



Call for applications for admission to the National PhD Programme in Kinesiology and Sport Sciences

**XLII cycle, academic year 2026/2027 and for the awarding of 30 PhD scholarships
(of which 7 positions are reserved for companies' employees)**

ART. 1 – CALL FOR APPLICATIONS

1.1 The University of Verona hereby announces a public selection for admission to the National PhD programme in Kinesiology and Sport Sciences for the XLII cycle, academic year 2026-2027.

NATIONAL PHD PROGRAMME IN Kinesiology and Sport Sciences	<i>Scholarships funded by University funds or other fund</i>	<i>Places reserved for companies' employees</i>	<i>TOTAL</i>
Università di Verona	8	0	8
Università degli Studi di Foggia	1	0	1
Università degli Studi di Roma "Foro Italico"	1	0	1
Università degli Studi Magna Graecia di Catanzaro	1	0	1
Università Telematica San Raffaele Roma	1	0	1
Università Telematica Pegaso Srl	1	0	1
Università degli Studi di Trento	1	0	1
Università degli Studi di Brescia	1	0	1
Università degli Studi di Palermo	1	0	1
Università degli Studi di Messina	1	0	1
Università degli Studi di Perugia	1	0	1
Università degli Studi di Bolzano	1	0	1
Università degli Studi di Catania	1	0	1
C.U.S. Verona	1	0	1
Hellas Verona Football club SpA	0	1	1
Dr Feel Srl	0	1	1
La Sportiva Spa	1	0	1
Cosmed Srl	0	2	2
Predict SpA	0	2	2
DNA Sport Consulting Srl	0	1	1
Ce.Ri.Sm	1	0	1
TOTAL	23	7	30

1.2 The number of places and features of the available scholarships, the criteria for the evaluation of qualifications, the dates of the admission exam sessions, the language, methods and criteria for selection are detailed on Annex 1 – *National PhD Programme in Kinesiology and Sport Sciences* which constitutes an integral part of this Call. The Call for Application is published on the Official

University Register ([Albo Ufficiale di Ateneo](#)) and on the following websites: [Euraxess](#) and Official Gazette ([Gazzetta Ufficiale](#)).

- 1.3 Any amendments or updates will be published exclusively on the [PhD Programme's website](#). The number of positions funded with scholarships may increase after the publication of the Call, in case additional funding is made available by public or private bodies, including PhD scholarships granted within specific international projects or by governments of foreign countries. Nevertheless, the deadline for applications will not be delayed.
The positions under this call for applications indicated as “*reserved for companies' employees*” are to be considered as reserved exclusively for employees of the listed companies, maintaining their status and salary treatment for the entire duration of the doctoral course.
- 1.4 In accordance with Italian Ministerial Decree no. 226/2021, in order for PhD courses to run, they may be subject to compliance checks on accreditation requirements, carried out by Italian Ministry of University and Research (MUR). In case the PhD Programme is not accredited, applicants will be promptly informed and entry examination will not be held.
In the event that the outcome of the accreditation is not yet known at the time the competition procedures are carried out, the tests will be regularly held and the winners will be conditionally enrolled, awaiting for the positive outcome of the accreditation procedure for the course. A negative outcome of the accreditation procedure will result in the **non-activation** of that course for the XLII cycle and the conditionally enrolled students will be promptly notified by e-mail. This notice has the value of official notification to all effects. Applicants will not receive any further communication except as provided above.

ART. 2 – IMPLEMENTATION OF THE PhD PROGRAMME

- 2.1 The XLII cycle of PhD programmes will officially begin on 1st October 2026. The National PhD programme lasts three years. The final defence of the doctoral thesis must take place within the month of May of the calendar year after the conclusion of the PhD programme. Once the candidate has successfully completed the doctoral programme and passed the final examination, the PhD degree is jointly conferred by the Rector of the University of Verona and the Rector of the partner University (if applicable).
- 2.2 The awarding of the degree certificate is subject to the submission, by the PhD candidate, of his/her final doctoral thesis to the Verona University Open Archive (IRIS), where it shall be kept available for consultation. The University of Verona shall be responsible for submitting a copy of the doctoral thesis to the National Libraries of Rome and Florence, as specified by law.

ART. 3 – ADMISSION REQUIREMENTS

- In order to apply, it is required that applicants, regardless of their age and nationality:
- Hold an Italian university degree such as Laurea magistrale, Laurea specialistica or Laurea “vecchio ordinamento” (before Reform no. 509/1999); or
 - Hold an academic qualification (i.e. Master of Science/Art) awarded by a Higher Education Institution which allows access in the issuing Country to further studies at academic institutions at the PhD level; Professional degrees (e.g.: Master in Business Administration - MBA, Bachelor of Medicine and Bachelor of Surgery - MBBS, ecc.) do not grant access to the PhD programmes.
- 3.2 Applicants who have not yet completed their Master's degree are also entitled to apply, provided that the degree is awarded by the day before the official starting date of the PhD programme. Their application will be considered as “**conditionally admitted**” and they will be required to submit their degree certificate or a self-certification (only for EU citizens, in accordance with Presidential Decree no. 445 of 28/12/00) to the PhD Office (*Area Ricerca – U.O. Dottorati di Ricerca* dottorati.ricerca@ateneo.univr.it) at the time of pre-enrolment or later on, as long as within the day before the official starting date of the PhD Programme.
- 3.3 Applicants who are already enrolled in a PhD programme at the University of Verona may transfer to a different PhD programme (only if it offers a position without scholarship), provided they have passed the entry exam and been granted admission to the new course. Students who change courses must withdraw from their previous PhD programme and start the new programme in its

first year.

- 3.4 Applicants who already hold a PhD degree will not be admitted to any programme with similar research topics. Applicants who have already benefited from a PhD scholarship or part of it, regardless of where and when are not eligible to be granted another scholarship.
- 3.5 All applicants will be **conditionally** admitted to the selection. If any of the aforementioned prerequisites are not satisfied, the university reserves the right to exclude applicants from the selection procedure for justified reasons **at any time**, even after the examination sessions have taken place.

ART. 4 – APPLICATION

- 4.1 Applicants can submit their application **from July 6th 2026 at 10:00 a.m. to August 3rd 2026 at 12.00 noon** (Italian time), exclusively using the online form available at www.univr.it/applicationphd. To be admitted to the selection process, a mandatory, non-refundable fee of €10.00 (ten/00) is required, under penalty of exclusion. This fee must be paid by the application deadline.

The applicants have to:

- go to www.univr.it/applicationphd webpage;
- register to the online system by entering the information required (if new users);
- log in using their personal credentials (if current students of the University of Verona or already registered applicants);
- Select your chosen doctoral program from the menu item "Registrar's Office > Admission Test > Admission Test";
- Complete the form by entering all the required information, including the qualifications being evaluated. These must be uploaded in PDF format, specifying a clear description for each qualification.
- Upon completion of the procedure, the system will generate a payment notice for the competition fee and a registration receipt containing the pre-registration number needed to view the admission test results and your position in the ranking.

Specific **guidelines** on how to apply are available at the [National PhD programme webpage](#). Each communication regarding the selection will show the **registration code** assigned at the application stage. Instructions for retrieving the code are available in special '**Guidelines**' on the [web page of the PhD Programme](#).

For technical issues, please contact: phd.support@ateneo.univr.it;

For further information or questions about this Call for Applications, please contact: dottorati.ricerca@ateneo.univr.it.

