

MASTER

IN

APPLIED

SPORTS

PERFORMANCE



UNIVERSITÀ TELEMATICA
INTERNAZIONALE UNINETTUNO

Innovative blended Master Degree in Applied
Sports Performance for Elite Athletes.

MProf





UNIVERSITÀ TELEMATICA
INTERNAZIONALE UNINETTUNO

**THE TEAM
BEHIND
THE TEAM
ARE ACTIVELY
REINVENTING
THE WAY
AN ATHLETE
MOVES,
RECOVERS,
CONSUMES,
AND THINKS.**

THE TUTOR TEAM



ADRIAN LAMB IS AN ELITE PERFORMANCE COACH WITH 20 YEARS' EXPERIENCE TRAINING AND DEVELOPING SOME OF THE TOP FOOTBALLERS IN THE WORLD. BEGINNING HIS CAREER AS ONE OF THE EARLIEST FITNESS PRACTITIONERS IN THE MODERN GAME, LAMB HAS SINCE ESTABLISHED HIMSELF AS A PREMIER LEAGUE HEAD OF PERFORMANCE AND A SPECIALIST IN INNOVATIVE TRAINING PRINCIPLES, ADVANCED S&C PRACTICE, ELITE RECOVERY MODALITIES, CUTTING-EDGE NUTRITION AND PROGRESSIVE ATHLETE PROFILING. THROUGHOUT HIS CAREER, LAMB HAS WORKED AT A NUMBER OF LEVELS IN THE PROFESSIONAL GAME, INCLUDING FOUR ENGLISH PREMIER LEAGUE CLUBS, TWO MAJOR LEAGUE SOCCER TEAMS, AS WELL AS THE ENGLISH CHAMPIONSHIP AND LEAGUE 1. DURING THIS TIME HE HAS COACHED COUNTLESS WORLD-CLASS FOOTBALLERS, A FACT UNDERLINED BY HIM HAVING TRAINED 14 PLAYERS WHO FEATURED IN THE 2018 FIFA WORLD CUP. HIS EXPERTISE HAS PROVED EQUALLY EFFECTIVE AT DEVELOPING THE NEXT GENERATION OF FITNESS COACHES, WITH FORMER INTERNS PROGRESSING TO FULL-TIME POSITIONS IN HIGH-LEVEL SPORTS ORGANISATIONS INCLUDING ARSENAL, LIVERPOOL AND MANCHESTER CITY. THIS KNOWLEDGE AND EXPERIENCE HAVE CULMINATED IN LAMB BECOMING CO-FOUNDER AND CEO OF PILLARS OF PERFORMANCE, A COMPANY WHOSE PRINCIPAL AIM IS TO ENHANCE ALL ASPECTS OF PERFORMANCE IN ORGANISATIONS, TEAMS, ATHLETES AND COACHES THROUGH TRAINING AND EDUCATION.

MICHAEL CLEGG IS AN ACCOMPLISHED STRENGTH & CONDITIONING COACH WHO MADE THE SUCCESSFUL TRANSITION FROM AN 8-YEAR PLAYING CAREER WITH MANCHESTER UNITED FC TO A 10-YEAR COACHING CAREER IN THE PREMIER LEAGUE WITH SUNDERLAND AFC. DURING HIS TIME AS HEAD OF STRENGTH & CONDITIONING AT SUNDERLAND AFC, MICHAEL WAS PRIMARILY RESPONSIBLE FOR IMPROVING POWER, SPEED AND CONDITIONING WITHIN HIS PLAYERS. DURING HIS 10 YEARS AT SUNDERLAND AFC, MICHAEL WAS FORTUNATE TO WORK WITH MANY INTERNATIONAL LEVEL PLAYERS FROM JORDAN HENDERSON, JORDAN PICKFORD, DANNY ROSE, JERMAINE DEFOE, DANNY WELBECK (ENGLAND), LOUIS SAHA, YANN M'VILA (FRANCE), MARCOS ALONSO (SPAIN), BOLO ZENDEN (NETHERLANDS) AND JOHN O'SHEA (IRELAND). IN ADDITION TO MICHAEL'S EXTENSIVE PLAYING AND COACHING EXPERIENCE, HE IS ALSO A HIGHLY QUALIFIED COACH. IN 2017, HE ATTAINED HIS MSC IN STRENGTH & CONDITIONING FOLLOWING HIS UEFA B LICENCE AND UKSCA ACCREDITATION IN 2015. MIKE IS NOW FIRST-TEAM S&C WITH MANCHESTER UNITED.

JAMIE SHANNON LAMB IS THE CO-FOUNDER & CMO OF PILLARS OF PERFORMANCE. **HAVING SPENT NEARLY THE PAST DECADE WORKING FOR THE LIKES OF FOX SPORTS, NBCUNIVERSAL, AND SUNDERLAND AFC, LAMB IS A SKILLED NEGOTIATOR AND STRATEGIC THINKER WITH EXPERTISE IN A WHOLE HOST OF AREAS INCLUDING SPORTS BUSINESS, ADVERTISING, MARKETING, STRATEGY, PRODUCTION, BRANDING & CREATIVE. SHE HAS A DISTINCT UNDERSTANDING AND APPLIED KNOWLEDGE OF THE WAY IN WHICH EFFECTIVE COMMUNICATION, INFLUENCE, AND THE POSITIONING OF THE PILLARS OF PERFORMANCE IS ESSENTIAL BETWEEN THE COACH AND THE ATHLETE.**



A UNIQUE UNIVERSITY EXPERIENCE

The International Telematic University **UNINETTUNO** is a distance teaching university established in 2005 and recognized by the Italian Ministry of Education, University and Research. It delivers academic titles having legal status in Italy, Europe and worldwide. Uninettuno is a global online University with over 23,000 students. A leading global university in distance education, the on-line teaching proposed by Uninettuno is a guarantee of quality, professionalism and innovation.

