by the Department Council in Molecular and Translational Medicine in the session of 6 June 2018
Approved by the Council of the Faculty of Medicine and Surgery in the session of 7 June 2018
Issued with D.R. Rep. N.358 of 11 June 2018
The Didactic Regulations specify the organizational aspects of the Study Program, in line with the corresponding regulations, in respect to the freedom of teaching and the rights/duties of teachers and students and is divided into:

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Art. 2) Specific training objectives of the course and description of the training path
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Art. 1) **Presentation of the course**

The Master’s Degree Course in Exercise, Rehabilitation and Nutrition in an Aging Society aims to provide students the skills and competences about innovative concepts of prevention and maintenance of a state of good health in a society characterized by the continuous increase in the average age of the population through the knowledge of new technological strategies and methodologies linked to physical exercise, rehabilitation and nutrition, in order to promote correct lifestyles in the context of the training objectives of the LM / 67 class Sciences and techniques of preventive and adapted motor activities. The master's degree course is taught entirely in English. The course is structured over two years and involves the acquisition of a total of 120 credits (called CFU – *crediti formativi universitari*) divided into basic, characterizing, affine and integrative training activities chosen by the student, in addition to internship activities and activities aimed at preparing the final exam.

Art. 2) **The specific training objectives of the course and description of the training path**

The aim of this course is the acquisition of the theoretical and technical-practical knowledge necessary to understand the mechanisms underlying the development of the main multi-factorial chronic diseases, which characterize a progressive aging society, with specific attention to physical exercise, rehabilitation and a correct nutritional strategy.

Furthermore, the qualifying element of the learning path is the development of the knowledge to promote greater awareness in the use of technical equipment to support the evaluation and/or monitoring of the state of health. The training will then be integrated with basic knowledge of the main techniques related to diagnostic instrumentation and sensors for the measurement of biomedical signals, information technology for processing and archiving (also in relation to the current legislation concerning the processing of sensitive data) biomedical signals as well as specific knowledge on rehabilitation systems and their most recent developments. Finally, biotechnological issues related to emerging areas will be addressed in the study of genetics (genetic risk factors), metabolism (metabolomics) relationship with the commensal bacteria flora (micro biome) and food safety.
On this basis the specific and characterizing skills will primarily have to concern:

- knowledge of modifications and functional adaptations deriving from physical exercise in a correct lifestyle and methods of assessing the state of physical efficiency and planning of exercise and nutrition;
- the promotion, monitoring, management and maintenance of a correct lifestyle (e.g. the best conditions of psychophysical, motor and nutritional well-being), in subjects in different health conditions, with attention to gender specificity;
- the planning, organization, and implementation of integrated motor activity programs, aimed to achieve, recover and maintain the best physical and mental health benefits, for the improvement of the health and well-being of the population;
- knowledge of multi-level interactions on physical activity, food quality and ultimately on health;
- collaboration in the development of new technologies applied to the welfare sciences;
- planning, coordination and evaluation of voluntary motor activities with the assistance of advanced technologies, also in relation to the environment in which the subjects usually live and work;
- the ability to use the English language in professional settings in Italy and abroad in contexts related to the health and well-being of the population.

These objectives are achieved through lectures, seminars and meetings with National and International experts. To achieve this goal, the course will also avail itself of the assistance of foreign teachers who will be recruited as Visiting Professors in the framework of the internationalization program active at the University. The training course will be organized in such a way as to reserve 20 credits for internship activities to be carried out in the University research laboratories and/or in approved specially identified suitable facilities. In addition to this, credits will be reserved for the preparation of the final exam and for activities freely chosen by the student, among the active courses at the University (Article 10, paragraph 5, letter a).

**Art. 3) Expected learning outcomes**
Knowledge and understanding skills

Graduates acquire in-depth knowledge in the areas of motor, rehabilitative, nutritional and biotechnological sciences with reference to contents aimed to design and analyze interventions addressed to improve the well-being and health of the aging population. In addition, graduates will be able to interface with this field specialists to carry out basic and applied research.

The acquisition of these results will be favored, monitored and evaluated by means of quantitative and qualitative assessment tools during the examination of the various integrated courses according to the methods indicated by the Board of the CdSM.