- 4.2 In order to avoid a system overload, applicants are highly recommended to fill out the application form well in advance instead of close to the deadline. It is each applicant's responsibility to check that the procedure has been completed correctly. The university accepts no responsibility for late applications due to technical problems or software failure close to the deadline, overloading of communications and/or applicative systems, nor for any loss of communication due to incorrect or missing addresses or late notification of a change of e-mail contact, nor for any possible misunderstanding or problem caused by third parties, fortuitous case or force majeure. Incomplete applications, missing of any piece of information and/or compulsory attachments shall not be considered. Additional material submitted after the deadline will not be accepted, unless expressly required by the PhD Office.
- 4.4 Applicants may apply for more than one position, up to a maximum of 5 (five)
- 4.5 All documentation must be in Italian or English or translated into one of the aforementioned languages as the applicant's responsibility.

- 4.6 The list of the applications duly received within the deadline will be published on the [National PhD Programme webpage](#) before the selection procedure starts. Applicants should check the information posted regularly. In case of any mistake, they should immediately contact the PhD Office at dottorati.ricerca@ateneo.univr.it.

ART. 5 – APPLICANTS HOLDING FOREIGN DEGREES

- 5.1 Applicants holding a foreign degree must send, other than their application and qualifications required to apply for the selected PhD programme, the following documentation (pdf format) to show that their degree grants access to PhD courses:

- Bachelor's degree certificate showing the exact name of the degree and the final score, supported by a certificate with a full list of the exams taken, the grades achieved and the academic grading scale (academic transcript/transcript of records);
- Master's degree certificate showing the exact name of the degree and the final score, supported by a certificate with a full list of the exams taken, the grades achieved and the academic grading scale (academic transcript/transcript of records);
- Diploma Supplement (if available);
- Any other document considered relevant to evaluate the applicant's academic qualifications (i.e. Declaration of Value, if already available).

The official documents listed above, if issued in a language other than Italian or English, must be accompanied by a legal translation in either Italian or English, under penalty of exclusion.

- 5.2 If the applicant's academic qualification has already been officially recognised as equivalent to an Italian degree, the applicant must specify the Italian university that has recognized the degree to be equivalent and the details of the related Rector's decree. Foreign qualifications that have not been officially recognised, will be subject to a standard validation procedure, based on the documentation listed in paragraph 5.1 of this Call and with the sole purpose of fulfilling the application requirements for the PhD programme.
- 5.3 In addition to the above listed documents, applicants may be requested to submit further documentation in order to validate their degrees.
- 5.4 Applicants holding a foreign qualification will be **provisionally admitted** to the selection. The eligibility of their degree (see item 5.1), will be verified at the end of the selection process, only for the applicants listed in the final rankings. In the event that a foreign qualification is not considered as eligible, the applicant will not be entitled to enrol in the PhD programme and his/her position will be offered to the next applicant in the ranking list.

ART. 6 - APPLICANTS WITH INVALIDITY, DISABILITY OR SPECIFIC LEARNING DISORDERS

- 6.1 The tests are organized taking into account the needs of applicants with invalidity, disabilities pursuant to law n. 104/1992, or with specific learning disorders (SLD) referred to in law no. 170/2010. The applicant with a certificate of invalidity, disability as per law n. 104/1992, or with a diagnosis of SLD, which intends to request the application of specific adaptations, must
- declare it when applying for the competition;
 - send a specific request using the appropriate form (Annex 2), together with the necessary certifications and attachments, to be sent by e-mail to adattamentiprove@ateneo.univr.it. By completing the form, the applicant also makes the necessary declarations.
- 6.2 Requests for adaptation of the tests must be received within the same deadlines set for the application for the competition as reported in article 4.1.
- 6.3 The applicant with invalidity, disability pursuant to law no. 104/1992, or with SLD:
- in the event of a test with a predetermined maximum time for its performance, may request to make use of additional time (up to a maximum of 50% in the case of an applicant with disability or disability pursuant to law no.104 / 1992; to the maximum extent 30% in the case of an applicant with SLD);
 - they can also ask for further adjustments necessary due to the specific condition of invalidity, disability or SLD, and in relation to the type of test.
- 6.4 The applicant with SLD must present suitable certification, in original or authenticated copy on plain paper, issued no more than three years ago, or after the eighteenth year of life, by structures of the National Health System (SSN) or by structures and / or specialists accredited by the same.

- To this end, the applicant can in any case send the certification in copy or scan by e-mail, declaring conformity with the original in the aforementioned adaptation request form.
- 6.5 The applicant with invalidity, or disability pursuant to law n.104 / 1992, must present suitable certification, in original or authenticated copy on plain paper, issued by the competent medical commission for the area, proving the type and degree of disability and / o the degree of recognized handicap. To this end, the applicant may in any case send the certification in copy or scan by e-mail, declaring conformity with the original in the aforementioned application form for the aid.
- 6.6 The applicants referred to in this article may be admitted to take advantage of the measures provided for the test with the medical certification in their possession, even if not updated due to the limitation of the activity of the SSN for Covid19 emergency, subject to, by the University, to subsequently request the integration of the documentation provided therein.
- 6.7 Applicants with invalidity, disability pursuant to law n.104 / 1992, or with SLD, residing in foreign countries, who intend to take advantage of the measures referred to in the preceding paragraphs, must submit the legalized certification, where required by the international standards in force, certifying the state of invalidity, disability or SLD, issued in the country of residence, accompanied by a translation, sworn and provided by an official translator or certified conforming to the original text by the Italian diplomatic representations, in Italian or in English. The university bodies in charge of examining the certifications referred to in the preceding paragraphs ascertain that the foreign documentation certifies a condition of invalidity, disability or specific learning disability recognized by Italian law. Pending the verification of the authenticity of the aforementioned documentation by the University bodies, the applicant who is a resident in a non-EU country is conditionally admitted to take the test.
- 6.8 The facilities referred to in this article are granted by the Selection Committee upon the proposal of the Inclusion Unit.
- 6.9 Any clarifications may be requested by applicants by e-mail by contacting the Inclusion Unit at adattamentiprove@ateneo.univr.it.

ART. 7 – ENTRY EXAMINATION, EVALUATION AND SELECTION OF APPLICANTS

- 7.1 The entry examination consists in a selection procedure intended to ascertain applicants' academic background and aptitude for academic research and to ensure a comparative evaluation of applicants.
- 7.2 Details on the selection procedure and the evaluation criteria are provided in *Annex 1*.
- 7.3 Entry examination's timetable is included in *Annex 1*. Possible up-to-date notices regarding the selection procedure will be posted on the [National PhD Programme webpage](#). In order to be correctly identified, applicants will have to show the same ID – identity card, driving licence, passport – they used to register their online application. Should the exam be conducted online via live streaming on Zoom, applicants will be asked to keep their camera on to allow the Examination Board to identify and see them during the examination.
- 7.4 A score of at least 40/60 is required to pass the entry examination, unless differently specified. The evaluation of qualifications will be added to the oral exam score. The evaluation of qualifications will be based on the documents submitted by the applicants. If the qualifications score has not already been specified in *Annex 1*, the Examination Board will decide the score for each qualification required.
- 7.5 For all types of announced positions, the Examination Board may reserve the possibility of drawing up separate rankings, taking into account the preferences expressed and the applications received. In the event that no applications have been submitted for a specific ranking within a Course, in the event of withdrawals or if no suitable applicants are available in a ranking, and in any cases the Examination Board may reserve the possibility of assigning the position to suitable applicants within another ranking of the Course, subject to verification of the requisites required.
- 7.6 **Applicants will not be notified about the examination results.** The official final rankings, approved by Rector's Decree, will be published and displayed on the Official University Register (*Albo Ufficiale dell'Ateneo*), and on the [National PhD Programme webpage](#). Applicants may contest the final ranking after the publication of the selection results. In accordance with Law no. 241/1990 and subsequent additions and modifications, applicants have the right to access the selection records.

ART. 8 – EXAMINATION BOARDS

- 8.1 The Examination Boards shall consist of three members of the PhD Board. They may include – with no additional cost to the University – up to two Italian or international experts selected from companies or public or private research entities. The inclusion and nomination of such experts are compulsory if provided by a specific agreement.