UNINETTUNO students, coming from more than 160 countries, can access their courses from wherever they are with no limits of space and time: the psycho-pedagogic and didactic model was born from the results achieved by 25 years of international research programs and was realized by the Rector Prof. Maria Amata Garito and by her research team.

AWARD WINNING UNIVERSITY FOR EXCELLENCE IN ON-LINE DISTANCE LEARNING

The International Telematic University UNINETTUNO is awarded the E-excellence quality label for the best didactic and psycho-pedagogical models adopted on its e-learning platform. The quality label is awarded to the UNINETTUNO by European Association of Distance Teaching Universities (EADTU).

UNINETTUNO is among the three best Universities, furthermore, the only distance university that got the grade "B – fully satisfactory" by the evaluation of Italian National Agency for the Evaluation of Universities and Research Institutes (ANVUR). The outcome gained testifies to the excellence of its teaching and organizational model, which is shared and acknowledged by both the International and the Italian scientific community, and also to the flaws of the other Italian distance institutions in terms of teaching quality.

A DIFFERENT LEARNING EXPERIENCE

The main educational tool of the International Telematic University UNINETTUNO is the Internet-based learning environment where teaching and learning are carried on in 6 languages—Italian, English, French, Arabic, Greek, Polish — and it allows implementing a new psycho-pedagogic model by Prof. Maria Amata Garito[®] that is characterized by the shift from:

- teacher's central role to the student's central role;
- knowledge transfer to knowledge creation;
- integration between practice and theory;
- a passive and competitive learning to active and collaborative learning.

This psycho-pedagogic model by Prof. Maria Amata Garito[®] is characterized by the highest degree of flexibility for the student. By this model, the student can build his own learning path in function of his educational needs and of his skill-level.



UNIVERSITÀ TELEMATICA
INTERNAZIONALE UNINETTUNO



Welcome to the Università telematica Internazionale UNINETTUNO's new MProf in Applied Sports Performance Degree. We are delighted to be able bring a professional approach to assist athletes develop their skills even further to elite status. We are excited to be working with professionals at the highest level in sports performance to bring you this gold standard degree programme.

Uninettuno has won numerous awards for the support and blended learning platforms we provide. We put the student as the central focus of our courses and support that with a unique didactic.

Cyberspace that is designed to foster an inclusive and supportive framework through an innovative virtual 3D classroom. You can be part of the classroom no matter where you are located.

If you have the ambition to succeed and gain a valuable Masters then we are here to help you. If you need any further information, please do not hesitate to contact us.

Looking forward to working with you and welcoming you to our university.

PROF. MARIA AMATA GARITO
PRESIDENT/RECTOR
Università telematica Internazionale UNINETTUNO



With over 50 years experience in the sporting industry, our team has coached Olympic medal winners and top footballing legends, as well as playing professional football and coaching at Premier League football clubs. Our coaching focuses on physical conditioning by unlocking how your brain and fitness can work together perfectly to bring the best in your students.

"Working with Mick Clegg for many years, using his various methods and techniques has helped me get to the top of my game and he keeps me there."

Paul Scholes.
Former Manchester United Footballer.



Pillars of Performance is the culmination of 20 years supporting elite athletes and coaches, condensed into one comprehensive philosophy. Based on six key principles which underpin athletic success, these pillars work in an integrated fashion to equip athletes with the tools needed to maximise potential, reduce injury risk, and lengthen careers. Our aim is to educate, to develop, and to champion every facet of the athlete support structure driving results in every sporting arena.

"I was fortunate enough to work with Lamby during our time at Blackburn Rovers. He is an excellent member of the performance team in professional sport. He has the rare ability to respect the professional opinions of various members of staff yet is able to freely express his opinions on core S & C skills for the good of both players and staff. His work ethic is second to none. He would be one of the first people I would approach in creating a high-quality performance team with professional sport."

Dave Fevre
Former Head Physio at Manchester United & Blackburn Rovers, and Head Physio for Manchester United 'Treble' Winning team 1999.





Course Overview

This course is designed for Sports and Exercise Science graduates and/or fitness professionals with a minimum bachelor's degree. It aims to educate students on applied techniques and methods that directly affect results on the pitch, field, track, course, or court by elevating the level at which their athletes perform both physically and mentally. Taught by elite performance coaches with applied experience in professional sport and experts in the field of performance, students will learn innovative principles and practises utilised by world-class athletes and coaches.



How we teach

Uninettuno has won numerous awards for the support and blended learning platforms it provides. It puts the student as the central focus of our courses and support that with a unique Online didactic cyberspace that is designed to foster an inclusive and supportive framework through an innovative virtual 3D classroom.

The student can be part of the classroom no matter where they are located. All lectures are pre-recorded to allow you to build the course around your own teaching timetable and Online seminars.

