CALL FOR APPLICATIONS FOR ADMISSION TO THE FIRST CYCLE DEGREE PROGRAMME IN EXERCISE, SPORT AND HEALTH SCIENCES (CLASS L-22)

ACADEMIC YEAR 2017/2018

THE RECTOR

HAVING REGARD TO

Law no. 264 of 02 August 1999 regulating access to university programmes;

HAVING REGARD TO

Ministerial Decree no. 270 of 22 October 24, “Amendments to the regulations on the educational autonomy of universities” (Modifiche al regolamento recante norme concernenti l'autonomia didattica degli atenei) approved with Decree of the Minister for Universities and Scientific and Technological Research no. 509 of 3 November 1999;

HAVING REGARD TO

The decisions of the responsible academic boards concerning access to university programmes;

DECREEs

A competition for admission to the first cycle degree programme in Exercise, Sport and Health Sciences (Class L-22) for the 2017/2018 academic year.

Art. 1 - Admission requirements

Candidates in possession of the following documents can take the admission exam:

a) upper secondary school diploma or equivalent qualification obtained abroad;

b) medical certificate of fitness to engage in competitive sporting activity valid at least until 13 September 2017.

Candidates who do not engage in sporting activities must provide a copy of the following certificate: “Certificate of fitness to engage in sporting activity involving high cardiovascular exertion, according to art. 4 of Ministerial decree dated 24/4/2013 (tests required: BASAL ECG AND AFTER EXERTION, SPIROMETRY, URINE ANALYSES).
The medical certificate must be provided on the day of the written admission exam. Candidates who fail to do so are excluded from the practical test.

Foreign qualifications are valid if obtained after at least 12 years of schooling. If the local education system provides 11 or 10 years of schooling, the qualification is valid if supplemented by one or two years of university study, respectively, and if all exams scheduled for the years attended have been passed. The years of university study can be substituted by a post-secondary qualification awarded by a non-university higher education institute. Further information about the foreign qualifications valid for access to University is contained in the relevant annual Ministerial provisions published on the Ministry website: http://www.studiare-in-italia.it/studentistranieri/.

The eligibility of the foreign qualification in any case is assessed by the University having regard to the ministerial instructions on the subject and in implementation of bilateral applicable agreements.

EU and non-EU citizens with qualifications obtained abroad who hold a Residence Permit issued in accordance with art. 26 of law no. 189 of 30 July 2002 have access to university education under the same conditions as Italian students.

Citizens of Norway, Iceland, Liechtenstein, Switzerland, the Republic of San Marino, refugees and beneficiaries of subsidiary protection, personnel serving in foreign diplomatic missions and in international bodies with headquarters in Italy - accredited by the Italian State or the Holy See - as well as their dependent family members (spouses and children only) are considered equivalent to EU citizens.

Non-EU applicants resident abroad access with the procedures and the limitations provided by the mentioned ministerial instructions.

Art. 2 - Number of places available

The number of places available for enrolment in the first year is 240, plus 5 places reserved for non-EU students resident abroad, plus 1 place reserved for the students of the “Marco Polo” programme.

Art. 3 - Registering for the admission exam and deadlines

Admission exam registration will begin on 17 July 2017 and terminate at 12 noon on 28 August 2017.

To register, applicants must follow the procedure below:

1. Register on the University portal through the page https://www.unimi.it/registrazione/ENG/registra_keb (not required of those already registered on the portal or in possession of University login credentials)

2. Access the online application services using their credentials: http://www.unimi.it/hpsifa/ENG/nonProfiledPage_100.html;
3. Pay the € 30.00 fee in one of the following ways:
   • using the “MAV” (notice of payment) form generated at the end of the online registration procedure;
   • by credit card (the only accepted payment method for resident abroad applicants).

Without exception and on pain of exclusion, payment must be made by the deadline for registration.

The online admission form cannot be amended, nor it can be completed with additional documentations once it has been submitted.

A receipt (application for admission) is issued at the end of the online enrolment procedure and must be shown to the examining committee on the day of the exam.

The receipt is the only document accepted as proof of registration for the admission exam.

Applicants who provide false details or do not meet admission requirements will be excluded from the final ranking list.

Besides online university enrolment, non-EU applicants resident abroad, must also present an application for pre-enrolment to the Italian diplomatic office in their country of origin, in accordance with the methods and deadlines set out in current provisions regarding the enrolment of foreign students in university programmes published on the Ministry of Education, Universities and Research webpage: [http://www.studiare-in-italia.it/studentistranieri/](http://www.studiare-in-italia.it/studentistranieri/).

