H&L STUDY PLAN

The Ph.D programme is organized as follows:

- **METHODS FOR RESEARCH** – 30 hours (5 ECTS) – 1st year
  Compulsory course for all Ph.D students to acquire soft skills, research project management, research ethics and intellectual property management.
- **RESEARCH APPLIED METHODS** – 48 hours (8 ECTS) – 1st year
  Compulsory course for all Ph.D students to provide them with multidisciplinary and interdisciplinary knowledge along with a robust methodological basis in the context of Health and Longevity.
- **THEMATIC AREA** – at least 30 hours (5 ECTS) – 2nd year
  Thematic courses that doctoral students can choose according to their research plan (see list below) for a total of 30 hours.
- **SUMMER/WINTER SCHOOL** for a total of 30 hours (5 ECTS) to be chosen accordingly to the Ph.D student's research program – from the 1st year

Furthermore, doctoral students may have the opportunity to be trained in a hospital setting. Finally, they can spend a period abroad as part of their Ph.D. research program.

The courses will be taught in English and, whenever feasible, drawn from other doctoral courses offered by the University and the Mario Negri Institute.

COURSES OFFERED BY THE PROGRAM

		Courses	Hours
1st YEAR	**METHODS FOR RESEARCH**	Research ethics, ethical committee e scientific writing	9
		Intellectual property management	6
		Fund raising, project writing and management	9
		Spin-off e start up	6
		SUB-TOTAL	**30**
	RESEARCH APPLIED METHODS	Empirical methods in health (qualitative and quantitative)	12
		Biological basis for longevity	6
		Psychological and neuro cognitive changes in ageing	6
		Health Enhancing Physical activity	6
		National and sovranational legal approach to ageism	6
		Ageing society	6
		Technologies for Health and Longevity	6
		SUB-TOTAL	**48**
		TOTAL	**78**
2nd YEAR	**THEMATIC AREA – at least 30 hours**	Empirical Methods in Impact Evaluation	15
		Artificial Intelligence	15
		Psychological interventions for health and longevity	15
		Wearable sensor systems	15
		Telemedicine and motor-cognitive telerehabilitation	15
		Theoretical Perspectives in management	15
		Methods and tools to automatically manage scientific data	15
		Qualitative methods of social research	15
		Advanced Radiology	15