Assessments

Each module is assessed by means of an assignment that is work-based based assignments that are grounded and relevant to the work-based professional approach philosophy. There are no written exams, so assessments are 100% coursework based.

The learning experience is based around the award-winning didactic cyberspace model pioneered by University Uninettuno in Rome. It has developed to build a community of practice around students who study at a distance creating a virtual campus that students can meet and collaborate in their learning.

Who should study?

This degree requires a bachelor's degree and is aimed at Sports and Exercise Science or fitness professionals with a degree in a relevant field. Students will build upon their undergraduate knowledge by learning about the application of advanced training modalities coupled with modern technological, nutritional and medical innovations.

Objectives

The main objective is to lead students into a sound working knowledge of the factors affecting contemporary sport performance, how these factors interact with and influence each other, and assist in the development of their understanding of the modalities used to enhance physical outputs in the modern sporting arena. Students will learn these through six key performance principles. .

Learning Model

The learning experience is based around the award winning didactic cyberspace model pioneered by University Uninettuno in Rome.

It has developed to build a community of practice around students who study at a distance creating a virtual campus that students can meet and collaborate in their learning.

Admission Requirements

The minimum requirement is a bachelor's degree in Sports and Exercise Science or fitness professionals with a degree in a relevant field. This course may also be of interest to those who currently work in various sports and who want to bring an advanced level of fitness and performance expertise to their respective organisations. The admission procedure may involve a personal interview in some cases.



Course Content

Six key principles have been identified as vital to creating the ideal environment in which the athlete can perform at his or her optimal level. Each will be expanded upon module by module throughout the duration of this course.

Module 1: Athlete Profiling & Analysis

Identifying the factors of individual performance which inform training decisions.

Module 2: On-Field Training

Innovative principles of on-field training which enhance all aspects of sport specific performance.

Module 3: Off-Field Training

Advanced strength & conditioning practice and the application of resistance training.

Module 4: Recovery & Regeneration

The latest regenerative modalities designed to maximise training adaptations.

Module 5: Nutrition for Performance

Effective nutritional strategies which underpin each stage of the performance process.

Module 6: Life Demands & Psychology

Understanding the significant impact behaviour and lifestyle away from training and the creation of a positive environment can have on performance.



" I THOUGHT MICK WAS DIFFERENT CLASS. HE MOTIVATES YOU. WHEN I WAS INJURED, HE TRAINED WITH ME EVERY SINGLE DAY AND THERE WAS NEVER A 'NO' IN HIS VOCABULARY. HE'D ALWAYS ENCOURAGE ME TO HAVE A SESSION WITH HIM, SO I GOT REALLY CLOSE WITH HIM THROUGHOUT THE COUPLE OF YEARS I WAS INJURED. WE DEVELOPED A REALLY, REALLY, GOOD RELATIONSHIP AS A RESULT. HES A TOP MAN."
- OLE GUNNAR SOLSKJAER





MODULE 1 – ATHLETE PROFILING & ANALYSIS

The profiling of athletes and regular assessment of the various systems which support their performance are crucial components of the physical development process. A systematic approach to performance analysis ensures that all aspects of preparation become highly specific to the needs of the individual athlete, increasing the effectiveness of training and ensuring efficiency of the process as a whole.

During this module students will learn:

Principles of Performance Test Selection

Identifying and understanding the processes involved for selecting appropriate performance tests.

Principles of Performance Test Application

Understanding the factors involved in correctly administering performance tests and identifying optimal testing procedures.

Performance Testing Protocols

Understanding and being able to administer performance tests according to established protocols.

Integration of Performance Test Data into Training

Understanding how performance test data translates into meaningful training interventions and identifying the systems and procedures to integrate data into the training process.

Establishing the Functional State of the Athlete

Identifying effective methods of pre-training assessment and develop an understanding of athlete tolerance to prescribed training load and the probability of positive training adaptations.

Monitoring Physical Outputs in Training & Competition

Identifying systems designed to accurately monitor specific physical performance parameters during training, how measuring training outputs ensures optimal training response, and how to develop a specific loading profile based on performance evaluation systems in the competitive environment.

Benchmarking Recovery

Identify systems and procedures designed to identify athletes at risk of excessive fatigue, overreaching or overtraining and understand how to apply them to the screening and assessment process.



**" HE'S A BIT
QUIRKY, BIT DIFFERENT,
DOES THINGS HIS OWN
WAY, BUT THE GOOD THING
IS THAT HE WOULD ADAPT TO THE
SITUATION, THE INDIVIDUAL
AND HE REALLY
CARED. HE WANTED
YOU TO BE THE BE A
BETTER ATHLETE AND HE WORKED
WITH THE MANAGEMENT
AS WELL. I THINK MICK'S
WORK DID MAKE A
DIFFERENCE TO ME."
– RYAN GIGGS OBE**

MODULE 2 – ON FIELD TRAINING

A variety of sports incorporate differing levels of endurance, sprint and multidirectional components in their physical demands. The ability of the athlete to produce high levels of speed, agility and work capacity are valuable physical attributes which can often determine sporting success, and which can be modified through training. Exercise methods designed to enhance performance in these fitness qualities requires a clear understanding of the purpose, structure and content of training to prepare the athlete for the actions, movement patterns and intensities that they will encounter during competition.

