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UNIVERSITY OF NAPLES  
"PARTHENOPE"

Department of  
Movement Sciences and Wellbeing

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## WHERE WE ARE

Department of  
**MOVEMENT SCIENCES AND WELLBEING**  
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A.Y. 2015-16



UNIVERSITY OF NAPLES  
"PARTHENOPE"

GUIDANCE AND TUTORING

Department of  
MOVEMENT SCIENCES AND WELLBEING

Master's Degree Course

**Movement Sciences for Prevention and  
Wellbeing**  
(Class LM-67)

[www.uniparthenope.it](http://www.uniparthenope.it)

## COURSE OVERVIEW

Graduates in Movement Sciences for Prevention and Wellbeing have a solid cultural, methodological and technical grounding which allows them to plan activities for the attainment, recovery and maintenance of optimal conditions of psycho-physical wellbeing for people of all ages and conditions, and in relation to gender. They are expert in:

- the prevention, maintenance and rehabilitation of motor functions in the event of pathological or accidental debilitation as well as support and recovery of efficiency in sport;
- physical and motor activity, psycho-physical activity and amateur or school sports, especially in promoting the wellbeing of children, young people, adults and the aged;
- motor-recreational and sport activities for personal or social difficulties.

## CAREER PROSPECTS

Graduates in Movement Sciences for Prevention and Wellbeing can be employed in key responsible roles in the public and private sectors; in health and social/education centres offering exercise and sports programmes for those needing recovery, assistance and social or civil rehabilitation. They can work in sports centres, gyms, hotels and resorts holding individual lessons and courses for health, for leisure, and psycho-motorial education for the general public.

They can find employment in health centres, gyms, sports centres and private homes where people exercise to improve their psychological and physical wellbeing and sporting ability. Under current Italian legislation, the master's degree in Movement Sciences for Prevention and Wellbeing is not in itself a qualification for any profession within the health system.

## SYLLABUS

The master's degree course in Movement Sciences for Prevention and Wellbeing provides an interdisciplinary education for experts in different forms of physical activity, which, through organized participation, lead to the attainment, maintenance and restoration of psychological and physical wellbeing, and the expression and improvement of lifestyle, the development of social relationships and the achievement of gratifying and competitive performance in sports activities.

The course is open to a limited number of students through a selection process designed to ascertain previous knowledge covered in the first-level degree course in Movement Science. The entry requirements are published in the University Notice Board and on the website [www.uniparthenope.it](http://www.uniparthenope.it).

## SYLLABUS

Year I	ECTS
General pathology	9
Biochemistry and bioenergetics of exercise	6
Pedagogy of relationships in the public health sector	9
Hygiene and health promotion	6
Neurophysiology of movement	6
Adapted training and technical-practical activities: training planning and evaluation of its results	18
Elective module	6
Year II	
Psychology of work and organizations	6
Morpho-functional diagnostic imaging	6
Methodological and didactic methods of sport activities +	
Technical-practical activities: training methodology	9+9
Elective module	6
Elective module	9
Orientation internship	3
Final exam	12