

04. PHYSICAL-ATHLETIC TRAINING SPECIALIST IN THE YOUTH SOCCER SECTORⁱ	
Level I	
Department of Experimental and Clinical Medicine (DMSC)	
<i>The course is conducted in collaboration with Italian Football Federation (FIGC)</i>	
Course coordinator	Coordinator: Diego Minciacchi Scientific coordinator: Cristina Scaletti
Executive Committee	Diego Minciacchi Cristina Scaletti Massimo Gulisano Pietro Amedeo Modesti Francesco Liotta Alberto Andorlini Luca Gatteschi
Contact person for information regarding teaching organization, class schedule, the content of the course	cristina.scaletti@unifi.it
Practical-professional profile of the course and industry sector of reference	<p>The Master Course in Physical-Athletic Training Specialist in the Youth Football Sector is a university training program developed in collaboration with the Italian Football Federation (FIGC).</p> <p>This is a first-level master's degree aimed at 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 the successful completion of the Master course will result in the issuance by the Federation of the license of <u>Specialist of physical-athletic training in the youth soccer sector</u> as well as 8 points for access to the Coverciano Central Course.</p> <p>The Master course provides, through highly qualified lecturers, the theoretical and practical tools to plan, elaborate, and conduct athletic preparation programs for youth and women's soccer players in the different phases of the competitive season. They 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>People of high professional competence will be trained 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 and with psycho-pedagogical aspects related to developmental age. 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 finally, foundations of first aid will also be provided.</p>

	<p>The Master focuses on a scientific and practical approach offered by lecturers with high expertise in soccer, where proven practical experience will enable them to show different approaches and training strategies, the problems of each category, and possible solutions adopted by experts in the field. Special and predominant 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 programs 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>
Access prerequisites	<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. 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 specialist degree under Ministerial Decree No. 509/1999 equated under I.D. 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 degree obtained in accordance with the system under Ministerial Decree No. 270/2004 (or specialist degree under Ministerial Decree No. 509/1999 equated under I.D. 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 Executive Committee or a Commission specifically appointed by it.</p>
How the admission procedure takes place	Selection by academic qualifications
Duration	9 months
Teaching methods	In-person Face-to-face classroom teaching; field laboratory. Period: September 2022-July 2023
Language of instruction	Italian
Attendance requirements	90%
Location of the course	<p>Classrooms and facilities owned or already in use by the University for institutional activities.</p> <p>CUS (University Sports Center) in Sesto Fiorentino, with a 6-lane athletics track, jumping and throwing platforms, grass and synthetic soccer fields, multipurpose field, locker rooms, and gymnasium.</p> <p>CUS in Via Vittoria della Rovere with an arena, gymnasium, weight room, and locker rooms.</p> <p>FIGC Federal Center in Coverciano, via Gabriele D'Annunzio 138 Florence, subject to its availability according to the activities already scheduled during the year and as will be better detailed in the subsequent agreement.</p>

Foreseen lecture schedule	There are no Saturday classes on university premises.
Examinations procedures and schedule	There will be mid-term verifications in ways that will be identified later.
Final examination	<p>At the end of the course, there is a final examination consisting of the presentation of a paper related to the internship experience or on a topic agreed upon with the Executive Committee.</p> <p>The paper title and its day of discussion will be communicated to the FIGC Technical Sector for a possible presence of a representative at the paper's discussion. 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 Center.</p>

Available places and enrolment fees	
Full-fee students	
Minimum number	5
Maximum Number	25
Enrolment fee	€3,500
SINGLE MODULES	
None planned	

Description of the activities and training objectives of the internship	<p>The internship will enable the skills and abilities acquired by the learner during lectures and workshops to be put into practice independently under the tutor's guidance.</p> <p>50 total hours of internship.</p>
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ⁱ 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 873 (record 158006) of 25th of July 2022, 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.