Module 2 will address field-based training methods, including warm-up, speed, agility & change of direction, endurance and rehabilitation from injury.

During this module students will learn:

Principles & Application of Pre-Training & Pre-Competition Warm-ups

Identifying the multiple stages in the process of increasing athlete readiness, and understanding the underlying concepts in the structuring of warm-ups.

Understanding the factors involved in warm-up delivery, and identifying modifications to warm-up procedures for different performance outcomes.

Principles & Application of Speed Training

Understanding how mechanisms acting at various levels in the nervous system may be modified by training to optimise the development of speed and power, and identifying the different training regimes involved in the development of sprint ability.

Identifying specific drills and exercises designed to enhance different aspects of speed performance, including acceleration, maximum speed or maintenance of maximum speed.

Principles & Application of Agility & Change of Direction Training

Understanding how the various elements of agility may be modified by training, and identifying different training regimes to improve multidirectional performance.

Identifying specific drills and exercises designed to enhance different aspects of agility performance, including acceleration, deceleration and movement skills.

Principles & Application of Endurance Training

Understanding the importance of energy system conditioning to physical performance and identifying effective training modalities designed to enhance various aspects of endurance in sport.

Components of Fitness & Integrated Training for Field Sports

Understanding the contribution of various components of fitness to field sports and identifying training methods designed to enhance those components in a way which is transferable to the sport.

Understanding the relationship between tactical and technical aspects of field sports to physical outputs and identifying how to manipulate training drills to integrate physical objectives into field sports training.

Periodization of Training

Understanding the different systems of training organisation in sport and identifying the optimal training calendar under various conditions.

Rehabilitation of Injured Players

Understanding the process of criteria based rehabilitation and functional recovery from injury, identifying the key stages involved in return to competition decisions.



MODULE 3 – OFF FIELD TRAINING

Athletes must be competent in a number of strength related factors in order to cope with the specific physical demands of a sport. These factors may include differing levels of sport specific endurance, speed, strength, power, agility, and flexibility, as well as optimal body composition. This highlights the need for a carefully planned, effective strength training process, designed to ensure the integrated development of all of these physical abilities.

The underlying principle in designing the training programme is to achieve the optimal balance between training stress and restoration. The training must stress the body sufficiently to cause adaptation without inducing excessive fatigue and potential overtraining and result in an overall increased level of performance. Module 3 will address gym based training methods, including activation, injury prevention, strength, power and core.

During this module students will learn:

Principles & Application of Pre-Training & Pre-Competition Activation

Understanding the key stages involved in raising the functional potential of the athlete specific to the physical demands of the sport or event, and establishing the relationship between neural activities and those demands.

Identifying specific activation drills and exercises designed to enhance the functional potential of the athlete.

Principles & Application of Injury Prevention Training

Identifying the mechanisms and risk factors associated with specific injuries, and understanding the key stages in the injury prevention process for athletes.

Identifying specific drills and exercises designed to reduce injury occurrence in the athlete.

Principles & Application of Strength Training

Understanding the process of increasing the ability of the athlete to generate force through strength exercise selection, prescription of training frequency, intensity and volume, and the assignment of appropriate training loads and thresholds, in accordance with the performance profile of the athlete and the needs of the sport.

Identifying specific lifts and strength training exercises designed to enhance force production in the athlete in a way which is transferable to sport performance.

Principles & Application of Power Training & Plyometrics

Understanding the process of enhancing the ability of the athlete to produce force explosively through appropriate selection of exercise, prescription of training frequency, intensity and volume, and the assignment of appropriate training loads and thresholds, in accordance with the performance profile of the athlete and the needs of the sport.

Identifying specific training exercises and modalities designed to increase the rate at which the athlete can produce explosive force in a way which is transferable to sport performance.

Principles & Application of Core Training

Understanding importance of the core to athletic performance, and identifying the key stages involved in developing and maintaining functional core strength and stability.

Identifying specific core training exercises which facilitate stability and appropriate muscular recruitment under functional loading conditions in a way which is transferable to sport performance.

MODULE 4 – RECOVERY & REGENERATION

The physical demands of training and competition result in a large amount of physical stress which, if not addressed and managed correctly, can result in athletes becoming excessively fatigued. Incomplete recovery can result in underperformance and injury, therefore effective recovery strategies are required to alleviate fatigue, regain performance levels, promote adaptation and reduce the risk of injury or burnout.

During this module students will learn:

Principles of Athlete Stress & Fatigue

Understanding of the varied nature of physical stress responses in athletes, the cause of these stress responses and the effect they have on physical performance.

Identifying models of stress response – GAS, Fitness-Fatigue

Benchmarking Recovery

Understanding systems and procedures designed to identify athletes at risk of excessive fatigue, overreaching or overtraining, and identifying the relevant recovery modalities to apply to those athletes.