**Art. 4 - Disabled applicants**

In order to ensure equal opportunities during the exam, applicants with disabilities who require extra time and/or specific aids - if in possession of a certificate of legal disability and/or acknowledgement of status of handicap under law 104/92 - must provide specific application (available at the following link: [http://www.unimi.it/cataloghi/segreterie/Application_disabled.pdf](http://www.unimi.it/cataloghi/segreterie/Application_disabled.pdf)) together with the above-mentioned certificate issued by the National Health Service or accredited specialists or facilities.

The scanned documents must be uploaded during the online admission procedure, by the 28 August 2017.

**Art. 5 - Applicants with SLD**

To the applicants with a diagnosis of specific learning disabilities (SLD) under law no. 170/2010 is granted an extra time until the 30% more time than that set for the other applicants. The committee will evaluate the received applications and, in order to ensure equal opportunities during the exam, will be able to consent the use of other compensatory tools taking into consideration the type of test to be taken and the type/degree of the candidate’s disability.
To be accorded the abovementioned measures, applicants with SLD must provide specific application (available at the following link: http://www.unimi.it/cataloghi/segreterie/Application_sld.pdf) together with appropriate certification issued by the National Health Service or accredited specialists or facilities (issued no more than three years earlier if the applicant was underage at the time of the issuance of the certification).

The scanned documents must be uploaded during the online admission procedure, by the 28 August 2017.

Art. 6 - Admission exam schedule and procedure

The admission exams consist in:

a) a written multiple-choice test (in Biology, Chemistry, Physics, Mathematics, Sport, Logic and written comprehension) with a maximum score of 60 points;

b) practical tests of sporting ability (swimming, athletics, floor exercises and team sports) with a maximum score of 40 points.

The result is expressed in hundredths (cents) and is the sum of the two point scores.

The written admission exam will take place on 1 September 2017 at the Teaching Sector in Via Celoria 20, Milan (entrance from Via Golgi 19) at 9.00 a.m.

Candidates must arrive at 9am with the medical certificate indicated in art. 1 of the present announcement and with the valid identity document indicated at registration. The exam will begin once candidate identification procedures are completed.

During the exam candidates cannot leave the room, use handwritten notes, texts of any kind, calculators, cell telephones, or any other instrument of calculation, communication or data storage.

The committee and the supervisory staff will ensure that the abovementioned rules are observed and can adopt the necessary measures in case of non-observance of the same. For any matters not covered in this announcement, the provisions on the conduct of public competitions apply.

The practical tests will be held from 7 to 13 September 2017 at Centro Sportivo Saini, Via Corelli 136, Milan and/or other location.

On the day of the written test, the individual schedule of the practical tests will be communicated and the date and place will be confirmed.

The instructions “Practical test of sporting ability” are annexed to the present announcement.
The results of the written test will be published on the University website http://www.unimi.it/corsi_istituti/corsiUrla.jsp, before the period of the practical tests, namely by 7 September 2017.

Art. 7 - Examining committee
The examining committee is appointed by the appropriate academic bodies. During the exam the committee will be assisted by teaching and administrative staff, who will be responsible for supervising and identifying candidates.

Art. 8 - Enrolment

8.1 Ranking list and enrolment of place winners
The ranking list will be published on the University website: www.unimi.it - Servizi online SIFA - Graduatorie ammissione corsi di laurea (http://www.unimi.it/hpsifa/nonProfiledPage_100.html) as from 19 September 2017.

Publication of the ranking list constitutes official notification to the persons concerned.

Those in the top 240 positions in the ranking list must enrol online by 12 noon, 26 September 2017 as indicated on the web page: http://www.unimi.it/studenti/matricole/77604.htm.

Not enrolling within the prescribed period the candidate will operate an implicit waiver and his/her place will become available for the following selections in accordance with the order of the ranking list.

8.2 First update of ranking list
Places remaining unfilled after the enrolment deadline indicated at 8.1 become available and are notified on the University website: www.unimi.it - Servizi online SIFA - Graduatorie ammissione corsi di laurea (http://www.unimi.it/hpsifa/nonProfiledPage_100.html) as of 29 September 2017.

The candidates admitted on the basis of the number of available places must enrol by 12 noon, 6 October 2017, as indicated on the web page: http://www.unimi.it/studenti/matricole/77604.htm.