Each Examination Board shall elect its own Chair and Secretary. The Rector's Decrees stating the members of the Examination Boards will be published on each PhD Programme's website after the deadline of the present notice.

ART. 9 – ADMISSION TO THE PhD PROGRAMME

- 9.1 Successful applicants are admitted to the PhD programme in merit-based ranking order until all the available places on the programme have been granted. If the same marks have been scored by two or more candidates, the youngest one will get preference in ranking in accordance with Art. 3.7, Law no. 127/97 as modified by art. 2, Law 191/98. Should an applicant be successful in more than one ranking, he/she must choose only one PhD position to enrol in. The option entails automatic dismissal from other positions.
In all cases and / or in the event that there are no suitable candidates on one or more specific research topics, the Examination Board may evaluate, at its sole discretion, the assignment of the position(s) to any eligible candidates for similar research topics available within the same Course.
- 9.2 In order to register to the PhD programme, successful applicants must submit an online enrolment form following the procedure available at www.univr.it/enrolmentphd, within 15 days after the publication of the final rankings, under penalty of exclusion.
- 9.3 Should an applicant fail to complete the online enrolment within the deadline, the University will consider him/her as having given up his/her position (with or without scholarship) in the programme, and it will be reassigned to the next applicant on the merit ranking. The latter will be informed only by email and must enrol by following the procedure described in paragraph 9.2, within five days from the notification.
- 9.4 Applicants are advised that the University is required to check the truthfulness of any information or statement received. Should a declaration be found false or misleading, in addition to the loss of any benefits gained by the applicant on the basis of a false declaration, criminal sanctions for false statements and the forgery of documents shall apply (see Art. 75 and 76 of Presidential Decree no. 445/2000). The University Administration will withdraw any benefits awarded to the candidate (such as a scholarship and fee concessions) and will not reimburse any of the fees paid. False declarations may also lead to possible legal action by the interested parties

ART. 10 – RIGHTS, OBLIGATIONS AND INCOMPATIBILITIES FOR PhD STUDENTS

- 10.1 Attendance to the PhD course involves **an exclusive and full-time commitment**.
- 10.2 Any activities other than training and research must be authorized by the PhD Programme Teaching Board, subject to the favourable opinion of the Supervisor and co-Supervisor. PhD students may undertake paid assignments limited to activities leading to acquire new skills within the research path of the PhD Programme, provided that the PhD Teaching Committee has confirmed that the successful fulfilment of training, teaching and research activities of the Course is preserved. The remuneration of those authorized activities shall not exceed the value of the annual amount of the PhD scholarship as detailed in art. 11, paragraph 1 below. Subordinate employment contracts with public or private entities involving a continuous commitment for a fixed or indefinite duration are considered in determining the above remuneration. For PhD students who do not hold a scholarship, any real incompatibility between doctoral and work activities must be evaluated by the PhD Teaching Committee.
- 10.3 Public employees admitted to a PhD Programme, for the normal duration of the course can benefit from a leave from work as provided for in their employment contract or, if employed under public law, from study leave, if **compatible with the needs of the administration**, pursuant to art. 2, Law no. 476/1984, without salary and only if enrolled for the first time in a doctoral course, regardless of the subject field.

- 10.4 In accordance with the provisions of Law 33/2022, simultaneous enrolment in a PhD course and a **non-compulsory attendance** bachelor's/master's degree course, a non-medical specialisation course and a Level I or II master's course is permitted. Enrolment is subject to the approval of the respective Bodies, which must verify the sustainability of dual attendance for the achievement of the knowledge and skills required by each course. Simultaneous enrolment in a PhD course and a medical specialisation course is also permitted, pursuant to Article 7 of Ministerial Decree 226/2021 and regulated by Article 10 above. Simultaneous enrolment and, consequently, joint attendance of two PhD courses (except in the case of co-doctoral agreements or enrolment in international doctoral programmes aimed at awarding double or joint degrees) and of a PhD course and a degree/master's degree course involving compulsory attendance is not allowed: at the time of enrolment, the PhD Candidate must opt for one of the two courses. In the event of a false declaration and where a dual enrolment persists, the University shall issue a formal provision signed by the Rector annulling the enrolment on the course and proceed to recover any sums paid by way of a grant in accordance with the procedures laid down by law. The ban on double enrolment continues until the end of the last year of the Course (third/fourth year).
- 10.5 For all positions available, the period abroad is optional, subject to the approval of the funding body and the favorable opinion of the Supervisor and co-Supervisor, and equal to a maximum of 6 months.
- 10.6 For regulations concerning PhD students' rights, obligations, incompatibilities and for what not regulated by this Call please refer to [Regulations for PhD Studies](#).

ART. 11 – SCHOLARSHIPS

- 11.1 The annual amount of the PhD scholarship is equal to Euro 17.602,57 gross of INPS social security charges as provided by law to be paid by the recipient. Scholarships are awarded for the entire duration of the PhD programme (3 years/36 months) and instalments are paid on a monthly basis. The first instalment of October 2026 will be paid at the end of the same month provided that the student has submitted all the documentation required and is correctly enrolled in their PhD programme **by 24 September 2026**. Otherwise, a two-month instalment will be paid at the end of November.
- 11.2 The scholarship will be increased by 50% during the authorised study periods abroad, only where required by the advertised position. Should the student be suspended or excluded from the PhD programme, scholarship funds will be awarded only for the period in which he/she attended it.
- 11.3 Scholarships have an annual duration and are renewed on the condition that the PhD student has completed all the activities intended for that year, as verified by the PhD programme Teaching Committee.
- 11.4 From the first year of the programme, every PhD student (with or without scholarship) shall be guaranteed a research budget of not less than 20% of the annual scholarship amount in order to support his/her research activity in Italy and abroad.
- 11.5 PhD scholarships cannot be accumulated with other scholarships, except those granted by national or foreign institutions that allow the student to conduct PhD research abroad.

ART. 12 – STUDY FEES AND CONTRIBUTIONS PAYABLE

- 12.1 The following fees are required to be paid compulsorily at the time of pre-enrolment regardless of the due date of 31.12.2026 shown on the bulletin. Students must pay **€208.00** (€192.00 for regional study tax contributions, and €16.00 for stamp duty using the virtual stamping system) on a single payment to finalize the pre-enrolment.

Any changes to the aforementioned amounts will be notified to PhD students in due time.

- 12.2 Students who are not awarded a scholarship but meet specific income requirements may request a reduction of the regional study tax contributions and/or student contributions by following the instructions published in the Rector's Decree at <https://www.univr.it/en/job-vacancies/studenti-e-laureati/riduzione-contribuzione-studentesca>

Students meeting the following requisites are exempt from paying tuition fees and regional study tax contributions:

- students with a legal disability of at least 66% certified by the relevant health authority pursuant to Law no. 104/92; In order to obtain the facilities, interested candidates must send the appropriate request form for exemption/reduction of university fees for students with disabilities, available at this [link](#), together with the documents indicated therein, at the same time as enrolling at inclusion@ateneo.univr.it
- recipients of a regional scholarship;

ART. 13 – IPR

- 13.1 The intellectual and industrial property rights of any results achieved by PhD students – including, but not limited to, software, industrial inventions that may or may not be patentable, know-how, models, data and data collections – are governed in accordance with current regulations/statutory laws, the University regulations and, where applicable, in compliance with specific agreements signed with universities, enterprises/businesses or other parties involved.
- 13.2 In all cases, PhD candidates undertake to promptly notify the Coordinator regarding the achievement of any results and must agree not to disclose them or use them without the prior authorisation of the University. If collaborating with research groups, PhD students must sign a specific agreement for the recognition of intellectual property rights, maintaining the utmost confidentiality concerning all reserved information, data, and documents they may come into the possession of while carrying out their activities at or on behalf of the University.
- 13.3 In all cases, PhD students are guaranteed the possibility of undertaking all the normal publication activities provided by the research and study programme, which shall be planned compatibly with the need to protect any possible results.

