



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore



Finanziato  
dall'Unione europea  
NextGenerationEU

## ANNEX No. 2 RECTORAL DECREE No. 157 OF JULY 24<sup>TH</sup>, 2024

Public competition announcement for admission to the PhD programme in "Exercise and Sport Sciences" at Università Cattolica del Sacro Cuore - XL cycle - Milan campus for no. 1 place with scholarship

### Art. 1 Opening

For the PhD programme in "Exercise and Sport Sciences", for which an open competition is announced, the coordinator, duration, number of places on the course, number of scholarships and affiliated institutions are indicated.

The activation of the PhD programme and the related selection procedures are subjected to the accreditation and the verification of the maintenance of requirements by Italian National Agency for the Evaluation of Universities and Research Institutes (ANVUR). The project linked to the scholarship awarded pursuant to m.d. 630/24 is subjected to the verification of eligibility by the Italian Ministry of University and Research.

### PhD programme in: EXERCISE AND SPORT SCIENCES

Coordinator: Professor Caterina GOZZOLI

Duration: 3 years

No. 1 place with scholarship, pursuant to m.d. 630/24, carrying out the research project "Women's hormonal and social status: the impact on exercise practice and prevention pathways - SOS DONNA – PRES PREVENT", co-funded by Bianalisi Spa, Lissone (MB) – (CUP: J53C24001180001).

Information: <https://dottorati.unicatt.it/scienze-esercizio-sport>

### Art. 2 Scholarships ex m.d. 630/24

As reported in article 1, the “targeted scholarship” will be awarded pursuant to the m.d. 630/24 (from the National Recovery and Resilience Programme – PNRR):



scholarship envisaged within innovative PhD pathways, responding to the innovation needs of the companies and regional territories concerned.

The candidate who is awarded the scholarship pursuant to the m.d. 630/24 undertakes to:

- spend periods of study and research in companies or research centres of a minimum of 6 months and a maximum of 18 months.
- spend periods of study and research abroad of a minimum of 6 months and a maximum of 12 months. The period may be extended up to a maximum of 18 months pursuant to Art. 9, para. 3 of Italian Ministerial Decree 226/21.

At the end of the selection procedures for doctoral candidates, as foreseen by the m.d. 630/24, art. 8, any further scholarships, made available by the M.U.R., may be awarded to "eligible non-winner" candidates according to the order of the final merit list.

The scholarship may not be awarded to doctoral students who have renounced to PNRR scholarships in the XXXVIII cycle (mm.dd. 351/22 e 352/22) and XXXIX cycle (mm.dd. 117/23 e 118/23).

### **Art. 3 Admission requirements**

The PhD programme is open, without age or nationality restrictions, to those who hold a specialised or graduate degree, or a degree awarded in accordance with the educational regulations prior to the entry into force of Italian Ministerial Decree, of 3 November 1999, No 509, as amended and supplemented, or a suitable foreign qualification.

Applications may also be submitted by those who will obtain the abovementioned qualification, in Italy or abroad, referred to in the first paragraph by October 31<sup>st</sup>, 2024.

### **Art. 4 Application form**

Those wishing to take part in the competition must submit their application to the Rector of the Università Cattolica del Sacro Cuore, by the final deadline of **Monday, September 2<sup>nd</sup>, 2024**.

The application form is available at: <https://dottorati.unicatt.it/concorsi> until 12 p.m. (local time) on the closing date of this notice.

In the application, to be completed online only and available in Italian and English, candidates must declare under their own responsibility:

- their personal details: surname, first name, tax code (only for Italian citizens), date and place of birth, citizenship, elected residence for the purposes of the competition;
- the name of the competition in which they intend to participate;
- the type(s) of scholarship(s) for which they intend to apply;



- for graduates: the qualification held, the date and the university at which it was awarded;
- for undergraduates: the degree to be awarded, the expected date and the university where it will be awarded;
- known foreign languages (in particular English or Spanish).

