



SPORT, WELLNESS AND EXCERCISE IN NATURAL ENVIRONMENT

BACHELOR'S DEGREE

Department of Economics,
Engineering, Society and
Business Organizations

Department of
Ecological and
Biological Sciences

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**UNIVERSITÀ
DEGLI STUDI DELLA
TUSCIA**

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BACHELOR'S DEGREE

The interdepartmental and interuniversity Bachelor's degree in Sport, Wellness, and Exercise in Natural Environments (with the University of Tuscia's Department of Ecological and Biological sciences, and The University of Rome "Foro Italico", respectively) seeks to train physical exercise and sports professionals with appropriate core knowledge and with the methodological skills necessary to conduct, manage and assess individual and group exercise and fitness activities of a compensatory, adaptive, educational, recreational and sporting nature aimed at maintaining psycho-physical well-being, through the promotion of active lifestyles.

More specifically, this professional figure will have specific knowledge and skills in the following main areas: physical exercise, well-being, and prevention; environment and nature; management and sports tourism. Graduates will be able to apply their skills in the field of physical education and fitness in many areas and sectors, such as: educational institutions, bodies, and facilities that are involved in promoting sport; public or private gyms; public and private centres for the promotion of physical activities and sport; sports organizations, and social clubs and associations. In addition, graduates can also be responsible for the organization of sporting events and competitions and direct the sports activities of gyms and other public and private facilities.

INFO AND CONTACTS

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**L-22
Sport and Wellness
science**

Years: 3
ECTS: 180

**Department of
Economics,
Engineering,
Society and
Business Organizations**

**Department of
Ecological and
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