ART. 14 – FINAL REGULATIONS

- 14.1 The University of Verona is the Data Controller of candidates' personal data according to EU Regulation 2016/67; further information about data processing, data recipients, and rights of the data subjects can be found on the University of Verona webpage: <https://www.univr.it/en/privacy>.
- 14.2 Contact person responsible for administrative proceedings: dott.ssa Paola Tognolo, Responsabile UO Dottorati di Ricerca, Via S. Francesco n. 22, Verona, phone. 045 8028134/8028078, e-mail: dottorati.ricerca@ateneo.univr.it

All matters not specified in this Call for Applications shall be governed by the Regulations for PhD Studies and relevant national laws and regulations.
- 14.3 Further information about the administrative procedure are available on the website, [Dottorati di Ricerca](#) and PhD Programmes webpages and can be requested to the PhD Office:
Area Ricerca – U.O. Dottorati di Ricerca, Via San Francesco no. 22, phone. 00 39 045 8028134/8028078, e-mail: dottorati.ricerca@ateneo.univr.it

The official text of this Call for Applications is drawn up in Italian language and available on the Official University Register (Albo Ufficiale di Ateneo).

This translation provides a summary in English for information purposes only. In case of discrepancies, the Italian version will prevail.

Allegato 1 – Scheda DIN

National PhD Programme in Sport and Exercise Sciences XLII Cycle Coordinator: Prof. Federico Schena	
Duration	1 October 2026 – 30 September 2029 Thesis Defence: by April/May
Administrative Office	University of Verona Department of Neuroscience, Biomedicine and Movement
Host Institution / Operational Site	The host operating office is the primary site for the research and training activities of the doctoral students' awarded scholarships financed or co-financed by the same.
Admission Requirements	_“Laurea specialistica” or “Laurea magistrale” (second cycle university Degree, e.g., M.A., M.Sc.); _or a Degree taken under the Italian university system in force prior to the one introduced by the Italian Ministerial Decree No. 509/1999; _or equivalent foreign degree.
Training Objectives and Course Language	Information on the programme's educational objectives, curricula, and research topics is available on the University of Verona website at the following link . The programme activities will be conducted primarily in English.
Available Positions	30 funded positions, of which: • University/Partner Institution scholarships funded from their own resources: 23 • Positions reserved for company employees: 7 Applicants may apply for a maximum of 5 positions, indicating an order of preference among the proposed projects (see section “Qualifications Subject to Evaluation”).
Funded PhD Positions Sponsored by Universities or Other Institutions	
Position n.1 – University of Verona	
Research topic. <i>Effects of perceived risk and effort costs on motor skill learning in decision-making contexts</i> This Ph.D. project explores how perceived risk and effort costs influence the acquisition of motor skills in contexts that require decision-making. Through a combination of behavioral experiments and computational modeling, the research aims to identify the mechanisms by which the human sensorimotor system integrates cost-related information during learning. Drawing on frameworks from optimal control, risk-aware theories and statistical decision-making, the project will develop models that capture how trade-offs between effort, risk, and expected outcomes shape motor learning and action selection. The results are expected to enhance our understanding of decision-dependent motor learning and support the development of personalized training strategies and neuroadaptive technologies for complex, uncertain environments. The Ph.D. project investigates how perceived effort and risk shape motor skill learning in decision-making contexts. Using behavioral experiments and computational modeling, it aims to reveal how the sensorimotor system integrates cost-related information. The goal is to develop models explaining how trade-offs guide action selection, supporting personalized training and neuroadaptive solutions. (CODICE: DIN01/ATENEO) Contact Person: Prof. Matteo Bertucco Email: matteo.bertucco@univr.it Host operating office: Università di Verona Dipartimento di Neuroscienze Biomedicina e Movimento Piazzale Ludovico Antonio Scuro 10 - 37124 Verona The project includes an optional period abroad (up to 6 months) at a host institution to be determined.	

Allegato 1 – Scheda DIN

Position n. 2 – University of Verona
Research topic. <i>Alterations in muscle-tendon biomechanics induced by ageing and sarcopenia: implications for functional decline and potential intervention strategies</i> The project aims to characterise the biomechanical alterations of the muscle-tendon unit associated with ageing and sarcopenia and to understand their role in driving the decline in functional capacity (during contraction and locomotion). Telemedicine-based training protocols will then be used to gain further insight into the adaptive capacity of sarcopenic patients. The findings will contribute to the identification of biomechanical biomarkers and the development of targeted intervention strategies to preserve muscle function and promote healthy ageing. (CODICE: DIN02/ATENEO) Contact Person: Prof. Andrea Monte Email: andrea.monte@univr.it +39 0458425115 Host operating office: Università di Verona Dipartimento di Neuroscienze Biomedicina e Movimento Piazzale Ludovico Antonio Scuro 10 - 37124 Verona The project includes an optional period abroad (up to 6 months) at a host institution to be determined.
Position n. 3 – University of Verona
Research topic: <i>Development of intervention models through adapted physical activity and structured exercise within treatment pathways for Parkinson's disease and functional movement disorders</i> The numerous and extensive pieces of evidence on the benefits produced by appropriately and regularly performed motor activity across the various stages of Parkinson's disease and in the different presentations of functional movement disorders have highlighted the need for precise guidance—supported by a solid experimental framework, clinically and functionally validated—regarding the specific characteristics of the interventions to be implemented. In particular, the research project will focus on an approach that promotes long-term sustainable methods, capable of being implemented across the different living environments of people affected by the aforementioned conditions. (CODICE: DIN03/ATENEO) Contact Person: Prof. Federico Schena – Prof. Michele Tinazzi Email: federico.schena@univr.it; michele.tinazzi@univr.it Host operating office: Università di Verona Dipartimento di Neuroscienze Biomedicina e Movimento Piazzale Ludovico Antonio Scuro 10 - 37124 Verona The project includes an optional period abroad (up to 6 months) at a host institution to be determined.
Position n. 4 – University of Verona
Research topic: <i>Characterizing the Liver–Muscle Axis in Liver Transplantation: A Multi-Level Investigation of Exercise and Skeletal Muscle Recovery</i> Patients with severe liver failure awaiting transplantation exhibit a high prevalence of sarcopenia and skeletal muscle dysfunction, which often persist after surgery and are associated with delayed postoperative functional recovery. Although physical exercise is considered a promising therapeutic strategy, the mechanisms linking liver function to

Allegato 1 – Scheda DIN

skeletal muscle remain poorly understood. This project investigates this relationship by integrating in-vivo and ex-vivo assessments of muscle function with clinical and functional outcomes. The aim is to elucidate how exercise modulates liver–muscle crosstalk and to identify functional and molecular markers that may inform the development of tailored exercise protocols for patients with severe liver failure awaiting liver transplantation.

(CODICE: DIN04/ATENEO)

Contact Person: Prof. Massimo Venturelli

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Host operating office:

Università di Verona

Dipartimento di Neuroscienze Biomedicina e Movimento

Piazzale Ludovico Antonio Scuro 10 - 37124 Verona

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 5 – University of Verona

Research topic:

Addressing the neurocognitive mechanisms of placebo and nocebo effects on motor performance

The theoretical framework of this project is the predictive processing of brain functioning, in which our behavior and perception can be shaped by what we believe, expect, or are exposed to. Within this perspective, the project will address the neurocognitive mechanisms of placebo and nocebo effects in the motor domain by combining cognitive and behavioral tasks with electroencephalography and non-invasive brain stimulation. Furthermore, peripheral measures (heart rate, respiration, electromyography), interoceptive measures, and computational models will be used to shed new light on the brain-body interaction.