To the application candidates must always attach (upload) in *.pdf* or *.jpg* format:

- a detailed curriculum vitae;
- self-certification attesting to the degree held or self-certification of enrolment attesting to the degree intended to be pursued;
- a research project articulated in its main parts, including an analysis of feasibility and timeframe. The research project must be written of a maximum of 2,000 words written (excluding references);
- a motivation letter (no longer than 30 lines), in Italian or in English, stating the reasons for the choice, expectations and fields of interest;
- possible attendance at methodological training seminars/programmes/modules;
- possible any professional experience relevant to the PhD programme course;
- possible participation in research groups to the PhD programme course;
- possible any publications of articles in national and/or international indexed journals and/or oral or poster presentations at national and/or international conference;
- duly signed identification document;
- tax code (only for Italian citizens);
- passport-size photograph (IDuse);
- for students with a qualification obtained or to be obtained abroad in NON-EU countries: translation, legalisation and Declaration of Value required at the offices of the Italian Consulate/Embassy in the country where the qualification was obtained or will be obtained. EU students may submit the *Diploma Supplement* of their home university as an alternative to the Declaration of Value. Pursuant to Article 8 of Ministerial Decree 226/21, the suitability of the foreign qualification is ascertained by the Commission for admission to the PhD course, in compliance with the legislation in force in Italy and in the country where the qualification was awarded, as well as with international treaties or agreements on the recognition of qualifications for the pursuit of studies.

The application will only be complete and valid afterwards:

- having uploaded all mandatory documents and any optional documents;
- having paid the selection fee of € 100.00 (non-refundable) to be paid *online*;
- downloading the application file, which will be generated automatically by



the system;

- uploading the .pdf file of the application itself on the portal.

At each step candidates are asked to confirm what they have entered by clicking on the 'continue' icon visible at the bottom right.

As proof of the validity of the application, the candidate will receive a confirmation email from the PhD Office. In the event of non-receipt of the email, the candidate will have to log back into the portal to complete the procedure and finalise the application.

The University reserves the right to adopt, even after the competition tests have been held, measures for the exclusion of candidates who do not meet the requirements or who have not complied with the provisions of the notice of competition.

Candidates with disabilities, for the purposes of the competition, must specify in their application the aid required in relation to their disability, pursuant to the Italian Law No. 104 of 5 February 1992.

#### **Art. 5 Selection Board**

The Rector, on the proposal of the Academic Board, shall issue a decree appointing the Selection Committee for admission to the PhD programme, which shall be composed of three tenured professors, to which no more than two experts, including foreign ones, may be added, chosen from public and private research bodies and structures, ensuring, where possible, a balanced representation of women and men.

The composition of the Selection Boards will be published after the deadline on the following webpage: <https://dottorati.unicatt.it/examination-board>.

#### **Art. 6 Competition examination**

The admission examination, which is designed to ascertain the candidate's preparation, skills and aptitude for scientific research, consists of:

- an assessment of the qualifications and research project submitted;
- an oral interview.

In relation to the qualifications, the Board may award each candidate a score up to a maximum of 30/100.

With regard to the research project the Board may award each candidate a score up to a maximum of 20/100.



Candidates who obtain a total score of not less than 35/100 in the assessment of their qualifications and research project are admitted to the oral interview.

The oral interview is designed to test the candidate's knowledge on topics relating to the training and scientific focus of the PhD programme and includes a presentation of the proposed research project, followed by a general discussion aimed at assessing the candidate's skills, scientific qualities and motivation.

The oral interview is held in Italian; it is in any case open to candidates who request to take the interview in English or Spanish. Those who choose to take the interview in Italian will in any case be assessed on their knowledge of English or Spanish.

In relation to the oral test, the Board may award each candidate a score up to a maximum of 50/100. The oral test is only passed if the candidate scores no less than 35/100.

At the end of the examination, the Selection Board draws up an overall merit list on the basis of the score obtained by the candidates in the individual tests. The competition test is only deemed to have been passed if the candidate has obtained a mark of no less than 70/100.

The calendar will be available on the following webpage: <https://dottorati.unicatt.it/concorsi> and the results of the oral interview will be visible at: <https://dottorati.unicatt.it/results>.

The Selection Board reserves the right to conduct the oral interview by videoconference, according to the instructions that will be communicated to all admitted candidates.

#### **Art. 7**

#### **Admission to the Phd programme**

The candidates will be admitted to the PhD programme in order of ranking up to the number of places advertised. In the event of any eligible candidates dropping out before the start of the PhD programme, they will be replaced in accordance with the order of the ranking list.

