



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA

AREA
FORMAZIONE E DOTTORATO

PHD PROGRAMME TABLE

Call for applications for the admission to the PhD programmes (42nd cycle) - A.Y. 2026/2027
Second round

PROGRAMME'S NAME	SPORT, HEALTH AND WELL-BEING
DURATION	3 years
PROGRAMME START DATE	01/11/2026 (DD/MM/YYYY)
LANGUAGES	Italian, English
COORDINATOR	Prof.ssa Laura Bragonzoni (laura.bragonzoni4@unibo.it)
PhD POSITIONS	6
ADMISSION PROCEDURE	Qualifications and research proposal evaluation Oral examination

Available Positions and Scholarships

Pos. n.	Financial Support	Description	Positions linked to specific research topics
1	PhD Scholarship	Totally funded by the University of Bologna general budget	
2	PhD Scholarship	Totally funded by the University of Bologna general budget	
3	PhD Scholarship	Partially funded by the University of Bologna general budget and co-funded by the Department of for Life Quality Studies	
4	PhD Scholarship	Partially funded by the University of Bologna general budget and co-funded by the Department for Life Quality Studies	Modulation of Neurodegeneration and Aging through Nutraceutical Compounds: Integrated <i>In Vitro</i> and <i>In Vivo</i> Approaches
5	PhD Scholarship	Funded by the Department for Life Quality Studies with funds made available by HEU project "PERSONAL NATURAL ENVIRONMENT-GENE-GUT-BRAIN INTERACTIONS BASED ECOSYSTEM FOR PREVENTION OF MENTAL ILLNESS IN CHILDREN, ADOLESCENTS AND YOUNG ADULTS (PUREMIND)" - GA. Project 101156916 - CUP J95E24000320006 - Scientific Coordinator Prof. Laura Bragonzoni – accounting project HEU_2023_PUREMIND_BRAGON_L_01	Promoting Behavioral Change through Active Breaks: An Integrated Approach in the PUREMIND Project
6	PhD Scholarship	Partially funded by the University of Bologna general budget and co-funded by the Department for Life Quality Studies with funds made available by HEU project "PERSONAL	Active Breaks as a Lever for Behavioral Change: Development, Implementation, and Evaluation within the PUREMIND Framework

		NATURAL ENVIRONMENT-GENE-GUT-BRAIN INTERACTIONS BASED ECOSYSTEM FOR PREVENTION OF MENTAL ILLNESS IN CHILDREN, ADOLESCENTS AND YOUNG ADULTS (PUREMIND)" - GA. Project 101156916 - CUP J95E24000320006 - Scientific Coordinator Prof. Laura Bragonzoni	
--	--	--	--

The yearly gross amount of the scholarships awarded for the PhD Programme in "Sport, health and well-being" is €16,982.64

All winners of PhD positions must fulfil the study and research obligations decided by the Academic Board, as well as the obligations set out in the relevant regulations, in the call for applications, in the funding schemes and in any agreements relating to specific positions.

Admission Exams

	DATE AND TIME	RESULTS
Qualifications and research proposal evaluation	Applicants' participation is not required	Available from 06/07/2026
Oral examination	Date: starting from 16/07/2026 – 09.30 a.m. CEST Place: Department for Life Quality Studies, Corso d'Augusto 237, Rimini. Remotely, using Microsoft Teams	Available from 31/07/2026

The results of the qualifications and research proposal evaluation, as well as the oral examination detailed schedule, shall be available on the webpage [Studenti Online](#) (select "requests in progress" > "see detail" and open the .pdf file at the bottom of the page). No personal written communication will be sent to applicants concerning the examinations results.

During the oral examination, applicants may express their interest in one or more PhD positions linked to specific research topics.

Required and Supporting Documents to be attached to the application

Only documents in Italian or English will be considered valid and will be assessed by the Admission Board. Identity documents and diplomas/degree certificates issued in a language other than Italian or English must be accompanied by an official translation. The translation must be carried out by an authorized body or by the awarding university. Only qualifications obtained in the last 5 years will be taken into account, with the exception of university degrees. The Admission Board will assess the relevance of the supporting documents to the PhD programme.