Ability to apply knowledge and understanding

Graduates can apply the acquired knowledge in order to design and implement specific interventions, with elements of innovation, addressed to improving the well-being and health of the population in reference to motor, rehabilitative and nutritional aspects.

To achieve this result, students will be encouraged to apply the knowledge acquired during the course of study, to an internship. These skills will be verified by the tutor and the reference teacher and will be implemented in the preparation of their thesis.

Making judgments

Graduates can evaluate:

1. the presence in scientific literature of sufficient evidence to justify or advise the use of specific, new physical or nutritional methods to improve the well-being and health of the population and their socio-economic impact.
2. the risks and benefits of specific interventions aimed at improving the health and well-being of the population based on integrated programs of motor and nutritional activities.

3. the risks and benefits of specific interventions aimed at improving the health and well-being of the population based on pharmacological strategies of primary and secondary prevention also in relation to physical exercise.

4. the impact of new technologies applied to the welfare sciences.

5. the adequacy of the structures in which to apply the proposed interventions.

These objectives will be pursued by encouraging the active participation of students and their ability to work independently during the whole training process. The maturation of these skills will be verified during the planned theoretical / practical training under the supervision of the tutor and the reference teacher. The evaluation of the achieved autonomy of judgment will be formulated by the reference teacher based on the report of the traineeship presented by the student.

**Communication skills**

Graduates know how to:

1. transmit information about intervention protocols to be applied in a clear and comprehensive way to their collaborators

2. properly inform the target audience of their interventions

3. synthesize the acquired knowledge and present the state of the art in the respective fields of activity

4. use appropriate technical language with great care and precision.

Communication skills will be developed within all courses of the course of study through the preparation and presentation by the students of English-language reports related to the course in question. These reports will be developed in the classroom in the presence of the reference teacher who will stimulate the group interaction skills with the other students and will evaluate the level reached, suggesting possible improvements where appropriate. The dissertation of the degree thesis will represent the final moment of verification of the candidate's communication skills.
Learning skills

Graduates have the skills and abilities to independently continue developing their knowledge and skills, given the continuous evolution of scientific knowledge in these fields.

The verification of knowledge and comprehension skills will be carried out in an organic way with proficiency assessments of the study course: written and oral exams, in which both the theoretical preparation and the processing capability, including planning, will be evaluated. For what specifically concerns the ability to understand, a one-to-one time, both of maturation and verification, will consist of a close discussion with the teacher during the preparation of the master's degree thesis.

Art.4) Professional Profiles and job opportunities

Function in a work context:

Graduates could mainly focus on carrying out activities related to the planning and technical coordination of locomotor programs, also with possible nutritional implications, as well as the organization and implementation of programs of primary prevention at public entities or consortia of public bodies, private and public structures for the elderly, public and private structures to support people with walking problems, public or private structures active in the field of well-being (including wellness centres associated with hotels, wellness and spa facilities), detention and rehabilitation facilities, voluntary associations and non profit associations, that is to assume the role (independent or assisting health personnel) of managers and operators of structures and / or services aimed at promoting and maintaining population’s well-being and correct lifestyles.

Skills associated to the function:

The activity of these Master’s degree graduates will include integrated interventions in the field of physical exercise with regards to motor activity (with reference to the various evolutionary phases, sports, the contrast of sedentary and physical hyperactivity in chronic diseases, to the recovery due to trauma or acute diseases), in
order to pursue an improvement in the quality and lifestyles and wellbeing of the population which also includes fundamental rehabilitative and nutritional aspects. The ability to use the English language in the professional implementation within the themes related to health and well-being of the population will represent an additional characterizing skill.

**Employment opportunities:**

Because the Master's degree in Exercise, Rehabilitation and Nutrition in an Aging Society is provided in English, graduates will be able to more easily access professional opportunities of the possible professional three-year degree course of origin and have better recognition in the labor market.

Furthermore, it is possible to identify outlets in the field of intellectual, scientific and highly specialized professions, with specific reference to training and research specialists and specialists in the life sciences, in public and private structures operating in the field of health and well-being of the population, and also training.