Research scholarship holders, unless otherwise specified, may be admitted to the PhD programme in supernumerary numbers, without holding a scholarship, while retaining their research scholarship, subject to passing the admission tests and provided that the PhD programme they are attending relates to the same scientific area of research for which they are scholarship recipients.

#### **Art. 8**

#### **Enrolment**

The winners of the competition must register within 3 days from the day after they receive the relevant invitation by e-mail, by accessing the web page <https://iscrizioni.unicatt.it/iscrizioni/>.

In order to obtain a visa, candidates, after completing their registration, must register on



the portal [www.universitaly.it](http://www.universitaly.it) and follow the indicated procedure.

### **Art. 9 Scholarship and contributions**

The amount of the fees required for access and attendance of PhD programmes activated at Università Cattolica is determined annually by the University Board of Directors.

According to the Agreement stipulated with the Università degli studi di Milano on date July 14<sup>th</sup>, 2021 pursuant to art. 3, co. 2 of m.d. 226/21 and the economic conditions established by the same Università degli studi di Milano for all PhD candidates enrolled in the previous cycles (XXXVII, XXXVIII and XXXIX), students who will enroll in XL cycle are required to pay an annual fee of € 171.50, to be paid at the time of enrolment or renewal of enrolment.

Receipt of a scholarship for attending a PhD programme is compatible with other income, including income received continuously in the calendar year in which the scholarship is granted, provided that it does not exceed the amount established for the scholarship. If the (gross) income limit is exceeded, the scholarship is cancelled for the entire year in question. In order to verify the limit set, the person concerned is obliged to report any exceeding of the prescribed limit.

Scholarships are awarded for one year and are renewed on condition that the PhD student has completed the programme of activities planned for the previous year.

The amount of the scholarship, paid in monthly instalments, is € 16,350.00 per year, gross of social security charges. The scholarship is subjected to the payment of INPS social security contributions under separate management pursuant to Article 2, paragraph 26 of the Italian Law no. 335 of 8 August 1995, as amended. The scholarship is exempt from paying local income tax and personal income tax (IRPEF).

This amount is increased by a maximum of 50% for a total period not exceeding 12 months if the PhD student is authorised by the Board of Professors to carry out research activities abroad. The period may be extended up to a maximum of 18 months pursuant to Art. 9, para. 3 of Italian Ministerial Decree 226/21.

As of the first year, each PhD student, with and without scholarship, is guaranteed a budget of 10% of the gross annual amount of the scholarship, i.e. € 1,635.00, for research activities in Italy and abroad.

A PhD scholarship may not be awarded to anyone who has previously received one, even partially, for another PhD programme.

### **Art. 10 Public employees**

Current legislation on leave of absence or special leave applies to public employees admitted to the PhD Programme.



**Art. 11**  
**Rights and duties of PhD students**

PhD students are required to regularly follow the activities envisaged for their training and to devote themselves with full commitment to individual and guided study programmes and to carrying out the research activities assigned by the Board of Professors. PhD students are also required to read the Code of Ethics of Università Cattolica and to respect its principles and aims.

**Art. 12**  
**Public disclosure**

This public announcement is published on the website of Università Cattolica del Sacro Cuore at <https://dottorati.unicatt.it/concorsi> on the Euraxess European website and on the Ministry of Universities and Research website.

**Art. 13**  
**Final provisions**

This public announcement was originally written in Italian and has been translated into English for easy reference only. The Italian version will be considered definitive for any questions of interpretation.

For all matters not expressly provided for in this notice, the provisions of Rector's decree No. 8347 of 16 February 2022 shall apply: «Amendments to the 'Regulations for PhD programmes and PhD schools at Università Cattolica del Sacro Cuore'» and current regulations.

Further information can be obtained from the PhD Office, telephone +39 027234.5633/027234.5619, *e-mail*: [dottorati.ricerca-mi@unicatt.it](mailto:dottorati.ricerca-mi@unicatt.it) or on the website: <https://dottorati.unicatt.it/concorsi>.

The person in charge of the procedure for this call for applications is Dr. Roberto BRAMBILLA, Director of Postgraduate Education and Research Partnership, Via Carducci 28/30, Milan (Italy).

