



FACULTY

Rome:	V. Belluscio - A. Brancucci - L. Calò - D. Caporossi F. Felici - E. Grazioli - F. R. Lenzi - A. Macaluso F. Margheritini - F. Mari - M.P. Paronetto - F. Pigozzi M. Sacchetti - P. Sgrò - V. Romano Spica P. Sbriccoli G. Vannozzi - A. Zelli and others.
	Language centre:
	A. Fazio
	Cologne:
	F. Baumann - B. Biallas - K. Petry - C. Wilke, and others
Odense:	P. Aagaard - P. Caserotti - A. Grøntved - A. Kaer Gejl N. Ørtenblad - T. Skovgaard and others.
Oslo:	U. Ekelund - S. Gjesdal - E. Kolle - S. Loland and others
Vienna:	A. Baca - R. Dikettmüller - P. Kornfeind - H. Tschan O. Weiss - B. Wessner, and others
Guest Lecturers:	M. Audiffren (Poitiers) - A. Chirumbolo (Rome) Y. Pitsiladis (Brighton) - N. Schott (Stuttgart) J.J. Temprado (Marseille), and others
	Program Coordinators:
	Daniela Caporossi (Rome) Arnold Baca (Vienna) Paolo Caserotti (Odense) Elin Kolle (Oslo) Christiane Wilke (Cologne)



EUROPEAN MASTER OF SCIENCE IN HEALTH AND PHYSICAL ACTIVITY

Children - Adults - Elderly

A 2-year International 2nd-level degree (120 ECTS)
offered jointly by

The University of Rome "Foro Italico" (coordinating institution)

The University of Vienna

The University of Southern Denmark, Odense

The Norwegian School of Sport Sciences, Oslo

The German Sport University, Cologne

with contributions from the universities of Marseille, Poitiers, Stuttgart,
Brighton and others

International second level degree (120 ECTS) issued by the
partner Universities as follow:

Italy - Laurea Magistrale in Attività Fisica e Salute (Classe LM 67) (National title)

Norway - Master i Idrettsvitenskap (National title)*

Austria - Master of Science (National title)*

Denmark - Cand. Scient. I Idræt og Sundhed (National title)*

Germany - European Master of Science in Health and Physical Activity

* single or multiple degree/s will be released in compliance with partner University's
registration and ECTS requirements

For further information please contact:

European Master - University of Rome "Foro Italico"

Piazza Lauro de Bosis 6, 00135 Rome

e-mail: european.master@uniroma4.it

Web: www.uniroma4.it → Ammissione or www.europeanmasterhpa.eu

International Office - e-mail: relazioni.internazionali@uniroma4.it

Admission Office – email: concorsi.ammissioni@uniroma4.it

The program is structured into a one-year general program mainly offered in Rome, and a second year
in other locations, focusing on alternative areas of specialisation: Children, Adults, Elderly, each
referring to both the general population as well as to special groups, and dealing with such issues as:

- Health and fitness, risk factors and prevention in the general population
- Movement therapy in functional re-education & rehabilitation
- Wellness and coping in disability, chronic disorder, or other limiting conditions
- Maturation and social integration, wellness and creativity, personal growth and expression

First year - 60 ECTS

FOUR TEACHING MODULES IN ROME (3 - 3.5 weeks of intensive teaching each)

1. Biomedical Challenges and Considerations in Health and Exercise 6 Oct - 25 Oct'25 15 ECTS
2. Lifelong Healthy Habits: Promoting Physical Activity from Childhood to Adulthood 24 Nov - 13 Dec'25 15 ECTS
3. Enhancing Well-Being Through Movement Therapy and Physical Activity for Adult 19 Jan - 10 Feb'26 15 ECTS
4. Integrated Research Methodology in Sport Sciences* 9 Mar - 31 Mar'26 15 ECTS

*Students from consortium Universities could earn at their own home institution those credits relevant to topics of Research Methodology, for a total of 15 ECTS.

Second year - 60 ECTS

TWO – FOUR SPECIALISATION TERMS AMONG 14 COURSES OFFERED BY THE CONSORTIUM
(2 - 4 weeks of intensive theoretical and applied teaching & internship each) May - Dec'26 30 ECTS

Specialised Courses of Applied Physical Activity for Health Maintenance, Disease Prevention and Rehabilitation (2 - 4 courses to choose from alternatives of 5 - 15 ECTS/each offered by the Rome, Vienna, Odense, Cologne and Oslo Universities. 15 ECTS international mobility is mandatory

THESIS Jul'27 - Mar'28 30 ECTS

Admission:

The program is addressed to students with an undergraduate degree in the sport science or related area, with good knowledge of written and spoken English and adequate credentials. A total of 38 students will be admitted, with possible extensions in case of qualified applications. 16 positions are reserved to students from partner universities. 5 additional positions are restricted to non-European students. Wide international participation is encouraged.

Fees & Support:

All international students are entitled to the same student assistance services as Italian students, on the basis of the same requisites of financial means and/or merit. This applies to scholarships, student loans, housing assistance, and fee waivers.

The annual tuition fees amount is payable in three instalments:

- First instalment fee: € 156,00 to be paid when you enrol;
- Second instalment fee: 50% of the comprehensive contribution, (from € 0,0 to € 1.987,65) to be paid approximately in December 2025.
- Third instalment fee: 50% of the comprehensive contribution, to be paid approximately by the end of April 2026.

First two higher candidates in the ranking lists from each consortium university will be exempted from payment of university fees but IT Services and Regional Tax DSU and virtual duty stamp (total € 156,00) provided they comply each year with specific merit requirements. Additional students from consortium universities, with the exception of Italian students, are allowed to pay taxes and contributions of the two-year course in a single fixed settlement of € 3.200,00.

Single Modules:

Candidates meeting admission requirements can be admitted to single modules on payment of € 800,00.

Applications:

Students from the Universities of Cologne, Odense, Oslo, Vienna will be selected by their respective local coordinators, subject to the number of positions available.

Students from University of Rome "Foro Italico" and all other students should submit their application and documents to the head office in Rome.

The deadline for the application is 17 July 2025 at 12:00 (Central European Summer Time). Applicants will be immediately notified about selection procedures, which will be completed by 28 July 2025.

The program starts on Monday 6 October 2025.