**Art. 5) Requirements for admission to the degree course and admission and verification methods**

The Master's degree program in Exercise, Rehabilitation and Nutrition in an Aging Society is a “numerus clausus” according to the law 264/1999. The maximum number of students enrolled per year of study is related to the actual availability of suitable teaching, technical and scientific facilities and equipment. Access is subject to possession of a Bachelor’s Diploma in classes L-22, L / SNT01, L / SNT02, L / SNT03 or L / SNT04 or other equivalent qualification obtained abroad. In addition, to access the study program, a level of English proficiency equal to or higher than Council of Europe (CEFR) B2 is required, that is to say that the degree has been obtained in English or having acquired, in the university curriculum, a knowledge of English equal to or higher than level B2 or be candidates from English-speaking countries.

The curricular requirements will be verified through the analysis of the candidate's curriculum vitae by a specific Commission nominated by the Dean’s Decree. The personal preparation will be verified, pursuant to art. 6, paragraph 2, of Ministerial Decree 270/04, as established by the Teaching Regulations of the course of study. The adequate knowledge of the English language will have to be verified and will be an integral part of the evaluation. The access of students coming from non-EU countries is subject to current regulations.
Art. 6) University Credit allocation

The unit of measure of the work required by the student for the completion of each learning activity prescribed by the Didactic Regulations to obtain the qualification is University Credits (CFU: Crediti Formativi Universitari). In order to obtain the qualification, the acquisition of 120 credits in two years of course is required, divided according to the regulations in force for the LM-67 Class. Each credit corresponds, as required by art. 10 of the University Regulations, a 25-hour dedicated to study purpose as follows:

a) at least 6 hours and no more than 10 dedicated to lectures or equivalent teaching activities; the remaining hours, until reaching the 25 total hours foreseen, are dedicated to individual study, also assisted.

b) at least 12 hours and no more than 18 dedicated to exercises; the remaining hours, up to the 25 total hours foreseen, are dedicated to the study and re-elaboration.

c) 25 hours of individual practice in the laboratory

d) 25 hours of individual study.

e) 25 hours of internship including 12 hours to be held at a University facility or an affiliated non-university structure and the remaining 13 hours are dedicated to the guided evaluation of practical experience with the reference tutor, individual study and re-elaboration.

The credits corresponding to each training activity are acquired by the student after passing the exam or following another form of verification of the preparation or skills achieved established in the educational regulations of the Study Program, provided that the assessment of the proficiency, if provided in votes, is expressed according to the procedures established in the following art. 15.

Art. 7) Training activities

The training courses of the study course are aimed at achieving the objectives set forth in art. 2 of this Regulation and include:

a. Teaching course (integrated)

A "teaching course" is defined as a set of frontal lessons (from now on "lessons") that deal with a specific topic, identified by a title and forming part of the educational
curriculum envisaged for the Study Program, based on a predefined calendar, and given
to students regularly enrolled in a given year of study, also divided into small groups.

b. Seminar
The "seminar" is an educational activity concerning themes of interest of the course of
study in which the student takes part without a verification of learning. Conferences
organized by the Departments as part of their scientific activity are also recognized as
seminar activities. Seminar activities can be inter-university and carried out in the form
of video-conferences.

c. Tutorial teaching
Tutorial teaching activities are in interactive didactic form addressed to small groups
of students and is coordinated by a tutor-teacher whose task is to assist the students
entrusted to him/her. Tutorial learning takes place mainly through incentives deriving
from the analysis of problems, as well as through direct and personal execution of
actions (gestural and relational) in the context of practical exercises, internships in
laboratories and clinical environments even in affiliated facilities. For each tutoring
activity, the Study Program Council (CCS, see article 25 of these Regulations) defines
precise training objectives, the achievement of which is verified during the
examination. On the recommendation of the teachers of an integrated course, the CCS
annually assigns the role of Tutor-Teacher to personnel with a recognized qualification
in the specific training sector.

d. Educational activities chosen by the student
The CCS, by proposal of the Teachers, organizes educational activities among which
the student exercises his/her own personal option, up to a total of 8 CFU. The activities
chosen by the student include monographic courses consisting of lectures,
monographic courses carried out with interactive and seminar methods, conferences,
internships carried out in research laboratories or in clinical departments, other
activities that the CCS deems congruous with the objectives of the Course. The CCS
can recognize and validate, as a teaching activity chosen by the student, participation
in courses organized in other study courses or participation in national and international
conferences organized by other Universities, Research Institutes and Scientific
Societies. The assignment of the CFU related to the didactic activities chosen by the
student will be carried out by the CCS or a specific commission after ascertaining their
attendance.