Principles & Application of Post-Competition Recovery

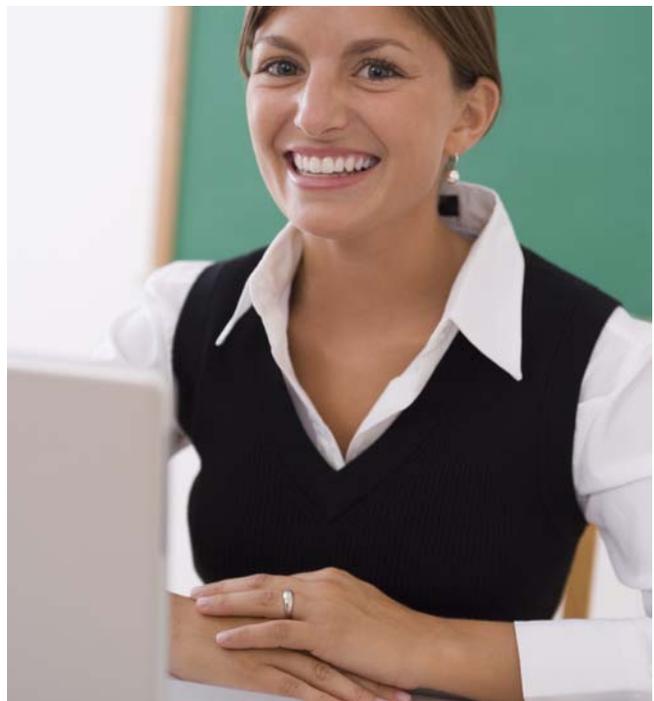
Understanding the timeframe associated with post-competition recovery and identifying regeneration protocols designed to minimise the stress response and enhance the recovery process.

Principles & Application of Post-Training Recovery

Identifying recovery modalities designed to maximise specific training induced adaptations in the athlete and identifying any modalities which may inhibit the adaptation response.

Sleep & Performance

Understanding the role sleep plays in recovery and the impact sleep deprivation has on physical performance, identifying the cycles of sleep and strategies the athlete may adopt to improve sleep.





MODULE 5 – NUTRITION FOR PERFORMANCE

High quality nutrition underpins the entire physical performance process, and supports the athlete in all aspects of training, competition and recovery. By optimizing nutritional intake, the athlete will ensure that the energy demands of the sport or competition are met. Nutrition is crucial to a positive outcome in the recovery and regeneration process encompassing both competition and training, and ensures that the athlete maintains a body composition suitable for the sport. In addition, diet can affect the mood, concentration and mental drive of the athlete, therefore is fundamental to physical performance.

During this module students will learn:

Principles of Performance Nutrition

Understanding the fundamental principles underpinning nutrition and how they relate to athletic performance.

Energy Demands in Sport

Identifying the various energy demands in sport and understanding how they are affected by nutritional strategies.
Identifying specific nutritional strategies to optimise physical performance.

Principles of Meal Composition

Understanding the relevance of meal composition to performance and identifying the optimal composition of meals at different times of the day and at various stages of the competition calendar.

Principles of Recovery Nutrition

Understanding the role nutrition plays in the regeneration of the athlete and identifying specific nutritional strategies at key stages of the recovery process.

Role of Body Composition in Performance

Understanding the importance of optimal body composition to physical performance in fundamentally differing sports and identifying specific dietary interventions to adjust body composition whilst maintaining physical output.

Optimised Hormonal & Neurotransmitter Profile of the Athlete

Identifying the hormones and neurotransmitters fundamental to athletic performance and how they relate to nutrition, understanding how modifications in diet and supplementation can optimise the hormonal profile of the athlete and enhance training.

Utilisation of Nutritional Supplements

Understanding the role of supplementation in sport, and identifying which supplements are necessary to support performance.

MODULE 6 – LIFE DEMANDS & PSYCHOLOGY

The athlete normally spends significantly more time away from the sporting environment than they do engaged in training or competition. The choices athletes make in their personal lives can have a major impact on their ability to train optimally, which will have obvious consequences for performance in competition. An understanding of the life demands facing an athlete can allow behaviours to be modified in order to minimise the negative effects these demands could potentially have.

During this module students will learn:

Influence of the Non-Sporting Environment on Performance

Identifying factors in the personal life of athletes which can have a positive or a negative effect on performance

Power of Culture & Performance

Understanding and managing the impact cultural factors can have on athletic performance

Impact of Negative Behaviours & Performance

Identifying negative behaviour choices which may influence athletic performance

Impact of Motivation, Drive & Focus

Identifying the mental skills necessary to support athletic performance and understanding the techniques required to maximise cognitive function

Mental Health Awareness & The Athlete

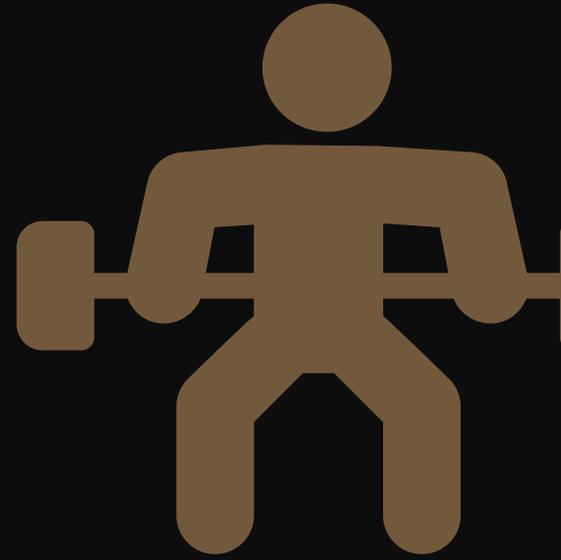
Understanding the impact of stress in the sporting environment and identifying strategies to enhance mental health and wellbeing