8.3 Second update of ranking list
Places remaining unfilled after the enrolment deadline indicated in 8.2 become available and are notified on the University website: www.unimi.it - Servizi online SIFA - Graduatorie ammissione corsi di laurea (http://www.unimi.it/hpsifa/nonProfiledPage_100.html) as of 9 October 2017.
The candidates admitted on the basis of the number of available places must enrol by 12 noon, 16 October 2017, as indicated on the web page: [http://www.unimi.it/studenti/matricole/77604.htm](http://www.unimi.it/studenti/matricole/77604.htm).

Following possible updating of the ranking list will be notified as from 16 October 2017 on the website: [www.unimi.it - Servizi online SIFA - Graduatorie ammissione corsi di laurea](http://www.unimi.it/hpsifa/nonProfiledPage_100.html).

8.4 Applicants with qualifications gained abroad

Applicants with qualifications gained abroad who enrolled online as indicated above must present the following documentation (show original and lodge photocopy) at the International Students Office - Via Santa Sofia 9/1, Milan - by the deadlines indicated above:

- Upper secondary school diploma, translated into Italian, legalized by the authorities in the country where the qualification was issued and carrying a *Dichiarazione di valore*; or statement of validity issued by ENIC_NARIC centres or by diplomatic missions resident in Italy;
- Certificate of enrolment at university with a list of the exams taken, or certificate of post-secondary education obtained in a non-university higher education Institute if the local education system provides less than 12 years of schooling;
- Certificate of academic eligibility if provided for in the country of origin;
- Any other document stating specific requirements of validity of the title (e.g. Aps for the United States titles, A-level for British titles);
- Valid residence permit (only for non-EU citizens).

Verification of the validity of qualifications gained abroad is conducted on presentation of the official documents. Until then, applicants are admitted to the programme conditionally and may be excluded from the ranking list if they prove not to have the necessary qualifications.

**Non-EU candidates resident abroad** must sit for and pass the Italian language test organised by the University. For details about the test and exemptions please refer to the following webpage [http://www.unimi.it/studenti/foreign_students/23986.htm#c36777](http://www.unimi.it/studenti/foreign_students/23986.htm#c36777).

**Art. 9 - Procedure Manager and contacts**

Pursuant to law no. 241 of 7 August 1990 the manager of the procedure related to this announcement is Mr Giuseppe Boffi (Head of the administrative office of Medicine and Surgery, of Exercise, Sport and Health Sciences, and of the Specialisation Schools).

For any further information regarding the content of the call please use the Infostudenti service ([www.unimi.infostudente.it](http://www.unimi.infostudente.it)) by selecting the category: Test, bandi e graduatorie.

Rep.Reg. 2489/2017
del 30/06/2017

THE RECTOR

signed Gianluca Vago
WRITTEN TEST

Total points 60 (max)

SUBJECTS FOR THE WRITTEN TEST FOR ADMISSION TO THE DEGREE PROGRAMME IN “EXERCISE, SPORT AND HEALTH SCIENCES”

ACADEMIC YEAR 2017-2018

Logic and written comprehension

Ability to use the Italian language correctly and to pursue an argument logically, coherently with given premises, are tested.

Biology

The chemistry of living things: elements of biology, biological importance of weak interactions, properties of water.

The cell as the basis of life: cell theory, cell size, the cell membrane and its functions. Cell structures and their specific functions, cell reproduction: mitosis and meiosis, chromosome complement.


The main organs and systems of the human body and their functions.

Chemistry

The constitution of matter: states of matter; heterogeneous and homogeneous systems; compounds and elements.

Atomic structure: elementary particles, atomic number and mass number, isotopes, electronic structure of atoms of the elements.

The periodic table of elements.

Chemical bonds: ionic bonds, covalent bonds, bond polarity, electronegativity.
Fundamentals of inorganic chemistry: nomenclature and main properties of inorganic compounds such as oxides, hydroxides, acids, salts.

Solvent properties of water, solubility.

Oxidation and reduction: oxidation number, the concepts of oxidising and reducing agents.

Acids and bases: concepts of acid and base, acidity, neutrality and alkalinity of aqueous solutions, pH.

Physics

Measures: direct and indirect measures, fundamental and derived quantities, physical dimensions of quantities, knowledge of the metric system and the CGS System of Units, especially the International System (SI) of Units (names and relationships between fundamental and derived units), multiples and submultiples.

Vectors and operations with vectors.

Motion: kinetic quantities, various types of motion, especially uniform and uniformly accelerating rectilinear motion.

Dynamics: forces, definitions of mass and weight, density and specific weight; first, second and third laws of motion.

Heat and thermodynamics: thermometry and calorimetry. Specific heat, heat capacity.


Mathematics


Equation of the parabola and its representation in the Cartesian plane. Theorem of Pythagoras.