(CODICE: DIN05/ATENEO)

Contact Person: Prof.ssa Mirta Fiorio

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Host operating office:

Università di Verona

Dipartimento di Neuroscienze Biomedicina e Movimento

Piazzale Ludovico Antonio Scuro 10 - 37124 Verona

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n.6 – University of Verona

Research topic:

Analysis of Physical and Training Characteristics in High-Level Endurance Runners

The project aims to investigate athletes competing in disciplines ranging from middle-distance running to the marathon and ultra-endurance events, with the objective of examining the associations between physical, physiological, and training-related characteristics and athletic performance. While the primary focus will be on high-level athletes, the project will also explore these characteristics in youth populations to enhance understanding of performance development and talent identification pathways in endurance running

(CODICE: DIN06/ATENEO)

Contact Person: Prof. Aldo Savoldelli

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Host operating office:

CeRiSM – Centro di Ricerca Sport Montagna e Salute

Allegato 1 – Scheda DIN

Rovereto (TN) – Piazza della manifattura 1

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 7 – University of Verona

Research topic:

Analysis, Planning and Validation of Healthy Workplace Welfare Programs, Promoting Physical Activity and Lifestyles

Workplace welfare has become a strategic tool for promoting employees' well-being and enhancing organizational competitiveness. Among the various workplace welfare initiatives, the monitoring and promotion of physical activity play a key role, as they contribute to the prevention of chronic diseases, the reduction of stress, and the improvement of individuals' physical and mental well-being. Encouraging an active lifestyle through dedicated programs implemented either within the workplace or in collaboration with local community organizations not only promotes individual health but also strengthens employee engagement, fosters a sense of belonging, reduces absenteeism, and enhances productivity. The research project associated with this PhD position, aims to investigate and analyze the current implementation of workplace welfare initiatives in large and small companies and organizations, including university institutions. Intervention programs tailored to different organizational contexts will be developed and validated, and their impact on participants' health and lifestyle will be evaluated. In addition, specific quality and effectiveness indicators, together with monitoring tools, will be developed to assess the implementation and outcomes of these workplace welfare interventions.

(CODICE: DIN07/ATENEO)

Contact Person: Prof. Cantor Tarperi

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Host operating office:

Università di Verona

Dipartimento di Neuroscienze Biomedicina e Movimento

Piazzale Ludovico Antonio Scuro 10 - 37124 Verona

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Borsa n. 8 – Università degli Studi di Verona

Research topic:

Precision Exercise Oncology: innovative approaches for personalized exercise in cancer patients

The research project aims to analyze and develop innovative approaches for the personalization of exercise in oncology, through the integration of individual characteristics, clinical parameters, physiological responses, and technology-based monitoring tools. The goal is to contribute to the definition of exercise interventions adapted to the patient's profile, aimed at improving effectiveness, safety, adherence, quality of life, and physical function during and after cancer care.

(CODICE: DIN08/ATENEO)

Contact Person: Dott.ssa Alice Avancini – Prof. Federico Schena

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Host operating office:

Università di Verona

Dipartimento di Neuroscienze Biomedicina e Movimento

Piazzale Ludovico Antonio Scuro 10 - 37124 Verona

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Allegato 1 – Scheda DIN

Position n. 9 – Università degli Studi di Verona Ce.Ri.SM

Research topic:***Integrated approaches for assessing and monitoring recovery and training load in women's football***

The research project aims to advance knowledge and develop tools to assess and monitor training load in women's football. By investigating physiological, performance, and recovery indicators in post-pubertal female football players, the project seeks to identify the parameters most sensitive to changes in training status and performance. The expected outcomes might optimise training prescription and monitoring, reduce the risk of overload and injury, and support athletes' long-term development, including the transition from youth to senior competition.

(CODICE: DIN09/ATENEO)**Contact Person:** Prof. Roberto Modena**Email:** roberto.modena@unitn.it ; roberto.modena@univr.it**Sede operativa ospitante:**

CeRiSM – Università di Verona e Trento

Piazza Manifattura n. 1, 38068 Rovereto

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n.10 - C.U.S. Centro Universitario Sportivo Verona

Research topic:***Promoting competitive equity in Paralympic sport through the development and validation of evidence-based classification systems.***

The research aims to promote equity in Paralympic competitions by investigating the validity of current classification systems across different Paralympic sports and by developing evidence-based classification procedures. The project will focus on analysing the relationship between functional impairment and sport-specific performance through the identification and measurement of biomechanical, physiological, and technical-functional indicators that are determinants of sports performance. For each sport under investigation, the project will examine the minimum eligibility criteria, the appropriateness of the number of sport classes, and the procedures used to assign athletes to different sport classes. Experimental approaches and quantitative methodologies will be employed to develop and validate models capable of supporting evidence-based classification processes. The expected outcomes will contribute to the advancement of Paralympic classification systems, strengthening their integrity and promoting greater equity in sporting competitions.

(CODICE: DIN10/ATENEO)**Contact Person:** Prof.ssa Chiara Milanese – Dott.ssa Valentina Cavedon**Email:** chiara.milanese@univr.it valentina.cavedon@univr.it**Host operating office:**

Università di Verona

Dipartimento di Neuroscienze Biomedicina e Movimento

Piazzale Ludovico Antonio Scuro 10 - 37124 Verona

HOST ORGANIZATIONS: Veneto Regional Committee of the Italian Paralympic Committee (CIP Veneto) and the World ParaVolley International Federation

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 11 – La Sportiva SpA

Allegato 1 – Scheda DIN

Research topic :

Innovation in the mountain sports sector

The project aims to develop innovative scientific methodologies for the objective evaluation of the performance of technical footwear and apparel designed for mountain sports.

The research activities will be carried out through laboratory testing and field-based measurements and will involve the development of protocols for the integrated and multidisciplinary assessment of biomechanical, functional, and metabolic parameters. These parameters will be used to understand how product characteristics influence performance and movement execution during sports activities such as trail running, mountaineering, climbing, and ski mountaineering.

The ultimate goal is to provide scientific metrics to support the development, design, and validation of new products. The applied nature of the project also requires a strong integration between experimental research and direct knowledge of the mountain environment and the performance demands typical of outdoor disciplines.

(CODICE: DIN11)

Contact Person: Prof. Lorenzo Bortolan (Per l'azienda: Dr. Matteo Iellici)

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Host operating office:

CeRiSM – Università di Verona e Trento

Piazza Manifattura n. 1, 38068 Rovereto

Position n. 12 – Libera Università di Bolzano

Research topic:

Promoting health and well-being through leisure physical activity in natural environments

Leisure studies have emerged as a significant and rapidly expanding field of research, with an increasing number of investigations examining the characteristics and effectiveness of leisure education throughout the lifespan. In particular, growing scholarly attention has been directed towards outdoor physical activity performed in natural environments, as well as exposure to green spaces, due to their potential associations with individual health, psychological wellbeing, and social functioning.

Within this context, the doctoral research will examine the facilitators and barriers that influence participation in green outdoor physical activities, as well as their physical, psychological, and social outcomes across diverse population groups and age cohorts. To address these objectives, the project will adopt innovative methodological approaches and advanced research tools, integrating real-world experiential interventions with virtual simulation environments. In addition, the study will investigate the role of digital ecosystems, social networking platforms, and technology-mediated forms of connectivity in promoting community engagement, supporting sustained participation, and enhancing long-term adherence to physically active lifestyles.

The findings are expected to advance current theoretical and empirical knowledge in the field and to inform the design of evidence-based interventions, public health strategies, and policy initiatives aimed at promoting active lifestyles, healthy ageing, and equitable access to opportunities for physical activity in green environments.