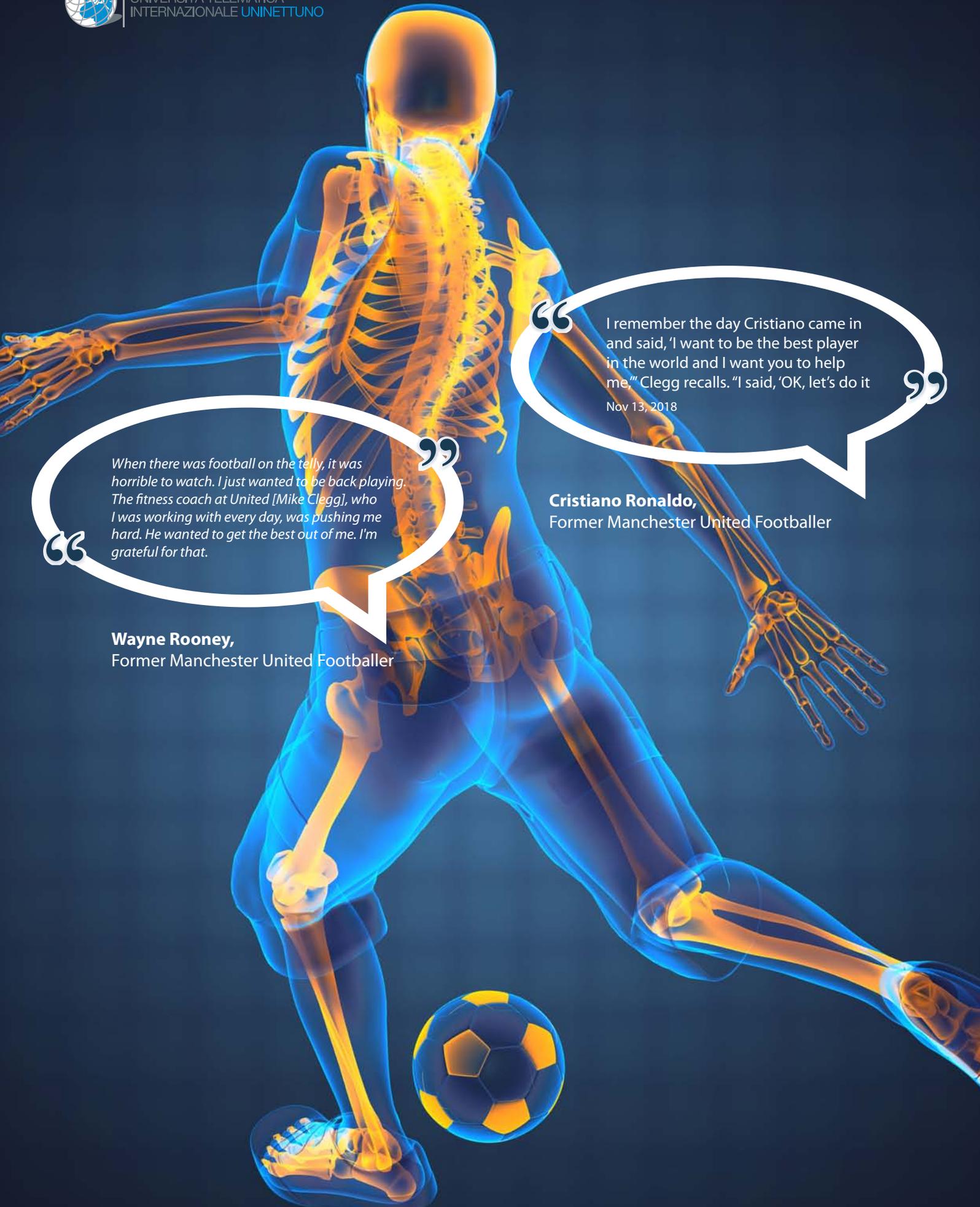


**"HAVING WORKED
WITH AND
TRUSTED MICK
CLEGG FOR
OVER A DECADE,
I HAVE NO
HESITATION IN
RECOMMENDING
HIM TO ANY
ATHLETE OR
ASPIRING ATHLETE."**

NICKY BUTT

**A LEARNING ENVIRONMENT
DEVELOPED IN SUCH
A WAY DOES NOT
LIMIT ITSELF TO
OFFER RIGIDLY
PRE-ESTABLISHED
COURSES, BUT IT
OFFERS DYNAMIC
CONTENTS THAT CAN
BE ENRICHED BY
OTHER CONTENTS
EXISTING ON THE
WEB.**





When there was football on the telly, it was horrible to watch. I just wanted to be back playing. The fitness coach at United [Mike Clegg], who I was working with every day, was pushing me hard. He wanted to get the best out of me. I'm grateful for that.

Wayne Rooney,
Former Manchester United Footballer

I remember the day Cristiano came in and said, 'I want to be the best player in the world and I want you to help me.'" Clegg recalls. "I said, 'OK, let's do it

Nov 13, 2018

Cristiano Ronaldo,
Former Manchester United Footballer



SIR ALEX

FERGUSON

SPORTS SCIENCE,

WITHOUT

QUESTION, IS

THE BIGGEST

AND MOST

IMPORTANT

CHANGE IN

MY LIFETIME..