e. Training activities (Internships)
During the course the student is required to acquire specific skills through the performance of training activities in laboratories and centres inside the University or operating under the agreement with the University of Italy or abroad, for a total of 20 credits. The internship is a form of tutorial teaching activity, aimed at the acquisition of practical skills of increasing level, methodological knowledge for the critical interpretation of technical, experimental, diagnostic and therapeutic data and of the ability to research and evaluate scientific information, which is indispensable to solve problems in the cultural areas relevant to the Course. This activity may represent in part or in full the subject of the degree thesis. Therefore, it may also include the collection, study and processing of scientific information and/or experimental data for the preparation of the dissertation. The contents of the internship activities are agreed by the student with one of the teachers of the study Course. In every phase of the internship the student is required to operate under the direct control of a Tutor. The Tutor is defined as the person, not necessarily a Teacher of the study Course, of recognized qualification in the specific training sector, to which the student is entrusted for the carrying out of the didactic training activities. Each Tutor is required to coordinate his/her duties with the teacher of reference and may also be involved in the preparation of the materials to be used in tutorial teaching. The verification of the achievement of the objectives of the internship is carried out at the end, in the forms defined by the Art. 17 of this regulation.

f. Exercise classes
   During the exercise sessions, examples are developed that make it possible to clarify the contents of the lessons from an analytical, practical, numerical and graphic point of view.

g. Laboratory Activities/Project
   The laboratory/project activities involve the use by the student of various kinds of instruments, equipment or other technical/scientific support and/or the development of a design solution starting from themes assigned by the teacher of reference.

h. Self-learning activities
   The study program guarantees students the availability of a certain number of hours that can be used independently, completely free of teaching activities conducted by the teachers, in order to allow them to dedicate themselves to independent learning.
   The hours reserved for autonomous learning are dedicated:
   a) individual use or within small groups, independently or upon indication of the teachers, of the teaching aids provided by the Degree Course for self-learning and self-assessment, in order to achieve the training objectives prefixes. The teaching aids
(texts, simulators, mannequins, audio-visuals, computer programs, etc.) will be placed, as much as possible, in spaces managed by the Department personnel;
b) internships at university or partner structures chosen by the student, aimed at achieving peculiar training objectives;
c) to personal study, for the preparation of exams.

i. Guided tours
The student participates in technical visits to companies, research centres, social / health structures operating in areas of interest of the study program.

l. Final elaboration
The student carries out project development, analysis or in-depth study activities assigned by a lecturer and carried out independently by the student with the final purpose of writing a degree thesis in English under the guidance of a Reference Teacher of the CCS.

**Art. 8) Organization of the course**

The curriculum of the Course consists of no more than 11 compulsory courses. The web page of the Study Program includes the teachers of the course, any didactic modules of the teaching, aims and programs of the module. The Teaching Plan is shown in Attachment 1.

The teaching activities of all the years of the course are prepared annually by the Course Council. The CCS approves the Teaching Plan according to the methods set out in Article 16 of the University Teaching Regulations, in compliance with the current law, which provides for each Master's Degree Course the articulation of characterizing activities, similar or complementary, to be chosen by the student, aimed at the final exam. Each training activity is divided into disciplinary areas, consisting of official courses, to which the relevant scientific-disciplinary sectors refer.

In addition, the Course Council approves, in respect to individual competences, the assignment to the individual teachers of the teaching tasks necessary to achieve the CdS learning objectives in compliance with the rules in force on the legal status of university professors and researchers.

For what concerns the integrated courses, in which there is more than one teacher, the appointment of an integrated course coordinator, designated annually by the CCS, is
envisaged, based on the academic role and, with the same academic role, of seniority in the role.

The Coordinator of a course exercises the following functions:

- represents the reference figure of the course for students;
- coordinates the order in which the modules of the integrated course follow one another;
- coordinates the exams, normally chairs the commission and proposes its composition;
- is accountable to the CCS for the proper conduct of all the teaching activities envisaged for the achievement of the objectives defined for the course itself.