REQUIRED DOCUMENTS	
Identity document	Valid identity document with photo (i.e. identity card, passport)
Curriculum Vitae	No specific CV format is required
Degrees	Documents attesting the awarding of the first and second cycle degrees, the exams taken and the marks obtained (see Art. 3 of the Call for Applications)
SUPPORTING DOCUMENTS	
Research proposal	Multi-annual research proposal, with special emphasis on the activities to be completed during the first-year course . The proposal must meet the following requirements: - it cannot exceed 20,000 characters, including spaces and formula possibly used. This figure does not include: the title of proposal, the outline, references and images (such as graphs, diagrams, tables, etc. - if present); - it must include: the state of the art; description of the proposal; references. In accordance with the University's policy on the ethical and responsible use of Generative Artificial Intelligence in teaching and research activities , candidates must explicitly state whether they have used Generative Artificial Intelligence systems in the production of the

	research proposal attached to their application form, specifying which tools were used and for which parts of the document. During the oral examination, the Admission Board will assess the candidate's full mastery of the content included in the document and their ability to justify the methodological and scientific choices made in the project.
Thesis abstract	Abstract of the second cycle degree thesis . Graduands applicants may submit an abstract of the thesis to be defended. Abstracts cannot exceed 5,000 characters, including spaces and formula possibly used. The above figure does not include: the title of the thesis, the outline, references, and images such as graphs, diagrams, tables etc.
Reference letter/s	No more than 2 reference letters signed by Italian or international academics and professionals in the research field, which do not form part of the Admission Board, attesting the suitability of the applicant and his/her interest in the scientific research. Letters shall be uploaded following the procedure detailed in the Call for Applications (Art. 3.2)
Personal Statement	The statement shall include the reasons prompting the applicant to attend the PhD Programme and those relevant experiences and research interests , that make the applicant suitable for the specific PhD Programme (3000 characters maximum, including spaces)
Publications	Lists of publications (i.e. monographs, articles on scientific journals), minor publications (conference papers, etc.), abstracts and posters presented during national and international conferences, etc.
Other documents	- Teaching activities carried out at academic level - Research activity of any kind - whether basic, applied, translational, etc. - carried out in any capacity, including when covered by research grants, and as a staff member of research projects - Study periods completed by applicants outside their countries of origin (e.g. Erasmus programme or other similar mobility programmes) - Other qualifications attesting the suitability of the applicants (scholarships, prizes, etc.)

Evaluation criteria*

Scores will be expressed in points out of 100, as follows.

1. Qualifications and research proposal evaluation

Minimum score for admission to the oral examination: 30 points, Maximum score: 50 points

Qualifications evaluation	Second cycle (Master's) degree final mark. Graduands shall be evaluated according to the Weighted Average Mark (WAM)	10 points max
	Thesis abstract evaluation in relation to the pertinent and similar topics of the PhD programme, as regards: 1) positioning of the research with respect to the state of the art, 2) methodologies adopted, 3) articulation of the research work, 4) innovative features, 5) research objectives.	10 points max
	Personal statement	2 points max
	Publications and other qualifications attesting the applicant's training and skills	5 points max
Research proposal evaluation	Scientific value and ground-breaking nature of the proposal	9 points max
	Structure of the proposal	5 points max
	Proposal feasibility	9 points max

2. Oral examination

Minimum score for eligibility: 30 points, Maximum score 50 points

English language proficiency	6 points max
Research proposal presentation	22 points max
scientific skills and knowledge, applicant's aptitude for scientific research, theoretical and methodological skills relating to the main research areas of the PhD programme and those related to the available position	22 points max

Oral examination aims to assess the suitability of the applicant for scientific research as well as the general knowledge of the PhD programme's main research topics and of the research topics linked to the available PhD position.

During the oral examination, the applicant's English language proficiency shall be assessed.

The oral examination is carried out in Italian or in English.

* Possible further evaluation criteria will be available on the [University website](#), selecting the relevant PhD Programme > "More information", at the bottom of the page in the section "Notices".