(CODICE: DIN12/ATENEO)

Contact Person: Prof. Attilio Carraro

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Host operating office:

Libera Università di Bolzano, campus di Bressanone

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 13 – Università degli Studi di Brescia

Research topic:

The role of adapted physical activity in women in remission from breast cancer

Allegato 1 – Scheda DIN

The primary objective of the research project is to evaluate how individualized physical activity can mitigate metabolic and cardiovascular risk factors in women in remission from breast cancer who are treated with endocrine therapy based on aromatase inhibitors.

(CODICE: DIN13/ATENEO)

Contact Person: Prof. Francesco Negro - Dott. Danilo Iannetta

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Host operating office:

Department of Clinical and Experimental Sciences (DSCS)

Viale Europa 11, 25123

University of Brescia

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 14 – Università degli Studi di Catania

Research topic:

Impact of core stability on motor control and performance: development and validation of exercise protocols

This project aims to develop and validate core stability-focused exercise protocols, analyzing their effects on motor control, dynamic posture, and functional performance. Particular attention will be paid to motor learning processes, specifically the acquisition, stabilization, and transfer of more efficient motor strategies across static, dynamic, and sport-specific tasks. The ultimate goal is to identify biomechanical, postural, and functional parameters that help elucidate the role of core stability in enhancing movement quality, coordination, and motor performance across various application contexts.

(CODICE: DIN14/ATENEO)

Contact Person: Prof. Giuseppe Musumeci

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Host operating office:

Università degli Studi di Catania

Dipartimento di Scienze Biomediche e Biotecnologiche, Via Santa Sofia 97 Catania 95123

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 15 – Università degli Studi Magna Græcia di Catanzaro

Research topic:

The Impact of Type 1 Diabetes and Physical Exercise on Fitness and Muscle Quality Index

Type 1 diabetes (DT1) has often been associated with macrovascular and microvascular complications (e.g., retinopathy, neuropathy, heart disease). Recent studies have shown that skeletal muscle is negatively affected in DT1 patients. Indeed, skeletal muscle is the main site for glucose homeostasis and a key determinant of whole-body insulin sensitivity. The skeletal muscles of DT1 individuals may have numerous deficits compared healthy individuals. These include a reduction in muscle strength, changes in myofibril morphology and size, and alterations in skeletal muscle repair after exercise, with adverse effects on overall muscle fitness. Many of these alterations are present at different ages, suggesting that DT1 is an accelerator of muscle aging. Previous studies have observed decreased muscle fitness components (i.e., muscle strength and power) and increased fatigue in children with DT1 compared with their non-diabetic counterparts. Thus, alterations in muscle function in young people may indicate that skeletal muscle dysfunction may characterize a primary diabetic complication. As more evidence points to the role of skeletal muscle function as an established factor for health, it becomes critical to further investigate its

Allegato 1 – Scheda DIN

characteristics in individuals with DT1. In particular, lower limb muscle strength, muscular endurance, and muscle power (i.e., muscle fitness) are predictors of mobility and functional limitations related to daily functional tasks. Muscle power could be identified with the rate of force development (RFD), which depends on both neural and structural components. Moreover, the muscle quality index was proposed as a measure to identify individuals at risk of functional disability. Accordingly, the aim of this project is to assess muscle fitness and quality in individuals with DT1 compared with healthy counterparts. In addition, the effects of different physical activities on muscle fitness will be investigated.

(CODICE: DIN15/ATENEO)

Contact Person: Prof. Gian Pietro Emerenziani

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Host operating office:

Università degli Studi Magna Graecia di Catanzaro

Dipartimento di Medicina Sperimentale e Clinica

Campus Universitario "Salvatore Venuta", Viale Europa - 88100 CATANZARO

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 16 – Università degli Studi di Foggia

Research topic:

Multisystem assessment and adaptive mechanisms of adapted physical exercise protocols in populations with metabolic dysfunction and age-related sarcopenia

This research focuses on studying the effects and adaptive mechanisms induced by structured and adapted physical exercise (EFA) protocols designed to promote health and well-being in populations characterized by metabolic dysfunction or age-related sarcopenia. The project aims to outline a personalized, multisystem approach to assessment and intervention, integrating the institution's expertise and cutting-edge technologies. At the Laboratory of Adapted Physical Activities for Well-being (LAMAB), advanced analysis of body composition and bone tissue (using DEXA, BIA, and skinfold measurements) will enable the characterization of sarcopenia and sarcopenic obesity phenotypes. Systemic responses and cardiorespiratory function will be assessed in the Functional and Performance Assessment Laboratory through exercise testing on cycle ergometers, treadmills, and arm ergometers. Concurrently, the Neuromuscular Analysis Laboratory will quantify strength and neuromotor efficiency using dynamometry and wireless electromyography (EMG), while the Biomechanics and Posturology Laboratory will analyze postural alignment, motor control, and gait biomechanics, identifying movement strategies and fall risk. Finally, longitudinal monitoring of chronic adaptations and overall motor capabilities will be centralized in the Functional Assessment Laboratory. The ultimate goal is to validate predictive and transferable exercise intervention models capable of counteracting functional decline and optimizing quality of life.

(CODICE: DIN16/ATENEO)

Contact Person: Prof.ssa Anna Antonia Valenzano

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Host operating office:

Università degli Studi di Foggia

Dipartimento di Medicina Clinica e Sperimentale

Viale Luigi Pinto, 71122, Foggia

The project includes an international mobility period focused on the development of advanced assessment methodologies, expected to take place at either Université Claude Bernard Lyon 1 (France) or the Faculty of Sport and Health Sciences, University of Jyväskylä (Finland).

Position n. 17 – Università di Roma “Foro Italico”

Research topic:

Allegato 1 – Scheda DIN

A Scientific Performance Model for Paralympic Water Polo: Designing an Integrated Technical-Tactical, Spatial, and Relational Assessment System

Team sports have evolved into Olympic and Paralympic disciplines played in conventional and adaptive ways. Governed by national and international federations, they promote global inclusiveness by dynamically adapting rules so athletes of all functional abilities can compete on a level playing field. Regulatorily, Olympic water polo and its Paralympic variant present distinct spatio-temporal structures tailored to athlete needs. However, a knowledge gap exists regarding the scientific performance model of Paralympic water polo. Research must develop a more specific integrated technical-tactical, spatial, and relational assessment system for both trainings and matches, including the use of specific small-sided games.

(CODICE: DIN17/ATENEO)

Contact Person: Prof. Antonio Tessitore

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Host operating office:

Department of Movement, Human and Health Sciences
University of Rome Foro Italico
Piazza Lauro de Bosis, 15, 00135 Rome, Italy
+39(0) 6 36733250

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n.18 – Università degli Studi di Messina

Research topic:

Motor interventions, embodied cognition, and executive functions for the prevention of sedentary behavior and obesity during childhood and adolescence

The project aims to develop and evaluate innovative motor interventions based on the principles of embodied cognition and the enhancement of executive functions, designed to promote active lifestyles and prevent sedentary behavior and obesity during childhood and adolescence. Particular attention will be focused on the school setting as a prime environment for integrating movement into daily activities, thereby fostering the development of motor, cognitive, and self-regulatory skills associated with adopting and maintaining healthy behaviors. The ultimate goal is to contribute to reducing risk factors for chronic non-communicable diseases and to promote health and well-being across the lifespan, within the frameworks of healthy longevity and One Health.