**Art. 9) Modes of attendance**

9.1 - Possible attendance obligations

The student is required from the time of matriculation to attend all the educational activities required by the study plan. The verification of compliance with the attendance obligation is entrusted to the Course Coordinator, according to methods communicated to the Course Council and to the students at the beginning of each course. The attendance certificate, necessary for the student to take the exam, is obtained by attending at least 70% of the lessons of the integrated course. The activation of recovery mechanisms, such as the use of information technology and distance learning, is left to the Teaching Teachers for students who, for justified reasons of work, family, health, disability or for other justified personal reasons, they cannot attend the courses continuously. Students elected in collegial bodies, if they so request, have justified their absence from teaching activities for participation in the meetings of the same bodies. As a rule, the student who has not obtained the attendance certificate of each course, in the following academic year is entered in supernumerary / repeating the same year of the course, with the obligation to recover the missing classes/material.

9.2 - Possible distance learning

The Degree Course can use distance learning systems for a part of the training activities foreseen by the study plan.

9.3 - Part-time students

The Degree Program does not currently provide training courses for part-time students.

**Art. 10) Other provisions on possible student obligations**
Please refer to the provisions of the Student Regulations. Students are required to check the correspondence received at the e-mail address assigned to them by the University, at the time of enrolment, as an official channel for communicating with the Degree Program.

**Art. 11) Guidance and tutoring activities**
The University promotes an orientation service aimed at providing tools for accessing information on the Degree Program, training activities, assessment tools for initial preparation and self-assessment opportunities, opportunities for study abroad and opportunities for employment or continuation of studies in other training programs. The Study Program uses the tutoring service provided for by the Regulations for the discipline of the Student Tutoring activity to which reference should be made.

**Art. 12) Student reception**
Each professor of the study course is required to ensure the reception of students in a continuous and appropriate manner in accordance with art. 32 of the University Didactic Regulations.

**Art. 13) Blocking and propaedeutic exams**

13.1 – It is not foreseen to block further exams if a prior one was not passed
13.2 – No propaedeutic exams are foreseen

**Art. 14) Obsolescence, forfeiture and terms of attainment of the qualification**
The obsolescence of the acquired CFU, the expiry of studies and the terms of achievement of the qualification are governed by the Student Regulations to which reference is made.

**Art. 15) Distribution of the training activities and exam sessions during the year, the exam sessions and the methods for verifying the proficiency**

This article regulates the distribution of training activities, exam appeals and methods of verification of proficiency pursuant to art. 21 and 23 of the University Academic Regulations and art. 14 of the Student Regulations. Proficiency exams and verification tests are activities aimed at ascertaining the students' level of preparation. They can be oral and/or written, or consist of practical tests, the drafting of papers or other methods of verification deemed appropriate by the teacher responsible teaching and/or the
Course Council. The student is required to check the program required for the exam. The methods of examination, including possible forms of ongoing verification, are made known at the beginning of the lessons of the course. For each training activity indicated in the teaching plan a conclusive assessment is scheduled at the end of the period in which the didactic activity took place. In the case of an integrated teaching divided into several Didactic Units, partial tests may be provided, but the final assessment of the student's proficiency results in a single vote on the basis of a collective and overall assessment of the proficiency. The final assessment, in addition to the acquisition of the relative CFU, involves the attribution of a vote expressed in thirtieths, or the attribution of an eligibility. The registration for the exams takes place on the part of the student through the dedicated information system provided that the student is in good standing with the payment of tuition and that the exam is included among those inserted for the course of study, respecting the annuality and semi-annuality of the courses provided for in the Study Plan. At the time of booking it is required to complete a questionnaire for the evaluation of the course followed. The final grade or eligibility is recorded in electronic format by the President of the Exam Commission.

15.1 - Sessions The final didactic calendar, the timetable of the lessons and the dates of the appeals are published on the University portal in the section called "educational calendars". The educational calendar is organized according to two didactic periods (semesters). The first semester is indicatively from October to January; the second semester from March to June.

Exams are carried out during the dedicated periods called exam sessions. The exam sessions are set at the beginning of each academic year by the CCS, usually avoiding overlapping with the lectures and considering the needs of the students who are not in class.