Performance Principles

Six key principles have been identified as vital to creating the ideal environment in which the athlete can perform at his or her optimal level. Each of the following will be expanded upon throughout the duration of this course.





UNIVERSITÀ TELEMATICA
INTERNAZIONALE UNINETTUNO

DELIVERED BY PROFESSIONAL SPORTS SCIENTISTS & TRAINERS



THE UNINETTUNO PROFESSIONAL SPORTS MASTERS



Testimonials

"I WAS INCREDIBLY LUCKY TO HAVE WORKED WITH LAMBY DURING MY TIME AT BLACKBURN ROVERS AND WITHOUT A SHADOW OF A DOUBT, I WOULDN'T HAVE RETURNED TO TOP-LEVEL FOOTBALL WITHOUT HIS EXPERT HELP AND A FANTASTIC MEDICAL DEPARTMENT. HIS ATTENTION TO DETAIL, WORK ETHIC, AND ABILITY TO INSPIRE WERE ALL KEY FACTORS IN RETURNING TO PLAY AFTER TWO CAREER-THREATENING INJURIES. ABOVE ALL THOUGH, WE ARE STILL CLOSE TO THIS DAY AND WOULD LOVE TO WORK ALONGSIDE HIM AGAIN ONE DAY."

STEVEN REID
REPUBLIC OF IRELAND,
BLACKBURN ROVERS & WEST BROMWICH ALBION
CURRENT ASSISTANT
COACH FOR SCOTLAND NATIONAL TEAM.

"LAMBY IS AN ABSOLUTE CHARACTER. I THINK THE WORLD OF HIM - BOTH AS A FITNESS COACH AND A PERSON. HE CONSTANTLY PUSHES EVERYONE AROUND HIM TO BE BETTER. HIS EXPERIENCE IN THE GAME AND HIS CREATIVE APPROACH TO TRAINING AND RECOVERY IS UNLIKE ANYTHING I HAVE SEEN BEFORE. I WAS LUCKY TO HAVE WORKED WITH HIM AT THE CHICAGO FIRE WHEN I WAS JUST COMING BACK FROM INJURY AND I KNOW I PROBABLY COULDN'T HAVE MADE IT BACK WITHOUT HIM. ANY TEAM OR INDIVIDUAL WOULD BE LUCKY TO HAVE HIM AS A FITNESS COACH."

MIKE MAGEE
LA GALAXY & CHICAGO FIRE
2013 MLS PLAYER OF THE YEAR

GAIN YOUR QUALIFICATION YOUR WAY

Post Graduate Certificate

20 ECTS Credits



Post Graduate Diploma

40 ECTS Credits



MProf Degree

90 ECTS Credits



Complete Modules 1 and 2

ATHLETE PROFILING & ANALYSIS &
ON-FIELD TRAINING

Complete Modules 3 and 4

OFF-FIELD TRAINING &
RECOVERY & REGENERATION

Complete Modules 5 and 6

NUTRITION FOR PERFORMANCE &
LIFE DEMANDS & PSYCHOLOGY

Complete Project

COMPLETE PROJECT ON S&C OF YOUR
CHOICE



UNIVERSITÀ TELEMATICA
INTERNAZIONALE UNINETTUNO

Post Graduate Certificate is €2700

Post Graduate Diploma is €5400

Masters Programme in full is: €8000

Students can pay in two equal
instalments.

For more information please contact
University web pages or
Roma +39 06.69.20.76.70

Call one of dedicated experts to
find our more



To graduate with your **MProf Degree** you will 90 ECTS Credits by completing all 6 modules and then an end of course project. You can exit at any stage, with a Certificate or Diploma, and the resume your studies after a break. The course is delivered primarily online, but the option exists for students to attend residential weekends if they wish. The cost of residential courses are not included in fees.

CHECK OUT OUR OTHER SPORTS DEGREES

Master of Sports Education MSportEd

The Masters degree is aimed specifically at teachers who, either have an interest in physical education, or who are actively teaching in this area. Partnering with elite coaches from professional sports backgrounds and the medical expertise of the Irish Osteoporosis Society bring a unique academic and practical blend to the programmes. Working with Vernier sensors also allows to gather and analyse real data from fitness activities and take ownership of their own programmes and make it meaningful for their students as well.

Each module is assessed by means of an assignment that is practically grounded in accordance with our work-based professional approach philosophy. There are no written exams, so assessments are 100% coursework based. If you decide to progress to the MSportEd stage you will be assigned a mentor and your project will involve a fitness regime you have designed for your school.

The specialist Master Degree brings a unique blend between the practices at the elite levels of the Premier League and the expert knowledge of medical professionals. You will learn how to tailor sports programmes for different young athletes and recognise the potential pitfalls.



Professor Moira O'Brien

Emeritus Professor of Anatomy, Trinity College Dublin.

Prof Moira O'Brien FRCP, FFSEM, FFSEM (Hon UK), FTCD, FECSS, MA, Emeritus Professor of Anatomy, Trinity College Dublin is currently an Osteoporosis and Sports Medicine Consultant at Affidea Dundrum, Past Member of the Board of the Federation International Medicine Sportive (FIMS), Founder and President of the Irish Osteoporosis Society and, Member of the European Union Osteoporosis Interest Group on Osteoporosis. She has been involved in Sports Medicine for over 40 years. A founding Fellow of RCPI/RCSI Faculty of Sport & Exercise Medicine, she was the Medical Officer to the Irish Olympic team at the Moscow, Los Angeles and the Seoul Olympic games. She was the Medical Director of the first Masters in Sports and Exercise Medicine in Great Britain and Ireland based at Trinity College, Dublin in 1990 to 2005, and since then an Honorary Medical Director.

