

03. PHYSICAL-ATHLETIC TRAINING SPECIALIST IN THE YOUTH SOCCER SECTORⁱ	
First Level	
Department of Experimental and Clinical Medicine (DMSC)	
The course is held in collaboration with <i>Federazione Italiana Giuoco Calcio (FIGC)</i>	
Course coordinator	Coordinator: Gabriele Mascherini Scientific Coordinator: Cristina Scaletti
Organizing committee	Gabriele Mascherini Cristina Scaletti Massimo Gulisano Carlo Rostagno Francesco Perondi Matteo Levi Micheli Luca Gatteschi
Contact person for information regarding course organization, the schedule of classes and course content	Dott.ssa Cristina Scaletti cristina.scaletti@unifi.it Dott. Gabriele Mascherini gabriele.mascherini@unifi.it
Practical-professional profile of the course and reference job market	<p>The Master Course in Physical-Athletic Training Specialist in the Youth Soccer Sector is a university training program developed in collaboration with the Italian Soccer Federation (FIGC).</p> <p>This is a first-level master course for graduates in Exercise Science or equivalent and graduates in Medicine and Surgery who hold a specialization in Sports Medicine.</p> <p>The course is developed around the quality criteria defined by the Technical Sector of the FIGC, as graduates of the Master course will be awarded the Federation's License as a physical-athletic training specialist in the youth soccer sector as well as 8 points for access to the Coverciano Central Course.</p> <p>The Master provides, through highly qualified lecturers, the theoretical and practical tools to plan, elaborate and conduct athletic preparation programmes for youth and women's sector soccer players in the different phases of the competitive season. Graduates will also be able to recondition injured athletes and appropriately carry out the most common evaluation tests to verify the effectiveness of interventions.</p> <p>The course forms highly competent professionals who are able to work with children, women, and youth to adequately prepare the different ages of the youth sector and the women's sector for soccer competitions with training methodologies and techniques appropriate to their motor-performance, social/relational, and intellectual-cognitive abilities, and to appropriately analyze the results of evaluation tests as well as the data collected to control the training load.</p> <p>During the Master course, students will learn about the anatomical-functional, biomechanical, physiological, endocrine, psycho-pedagogical, and socio-educational factors that determine physical performance in soccer, as well as concrete, practical skills to plan, conduct, process, and monitor over time all declinations of athletic preparation in soccer with particular reference to the youth sector, both male and female, taking into account psycho-pedagogical aspects related to developmental age.</p>

	<p>The course will also provide the foundations of post-rehabilitation functional recovery and training, techniques for physical preparation and training, trauma and injury prevention programs as well as related assessment tests, nutrition and dietary supplementation dedicated to both men's and women's youth soccer in different age groups, and lastly, the foundations of first aid.</p> <p>Lecturers have great expertise in soccer and will focus on a scientific and practical approach. Their proven practical experience will enable them to illustrate different approaches and training strategies, the problems of each category, and possible solutions adopted by experts in the field. Special attention will be given to specific teaching modules. Students will be offered a wide range of activities that will enable them to plan and conduct athletic preparation programmes for men's and women's youth soccer in different age groups and at various stages of the competitive season. They will deal with reconditioning injured athletes and carry out the most common evaluation tests to verify the effectiveness of interventions. In addition, the student will be able to properly analyze the results of assessment tests and the data collected for training load control. They will be given the contextual opportunity to deepen and verify their knowledge through specific Seminars and Workshops.</p>
Admission requirements	<p>Bachelor's Degree obtained in accordance with the system under Ministerial Decree No. 270/2004 (or degree under Ministerial Decree No. 509/1999 equated under I.D. of July 9, 2009) in one of the following classes:</p> <ul style="list-style-type: none"> • L-22 Exercise and Sport Sciences <p>Master's degree obtained in accordance with the system under Ministerial Decree No. 270/2004 (or Master's degree under Ministerial Decree No. 509/1999 equated under I.D. of July 9, 2009) in the class</p> <ul style="list-style-type: none"> • LM-67 Preventive and Adapted Exercise Science and Techniques • LM-68 Sports Science and Techniques <p>Single-cycle Master's degree obtained in accordance with the system under Ministerial Decree No. 270/2004 (or Master's degree under Ministerial Decree No. 509/1999 equated under I.D. of July 9, 2009) in the class</p> <ul style="list-style-type: none"> • LM-41 Medicine and Surgery <p>Degree awarded according to a system prior to Ministerial Decree No. 509/1999 of closely related content, deemed suitable by the Organizing Committee or a Committee specifically appointed by it.</p>
Admission procedure	Selection based on qualifications
Duration	9 months
Teaching methods	Mixed in presence and remotely; laboratory; exercises on the football field
Language the course will be delivered in	Italian
Attendance requirement:	90%
Verification of knowledge of the language in which the course is delivered	The course is held in Italian. Possible verification of knowledge of the Italian language for foreign students according to the certification in use at the University.
Course location	Classrooms and facilities owned by the University or already in use by the University for institutional activities. FIGC Federal Center of Coverciano, via Gabriele D'Annunzio 138, Florence, subject to its availability and the activities present there during the year and as

	will be better detailed in the subsequent agreement. Other affiliated offices and facilities within the Florentine metropolitan area.
Foreseen lectures articulation	There are no lessons on Saturdays in university premises.
Exam procedure and schedule	The methods for delivering the mid-term exams will be decided later.
Final exam	The final exam consists in the presentation of a paper on the traineeship experience or on a topic agreed upon with the Organizing Committee. The title of the paper and its presentation date will be communicated to the FIGC Technical Sector for possible attendance by a representative. Copies of the papers in PDF format will be sent to the Technical Sector to be made available to the library of the Federal Technical Centre.

Number of available places and enrolment fees	
Full-fee students	
Minimum no. of places	7
Maximum no. of places	25
Enrolment fee	3,500 Euros
Single modules	
Not provided for	

Description of traineeship activities and training objectives	The internship will allow you to put into practice independently, under the guidance of the tutor, the skills and abilities acquired by the student during the lessons and workshops. 250 total hours of internship
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ⁱⁱ This document is a translation of the form A.1 relating to the characteristics of the course attached to the Decree of the Deputy number 848 (record 153310) of 2th of July 2024, drafted in Italian and issued on the Master | Didattica | Università degli Studi di Firenze | UniFI and which therefore constitutes the only official document. This English translation cannot be used for legal purposes and has the sole purpose of supplying information in English on the content of the public notice.