Periods defined for the exam sessions:
- February session;
- Easter session;
- June-July session;
- September session;
- Christmas session.

In the first session that immediately follows the end of the lessons of the course, at least two appeals are scheduled and at least one appeal in subsequent sessions. The dates of the appeals are made public at least 60 days before. Any displacement of the start date
of the appeal must be exceptional and must be communicated as quickly as possible to the students. The dates and start times of the appeals already made public can in no case be anticipated. In sessions where there are two exam sessions, they are generally spaced at least two weeks apart.

15.2 - Exam Rules

Exams and any other type of verification subject to registration can be sustained only after the conclusion of the relevant courses. As foreseen by article 21.3 of the University Teaching Regulations, the student in good standing with the enrolment and the relative payments can support without any numerical limitation, all the examinations and the verification tests that refer in any case to completed teaching courses. When the student takes the exam after one year or more from attending classes, he / she is required to contact the teacher for the examination of the exam program.

15.3 - Composition of the Examination Commission The composition and functioning of the examination Commission is indicated in art. 23 of the University Didactic Regulations. The commissions are chaired by the official professor of the subject or by the integrated course coordinator. In case of motivated impediment, the Chairman of the commission is replaced by another teacher of the commission based on the academic role and, for equal academic role, of seniority in the role and ratified by the CCS in the first useful session. The examination commissions are composed of the President and one or more members chosen from among the other official professors of the course, the researchers and the experts of the subject nominated by the Degree Course Council. The examination session is validly constituted when there are at least two members of the commission, including the President. The distribution of the work of the examination committees in sub-commissions, or in another form of organizational organization, is carried out on the indication of the respective Presidents. Although not regulated by this article, please refer to the provisions of the University Academic Regulations.

Art. 16) Method of verifying the knowledge of foreign languages and linguistic certifications

As indicated in the art. 1 of these Regulations, the teaching of the Course is held in English. It follows that the preliminary knowledge of English is part of the requirements for admission to the course. The procedures for verifying the knowledge of the English language, as part of the admission test, are indicated in art. 5 of this Regulation.
Art. 17) Procedure for verifying the results of internships and study periods abroad and related credits

17.1 – Internship. The frequency and the results of the internships are certified by the Lecturer. The CCS determines the attribution of relative CFUs.

17.2 - Study periods abroad the ECTS, after appropriate verification, during the periods of study spent by the student in the official exchange programs of the University (Socrates / Erasmus, bilateral agreements) are recognized by the CCS, in accordance with the teaching agreements (Learning Agreement) between the University of Brescia and the host Universities established in advance by the Erasmus Program Manager. The examination of exams taken at foreign universities is defined on the basis of appropriate conversion tables.

17.3 - Procedures for verifying other required skills and related credits Any other skills or professional knowledge are ascertained in the manner indicated in the program of each training activity and communicated at the beginning of each academic year

Art. 18) Final test

The final exam consists in the presentation and discussion in English, in front of a graduation commission composed according to the University Regulations, of a thesis written in English and elaborated in an original way by the student, under the guidance of a speaker and of a possible correlator presenting the results of an experimental activity or research of scientific literature in which case the figure of the counter-examiner is also envisaged. It is a member of the graduation commission that has the task of examining the thesis work carried out and of analysing the main points with the candidate during the dissertation during the degree examination. Admission to the final exam requires the acquisition of all the credits required by the didactic order, with the exclusion of the 5 credits obtained with the test itself. Only students who have certified their participation in the teaching evaluation procedures will be admitted to the final exam. Furthermore, to be admitted to the final examination, the student concerned must:

a) at least three months before the start date of the session in which he intends to take the degree examination indicate the topic of the thesis, the name of the supervisor and the name of the possible correlator.

b) at least thirty days before the start date of the session in which it intends to take the degree examination, submit the application for admission to the degree exam through the appropriate online procedure indicating the exact title of the thesis;
c) at least fifteen days before the final examination: - pass all the exams included in the study plan; - deposit a copy of the thesis, in paper format, signed by the supervisor at the Student Secretariat; - give the counter-professor a copy of the thesis in the format (paper or electronic) that the counter-examiner indicates to the candidate.