(CODICE: DIN18/ATENEO)

Contact Person: Prof.ssa Debora Di Mauro, Prof. Davide Ferioli

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Host operating office:

Università degli Studi di Messina
Dipartimento di Scienze Biomediche, Odontoiatriche e delle Immagini Morfologiche e Funzionali

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n.19– Università degli Studi di Palermo

Research topic:

Precision Performance: An Integrated Biomechanical and Biomolecular Model for Personalizing Training, Recovery, and Performance

Performance and recovery arise from the interaction between biomechanical characteristics, neuromuscular responses, and biomolecular adaptations induced by training. However, traditional approaches often rely on standardized programmes, without adequately accounting for individual variability in load tolerance and adaptive capacity. This project aims to develop an integrated Precision Performance model by combining biomechanical and

Allegato 1 – Scheda DIN

neuromuscular assessments with selected biomarkers of exercise-induced stress, recovery, and redox status. The objective is to identify individual profiles that can guide personalized training and recovery strategies, optimize functional and performance adaptations, and reduce markers associated with overload.

CODICE: (DIN19/ATENEO)

Contact Person: Prof.ssa Marianna Bellafore

Email: marianna.bellafore@unipa.it

Host operating office:

Università degli Studi di Palermo

Dipartimento di Scienze Psicologiche, Pedagogiche, Esercizio Fisico e Formazione

Viale Delle Scienze, Ed. 15

90100 Palermo

The project includes an optional international mobility period of up to six months at the University of the Basque Country (UPV/EHU), Vitoria-Gasteiz, Spain, with Prof. Eneko Fernández Peña serving as the host supervisor.

Position n. 20 – Università Telematica Pegaso

Research topic:

Interactions between Sports Activity, Morpho-functional Adaptations, and Bioclinical Processes

Description

The research project will focus on analyzing the morpho-functional and bioclinical changes induced by sports activity and training, with particular attention to the adaptation mechanisms involving the neuromuscular, cardiovascular, endocrine, and metabolic systems. The aim is to understand how different types, intensities, and modalities of exercise influence the body's biological responses and contribute to improvements in performance, health status, and psychophysical well-being.

Objectives

- Analyze the relationships between morpho-functional adaptations induced by sports activity and exercise-associated biohumoral responses;
- Study the interactions between the body's structural and functional changes and the key biological mediators involved in training adaptation processes;
- Investigate the molecular mechanisms linking variations in neuromuscular and cardiac electrical activity to changes in humoral signals during exercise;
- Evaluate physiological and molecular biomarkers useful for monitoring training adaptation, recovery, and athletic performance.

(CODICE: DIN20/ATENEO)

Contact Person: Prof. Fiorenzo Moscatelli

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Host operating office:

Università Telematica Pegaso

Dipartimento di Scienze dell'Educazione e dello Sport

Centro Direzionale, Isola F2, Napoli

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 21 – Università degli Studi di Perugia

Research topic:

Determination, quantification, and minimization of loads on joint structures during physical exercise

Allegato 1 – Scheda DIN

The biomechanical study of posture, movement, and physical exercise requires solving a complex mechanical problem at every instant, in which the nervous, muscular, and skeletal systems integrate their functions and mutually influence one another. Capturing segmental kinematics using high-resolution digital optoelectronic systems—complemented by electromyography and measurements of contact forces between the human body and the environment—allows for the estimation of global joint force, moment, and power values. However, this approach does not distinguish between the contributions of muscle forces, contact forces between bone surfaces, and tension within the capsulo-ligamentous tissues. The aim of this research project is to determine the forces acting on joint structures (such as ligaments and articular contact surfaces) during physical exercises—including those involving external loads—by combining experimental biomechanical data acquisition with analytical or numerical biomechanical modeling. Key information is typically obtained by calculating the axial compressive component of the joint reaction force (which translates into loads on menisci, cartilage, and articular contact surfaces) and the tangential shear components (which generate tension in the ligaments). Determining the loads acting on specific joint structures enables a more rigorous design of exercises and equipment for sports and rehabilitation settings, thereby optimizing both safety and effectiveness.

(CODICE: DIN21/ATENEO)

Contact Person: Prof. Andrea Biscarini

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Sede operativa ospitante:

Università degli Studi di Perugia, Dipartimento di Medicina e Chirurgia, Piazza Lucio Severi 1, 06132 Perugia

The project includes an optional period abroad (up to 6 months) at a host institution to be determined.

Position n. 22 – Università di Roma San Raffaele

Research topic:

Digital Sport Intelligence and Multicenter Data Pipeline

The research strand concerns the development of a digital pipeline for the collection, integration, management, and interpretation of data generated within sports programs focused on health, inclusion, and the promotion of active lifestyles.

The objective is to build an infrastructure capable of transforming heterogeneous data—physiological, psychological, social, nutritional, behavioral, and participation-related—into actionable information for monitoring interventions, evaluating outcomes, and supporting decision-making processes.

The research pathway may include the definition of a data governance model, a shared data dictionary, standardized data cleaning procedures, data quality criteria, monitoring dashboards, and periodic reporting systems.

From a scientific perspective, this strand would enable the exploration of contemporary topics such as Sport Intelligence, data engineering, data interoperability, missing data management, FAIR data principles, GDPR compliance, and longitudinal analysis in real-world settings.

(CODICE: DIN22/ATENEO)

Contact Person Elvira Padua; Bruno Ruscello

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Sede operativa ospitante:

Università Telematica San Raffaele Roma

Dipartimento di Scienze Umane e Promozione della Qualità della Vita

Via di Val Cannuta 247, 00166 Roma

The project includes an optional international mobility period of up to six months at a host institution to be identified. Potential destinations include academic and research institutions located in the United Kingdom, France, Germany, the Netherlands, or Spain.

Allegato 1 – Scheda DIN

Position n. 23 – Università degli Studi di Trento
Research topic: <i>Left-handedness and athletic performance: the role of visuo-motor skills and brain synchronization in explaining the competitive advantages of left-handed athletes over right-handed ones</i> The higher prevalence of left-handed athletes in various sports disciplines—particularly in interactive sports involving direct opposition—suggests the existence of competitive advantages that cannot be explained solely by tactical factors. This project aims to investigate the contribution of visuo-motor skills and neurophysiological mechanisms to the athletic performance of left-handed and right-handed athletes. The study will involve competitive athletes from disciplines characterized by high perceptual and decision-making demands. Participants will undergo visuo-motor tests to assess reaction times, hand-eye coordination, anticipatory capabilities, and decision-making processes within sport-specific tasks. Brain activity will be analyzed using a multimodal approach integrating EEG and fNIRS. The primary objective is to determine whether left-handed athletes exhibit distinct patterns of brain activation and levels of interhemispheric connectivity compared to right-handed athletes—differences potentially linked to greater efficiency in information processing and adaptation to competitive demands. The findings will help elucidate the neurophysiological basis of the left-hander's advantage in sports and may provide valuable insights for designing training strategies and neuro-training programs aimed at optimizing athletic performance. (CODICE: DIN23/ATENEO) Contact Person: Prof.ssa Elisa Frasnelli, Prof. Gianluca Esposito Email: elisa.frasnelli@unitn.it; gianluca.esposito@unitn.it Host operating office: Università degli Studi di Trento Dipartimento di Psicologia e Neuroscienze
Posti riservati a dipendenti di imprese
Position n. 24 – COSMED SRL
Research topic: <i>Innovative technologies and telemedicine</i> The aim of the PhD project is to analyze how innovative technologies for telemedicine and remote health, based on artificial intelligence, are transforming the way we estimate physiological parameters starting from measurements made by wearable devices. (CODICE: DIN24) Contact Person: Paolo Brugnoli Email: paolob@cosmed.it Host operating office: COSMED srl Via dei Piani di Monte Savello 37, 00041 Albano Laziale (Rome) www.cosmed.com
Position n. 25 – COSMED SRL
Research topic: <i>Innovative technologies and artificial intelligence</i> The aim of the PhD project is to analyze how innovative technologies based on the measurement of physiological parameters and artificial intelligence are revolutionizing the field of training and rehabilitation physical activity for both pathological and healthy subjects.