**Sport**


Sport: rules and fair play: familiarity with the sports most commonly practised at school, in school sporting groups and in extrascholastic sporting spheres, including in the natural environment. Sporting history and news.

Physical exercise for health, well-being and prevention: posture and motor activity to promote health and for accident prevention.

**PRACTICAL TESTS OF SPORTING ABILITY**

Total points 40 (max)

- **ATHLETICS**  
  Points: 10 (max)

- **FLOOR EXERCISES**  
  Points: 15 (max)

- **TEAM SPORTS**  
  Points: 10 (max)
  - BASKETBALL (5 points max)
  - VOLLEYBALL (5 points max)

- **SWIMMING**  
  Points: 5 (max)

**ATHLETICS**

Points: 10 (max)

Assessment will consider correct performance of the movement and all trials must be performed according to the Technical Regulations of Athletics.

**SHOT PUT**
2 trials.

A maximum of 5 points will be assigned: 0 to 2.5 points for each throw performed correctly and in a coordinated manner and without stops (4 kg weight for women and 5 kg for men).

The speed and type of movement used and the efficacy of the throw will also be considered.

**LONG JUMP (with run-up)**

2 trials.

A maximum of 5 points will be assigned: 0 to 2.5 points for each jump performed correctly after a run-up under acceleration.

The speed and precision of the run-up, the efficacy of take off and performance of the landing phase will also be considered.

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**FLOOR EXERCISES**

**Points:** (15 max)

**ROUTINES**

Routine consisting of ten elements to perform in a coordinated sequence.

Start from A:

1. 5 rope skips with both feet: one jump per turn
2. 6 - 8 rope skips alternating left and right foot, performed along one edge of the floor exercise platform to reach B (leave rope)
3. (from B) Forward somersault, rising with legs apart in frontal plane
4. Leg bends: left - right (twice, in frontal plane) performed in coordination with arms that go from horizontal lateral to closed over the bent leg. The other leg remains extended and rests on heel.
5. From standing with legs apart, place hands on floor, roll forward, reaching floor in sitting position with legs together and extended.
6. From sitting position with legs together and extended, maximum forward flexion of chest, hold for 2 seconds.
7. From maximum forward flexion of chest, take extended supine position with arms extended beyond head, perform 3 maximum flexions of chest over legs, supporting body weight on buttocks.
8. From extended supine position, bring arms along body, place hands on floor and bring legs and body vertically supported by shoulders, hold for 2 seconds.
9. Come to standing position by rolling on back and perform a horizontal prone arabesque, hold for 2 seconds.
10. Take one or two steps and perform a cartwheel.

The following aspects will be assessed:
1 - Technical performance (correctness and precision of the ten elements of the routine): from 0 to 10 points;

2 - Flow and assimilation of the movements into the routine: from 0 to 5 points.

FIGURES OF ROUTINES
BASKETBALL

Points: 5 (max.)

Performance of sequence A or B (candidate’s choice)

MOTOR TASKS

Sequence

Motor tasks included in the sequence:

1. Coordinated start with dribbling (right hand / left foot)

2. Frontal change of direction and change of hand
3. Dorsal change of direction and change of hand

4. Reverse direction and change of hand

5. Layup (right-handed from the right, left-handed from the left)

Evaluation criteria: 0 to 1 point will be assigned for each correctly performed motor task.

SCHEME
Sequence

A)

Legenda:

○ : Cono

● : Partenza con il pallone in mano

—— : Percorso con la palla

Legend:
Cone
Start with ball in hand
Path with ball

VOLLEYBALL

Points: 5 (max.)

Performance of the following sequences.
MOTOR TASKS
Sequence

Motor tasks included in the sequence:

1. Set (following the sequence shown in Figure A)
2. Attack after set
3. Attack after ball bounces on ground
4. Service from below
5. Service from above (tennis)

Evaluation criteria: 0 to 1 point will be assigned for each correctly performed motor task.

SCHEMES
Sequence

Legend:

- : Sostegno reggi pallone
- : Palla
- : Percorso senza palla

Legend:
Ball stand
Ball
Path taken without ball
SWIMMING

50 metres Crawl (with lateral breathing)

Points: 0 - 5

Provided the 50 m are completed without interruption, swimming crawl with lateral breathing, assessment will consider the following aspects:

- Underwater glide at the start and after turning
- Continuity of arm strokes and control of breathing
- Visible forward extension of arms and effective stroke phase
- Correct and continuous leg movements
- Elementary and competition turns (performed smoothly and followed by underwater glide)
- Smoothness of style.