The graduation sessions are held according to the calendar approved annually by the Degree Course Council (usually during the months of July, October and March). It is possible to carry out a training period abroad aimed at preparing the final thesis according to what is regulated by the Regulations for the preparation of theses or final reports abroad to which reference is made.

The examining committee of the final exam:

a) is appointed by the Rector, on the instructions of the President of the Study Program;
b) is composed of a minimum of 7 members, the majority of which must be made up of tenured professors or researchers, even temporary, holders of teaching, and is chaired by the professor of the first band with greater length of service (in absence of the Director of the Department or of the President of the Course, to whom preference is granted according to the Academic Regulations of the University). The President of the commission is responsible for guaranteeing the full regularity of the test. The President also designates from among the members of the commission the secretary in charge of verbalising the conduct of the final examination. At the end of the discussion, the examining committee secretly resolves the final vote. Only members of the committee who attended the discussion can participate in the deliberation. The resolution is taken by majority. In case of a tie, the President's vote prevails. The final vote is expressed in one hundred and ten, regardless of the number of members involved in the commissions. The exam is passed with the attainment of at least sixty-six out of hundred and ten (66/110).

The following parameters contribute to determining the degree mark:

a) the unweighted average of the marks obtained in the curricular exams, expressed as one hundred and ten;
b) points, up to a maximum of 7, assigned by the Commission on the basis of the type and quality of the research, the quality of the presentation, the mastery of the topic and the ability to discuss it. Scores are also awarded for the duration of the course (in progress / out of course); for the praise obtained in the exams; for study and / or research activities abroad, as indicated in the table below.

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The overall mark is rounded up or down to the nearest whole number. The praise can be attributed with the unanimous opinion of the Commission. The use of any educational tools (slides, transparencies, presentations in PPT, etc.) should be considered as an aid to the graduate in support of a better understanding of the exhibition, therefore it should not contain strictly speaking parts, but only diagrams, graphs, figures, tables, movies. At the end of the deliberation, the President publicly proclaims the outcome of the final examination and the relative vote. The minutes of the degree exams are signed by all the members present and transmitted to the Student Secretariat.

**Art. 19) Diploma Supplement**
As required by Ministerial Decree 270/2004, to facilitate student mobility in the European area, the University grants to each graduate, together with the diploma, an additional information supplement (diploma supplement) which shows, in a bilingual version, a detailed description of his/her path training.

**Art. 20) Recognition of CFU**
The possible recognition of certified professional knowledge and skills is governed by the Student Regulations to which reference should be made. The request for recognition must be made at the time of enrolment, according to the procedures established by the electronic procedure, and by sending the necessary documentation to the Student Service.

**Art. 21) Mode for the possible transfer from other courses of study**
Transferring from other Italian or foreign study courses to the CdSM in Exercise, Rehabilitation and Nutrition in an Aging Society is conditional upon passing the entrance exam and verifying the knowledge of English as detailed in Art. 5 of this Regulation. Students regularly enrolled can apply for recognition of the previous university career with a possible abbreviation of the course.

**Art. 22) Recognition of the degree obtained at foreign universities**
Specialized university degrees obtained at foreign universities are recognized where bilateral agreements or international conventions exist which provide for the equivalence of the qualification. Pending the regulation concerning the free movement
of graduates from countries that have recently joined the European Union, the degrees awarded by the Universities of the Union will be recognized without prejudice to the verification by the CCS of the documents attesting their curricular congruity. Where there are no agreements between States, based on the combined provisions of Articles 170 and 332 of the T.U. on university education, the academic authorities can declare the equivalence on a case-by-case basis, in accordance with the legislation in force.

**Art. 23) Admission to individual courses**

23.1 - University students enrolled at non-Italian universities are allowed to follow individual courses activated at the University and to attend the related exams, receiving regular certification, including the indication of the credits earned. The above applies to both international mobility programs and agreements governed by reciprocity conditions, and on the individual initiative of students in accordance with the law. The amount of the contribution to be paid is established by the Board of Directors. Students enrolled at universities with which specific agreements are in place or who are included in inter-university mobility programs are exempt from the payment.