Master of Sports & Health Science for Women MSportSc

The Masters in Sports and Exercise Science is a 2-year online programme consisting of 5 modules with a Masters thesis (120 ECTS) submitted by the end of year two. An exit route (Diploma) is available after year 2 upon successful completion of all modules.

This unique degree recognises the incredible growth of women in sport. Additionally, Women's Health Medicine is an expanding and diverse field of practice.

This course will provide you with the advanced knowledge and understanding of the ethical, social and professional aspects required to deliver a tailored programme for health and sports fitness for women. Specific issues around sexual and reproductive care, pre-pregnancy and pregnancy care as well as the management of female-specific conditions relating to sports.

Our lecturers and tutors comprise of leaders in the field of sports medicine and strength and conditioning.



Dr Padraig Sheeran

MB ChB, FCAI, FRCSEd(A&E), MSEM(UK),
DipMSK, FJFICM, DA(UK), DTM&H,

Consultant Paediatric Anaesthetist (OLCH Crumlin, Boston Children's Hospital, HARVARD MS), Board Member Osteoporosis Ireland, Past Dean Faculty of Sports & Exercise Medicine RCPI/RCSI, Sports Medicine Doctor IRFU; Match Day Dr, Immediate Care Dr and Pitch side Dr at Women's World Cup 2017, Doctor at IRFU Under Age Competitions, Director, Council Member and Examiner of College of Anaesthesiology Ireland, Chair, Clinical Advisory Group, National Clinical Programme of Anaesthesia - developing Exercise and Surgery/Perioperative Medicine Programme Development, Chair Pre-Hospital Care Committee College of Anaesthetists of Ireland (Pitch-side Medicine/Remote Medicine / Mountain Medicine), Previous Chair Pre Hospital Committee FSEM 2010-2017, WEMSI/Remote Medicine Doctor, Expedition Doctor/Medical Director Kilimanjaro Achievers, MSc Kilimanjaro Achievers Programme for CPD for Physically Challenged Teenagers (complete in May 2019), Motorsport Ireland Doctor, Dail & Seanaid Rugby Team Player & Team Doctor, Dr Sheeran also holds an MSc in Leadership.

WHAT ELSE DO WE OFFER?

If you want the flexibility to earn as you learn, then International Telematic University UNINETTUNO is perfect for you. You can earn an online degree at Bachelor's, Master's and Doctoral Levels by studying online. All our degree follows the Bologna Agreement, carry transferable ECTS credits and is recognised by Ministry of Education in Italy.

From our base in the centre of Rome, UNINETTUNO is an award winning university with a guarantee of quality, professionalism and innovation

Bachelor Degrees

Economics Faculty

BA Economics and Business Management

With specialisations available in:

Economics and Corporate Governance
Culture, Tourism, Territory and Corporate Value
Business management
Financial management
Business management
(with the Berlin School of Business & Innovation)

Law Faculty

BA(Law) Business, Labour and New Technologies Law

With specialisations available in:

Workplace Safety Law
Business Legal Operator
Law of the Digital Society

Engineering Faculty

BEng Civil and Environmental Engineering

With specialisations available in:

Structures and Infrastructures
Construction, Survey and Topography
Building Science and Planning
Structures and Infrastructures

BEng(Mgmt) Management Engineering

With specialisations available in:

Economics path
Production path

BEng Computer Engineering

With specialisations available in:

Information and Communication Technologies Engineering
(with Helwan University)

Masters Degrees

Master in Energy Management
Master in Strategies and Techniques of Project Management
Master in Applied and Industrial Mathematics
Master in Global Journalism
Master in European Law and Policies

Master in Investment and Finance (in partnership with London School of Business and Finance)
Master in Strategic Marketing (in partnership London School of Business and Finance)
Master in International Tourism, Hospitality and Event Management (in partnership with LCCA - London College of Contemporary Arts)
Master in Fashion Retail and Luxury Management (in partnership with LCCA - London College of Contemporary Arts)

Global **MBA** (in partnership with - the Berlin School of Business & Innovation)
Master in Fashion Retail and Luxury Management (in partnership with - the Berlin School of Business & Innovation)
Master in International Tourism, Hospitality and Event Management (in partnership with - the Berlin School of Business & Innovation)
Master in Finance and Investments (in partnership with the Berlin School of Business & Innovation)
Master in Strategic Marketing (in partnership with - the Berlin School of Business & Innovation)
LLM Master of Laws in Chinese Business Law (in partnership with Open University of Hong Kong)
Master of Science in Health Management (in partnership with Atheneum Liberal Studies)
MBA - Master in Accounting and Finance (in partnership with Atheneum Liberal Studies)
MBA - Master in Maritime and Shipping Management (in collaboration with Atheneum Liberal Studies and with Institute for International Maritime Studies)
Master of Science in Applied Archaeological Sciences (in partnership with Atheneum Liberal Studies)

Doctoral Degrees

DBA - Doctor of Business Administration (in partnership with 5ive Global Education)