Allegato 1 – Scheda DIN

(CODICE: DIN25)

Contact Person: Paolo Brugnoli

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Host operating office:

COSMED srl

Via dei Piani di Monte Savello 37,
00041 Albano Laziale (Rome)

www.cosmed.com

Position n. 26 – DNA SPORT CONSULTING

Research topic:

Development of sustainable organizational models in sport

The scientific and training project aims to study planning and managing of innovative and sustainable inclusive sporting events, providing new transversal and interdisciplinary skills in a perspective that also includes technological innovation and environmental practices.

(CODICE: DIN26)

Contact Person: Nicola Schena

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Host operating office:

Via Belluno, 22/a
37133 Verona – Italy

Position n. 27 – DR FEEL SRL

Research topic:

Lifestyle Healthcare and Preventive Medicine

Development and validation of digital models for personalized physical activity prescription, integration of wearable devices, remote monitoring, and predictive algorithms for the prevention of chronic diseases.

Company scope and description of R&D activities

The company operates in the digital health and preventive medicine sectors, developing innovative services for telemedicine, wellness promotion, and integrated health management via digital platforms.

The goal is to improve clinical outcomes and population lifestyles through multidisciplinary care models that integrate healthcare professionals, digital technologies, and remote monitoring tools. Research and development activities focus on designing and validating personalized prevention and health promotion pathways, with a particular emphasis on integrating physical activity, nutrition, psychological support, and continuous monitoring of health parameters. In this context, the company develops risk stratification algorithms, systems for collecting and analyzing data from both medical and non-medical devices, and predictive models aimed at improving adherence to exercise programs and health outcomes. The company also invests in studying new organizational models for digital patient care, defining programs for adapted physical activity as well as primary and secondary prevention. Scientific and educational objective/project to be implemented through participation in the PhD program.

The PhD project aims to develop and validate an innovative model for the prescription, monitoring, and assessment of personalized physical activity within the digital health landscape, focusing specifically on the prevention of chronic diseases and the promotion of healthy lifestyles. Research activities will focus on the integration of exercise science, data analysis, and digital technologies, investigating how wearable devices, remote monitoring platforms, and decision-support algorithms can improve adherence to exercise programs, personalize interventions based on individual characteristics, and optimize clinical, functional, and quality-of-life outcomes, thereby contributing to the development of innovative, scalable, and evidence-based care models.

(CODICE: DIN27)

Contact Person: Alessandro Fazio CEO Dr.Feel

www.drfeel.com

Email: alessandro.fazio@drfeel.com

Allegato 1 – Scheda DIN

Host operating office:

Dr.Feel Srl
Via Colonna n.5
20122Milano

Position n. 28 – HELLAS VERONA F.C. SPA**Research topic:*****From the performance demands model to match in women's Football: The cardiometabolic and muscular functional assessment and their transfer to the play***

In women's football, metabolic and muscular characteristics are a determining factor in performance, influencing athletes' ability to sustain high rhythms, repeat intense efforts, and maintain technical effectiveness throughout the match. From a metabolic point of view, a football match requires continuous interaction between the aerobic and anaerobic systems, while at the muscular level, strength, power, resistance, and neuromuscular abilities, such as coordination and speed, are central. The PhD student will analyse these characteristics, describe the physiological demands of women's football, and define systems for identifying potential and margins for improvement in training, depending on the athletes' age, level, and individual specificities. To achieve transferability to play situations, it is not enough to develop physical qualities in isolation; these must translate into effective behaviours on and off the playing field. From this perspective, the study of metabolic and muscular capabilities in women's football will become an essential tool for optimising preparation, improving performance and making training increasingly specific and functional for professional, and recreational competitive contexts.

(CODICE: DIN28)

Contact Person: Dott. Zaccaria Tommasi - Prof. Cantor Tarperi

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Host operating office:

Hellas Verona Football Club S.p.A.
Via Olanda, 11
37135 Verona

Position n. 29 – PREDICT SPA**Research topic:*****Breathomics and sports medicine: identifying respiratory metabolic signatures to personalize nutritional and supplementation interventions for athletes***

The efficacy of sports supplements varies considerably among individuals, suggesting differences in their bioavailability and metabolism. This project aims to evaluate the potential of breathomics as a tool for monitoring metabolic responses to supplementation interventions. By analyzing breath-based volatile organic compounds (VOCs) before and after the intake of specific nutritional supplements, metabolic signatures associated with the absorption and utilization of bioactive compounds will be identified. Integrating breathomics data with physiological and performance indicators will enable the development of predictive models capable of distinguishing between responders and non-responders. The ultimate goal is to develop a personalized supplementation approach based on individual metabolic profiles and physical performance responses.

(CODICE: DIN29)

Contact Person: Isa Cafagna

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Host operating office:

Predict S.p.A. - Viale Adriatico 4, 70132 Bari

Allegato 1 – Scheda DIN

Position n.30 – PREDICT SPA	
Research topic: Development and validation of automated ultrasound technologies for diagnostics and therapeutic follow-up Ultrasound is one of the most widely used imaging modalities in clinical and sports settings, thanks to its non-invasive nature and portability. However, the diagnostic quality of the examination remains dependent on the operator's experience, limiting the reproducibility and scalability of its use. This project aims to develop and validate a robotic system capable of performing ultrasound examinations autonomously and in a standardized manner for the automatic acquisition and interpretation of ultrasound images. Applications include diagnostics, rehabilitation, patient monitoring during therapeutic follow-up, and the assessment of the effects of sports activity on athletes. (CODICE: DIN30) Contact Person: Isa Cafagna Email: isa.cafagna@predictcare.it Host operating office: Sede Predict Spa – Bari	
Admission procedure	Italian and foreign candidates Evaluation of qualifications* Oral examination Language for the oral examination: Italian or English - English language skills are required
Oral examination	Place: Online Zoom platform. The information and the connection link will be provided, as soon as available, on the Course page Date: to be defined Time: to be defined
Evaluation criteria of examinations	*The evaluation of qualifications is preliminary to the admission examination. Only candidates who will attain a minimum score of 40/60 points will gain access to the oral examination. The results will be published, as soon as available, on the National PhD Programme webpage A pass in the oral examination will be awarded if the candidate has attained a minimum score of 40/60. The score obtained after the evaluation of the qualifications will be added to the score of the oral examination in order to draw up the merit ranking. On the basis of the final score, separate rankings will be made for each position associated with a specific research project. In the event of a lack of applications or suitable candidates, the Commission reserves the right to award the scholarship to suitable candidates present in the rankings of scientifically similar scholarships.
Qualifications subject to evaluation and respective score	- Certificate with final graduation mark or certificate with marks of exams obtained during the academic career in case of final graduation after the Call for application deadline: max. 10 points. - Graduation Thesis: max. 10 points

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	• Curriculum Vitae et Studiorum ((based on the format available at the following link): max. 10 points • Research project: max. 20 points For each position for which the candidate applies, it is necessary to indicate an order of preference and present a research project of 2500 characters including spaces, structured as follows: - candidate's interest in the research topic and motivation for choice - proposal for scientific development of the chosen research topic <u>The project must indicate the reference code of the theme (DIN+number) and an order of preference.</u> The project presented by the candidate will be evaluated by the commission in order to define the candidate's propensity for scientific research and the degree of knowledge of the proposed topic and will constitute a topic of discussion in the oral exam • Scientific publications: max. 5 points • Research experience at universities or research centres: max 5 points Total qualifications score: 60 N.B. Candidates applying for one of the positions reserved for company employees must attach to the above documentation a letter certifying their qualification as employees of the company itself
Oral examination topics	The oral examination focuses on the discussion of the project(s) and the subject(s) related to the research topic indicated.