23.2 - Also in relation to the University’s skills in the field of permanent and recurrent education, holders of university degrees interested in doing so, who are not enrolled in any University Study Program, but who, having the qualifications, ask to be enrolled for cultural updating or integration of their professional skills, can be admitted to follow individual courses of teaching activated at the University and to take the related examinations, receiving regular certification including the indication of the credits earned. The requests, accompanied by the indication of the qualification held, are to be presented in the manner and within the terms established by the Academic Senate, the competent course councils shall decide, taking into account the physiognomy and teaching organization of the courses. It is not allowed to those who benefit from the faculty referred to in this paragraph to follow the procedures indicated more than two courses or acquire more than 20 credits in each academic year, unless otherwise specified.

23.3 - Graduates who need to attend the courses and pass the relevant examinations of subjects not included in the study plans followed for graduation and second-cycle degrees may take advantage of the same faculty, without the limitations referred to in the previous paragraph. that, according to the provisions in force, are required for admission to public competitions or for access to other university courses of study.
23.4 - The amount of the contribution to be paid in the case of admission to one or more courses is established by the Board of Directors.

**Art. 24) Evaluation of the efficiency and effectiveness of teaching**

The Degree Course is subject to a periodic frequency of not more than five years for an evaluation concerning in particular: - the validity of the cultural and professionalizing aspects that make up the character of the CdS; - the adequacy of the specific training objectives with respect to the expected cultural and professional profiles; - the consistency of the professional profiles with the outlets and the employment prospects declared; - the adequacy of the training offer and its contents to the achievement of the proposed objectives; - the organizational efficiency of the Degree Course and its teaching facilities; - the quality and quantity of services made available to students; - the ease of access to information relating to each area of the teaching activity; - the effectiveness and efficiency of the analytically considered teaching activities, including those aimed at evaluating students’ level of learning; - compliance by the teachers with the deliberations of the Course Council; - the didactic performance of the teachers in the judgment of the Students; - the quality of teaching, with particular regard to the use of IT and audiovisual teaching aids; - the organization of tutor assistance to students; - the average student performance, determined on the basis of the regularity of the curriculum and the results achieved in their school curriculum. The Course Council, with the supervision of the University Quality Assurance and Department Quality Presidia and taking into account the indications formulated by the Joint Student Teaching Committees (CPDS) and the University Evaluation Unit in its annual reports, indicates the criteria, defines the operating procedures, establishes and applies the most suitable tools to analyze the aspects listed above. In order to govern the training processes to ensure their continuous improvement, as foreseen by the Quality Assurance models, this assessment takes into account the annual monitoring of the indicators provided by the ANVUR and the outcome of the corrective actions also activated following the annual reports of CPDS. The evaluation of the commitment and educational activities carried out by the teachers is brought to the attention of the individual teachers.

**Art. 25) Degree Course Council (CCS)**

The CCS is chaired by a President elected by the Council itself among the first and second-level tenured professors, and is made up of all the teachers assigned a teaching assignment related to the relevant study course and a student representative. The CCS is responsible for organizing the teaching, approving study plans, setting up exam
commissions and for other student proficiency checks as well as final examinations for graduation. As regards the election of student representatives, please refer to the University Electoral Regulations.

**Art. 26) Web page of the Study Program**

The Course has a WEB page within the University portal containing all the useful information for students and teaching staff and the maximum dissemination of the relative address. On the WEB page of the Degree Course, updated before the beginning of each academic year, must still be available for consultation:
- Didactic Arrangement;
- the didactic planning, containing the calendar of all the planned teaching activities, the programs of the courses accompanied by the indication of the recommended textbooks, the dates set for the exam appeals for each course, the place and time when the individual teachers are available to receive students;
- the Didactic Regulations;
- links to possible online teaching aids for self-learning and self-assessment.

**Art. 27) Reference to other normative sources**

Although not explicitly provided for, reference is made to the Law, the Statute and the University Regulations.

**Art. 28) Coming into force**

The present Regulations enter into force from the academic year 2018/19.

**ATTACHMENTS**

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Master’s Degree Course in Exercise, Rehabilitation and Nutrition in an Aging Society (LM-67) - Year 1 - Semester I

Academic Year 2018/19
### Master's Degree Course in Exercise, Rehabilitation and Nutrition in an Aging Society

#### Academic Year 2018/2019

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### Master’s Degree Course in Exercise, Rehabilitation and Nutrition in an Aging Society (LM-67) - Year 2 - Semester II

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