

University of Thessaly

**Study Guide
for the Undergraduate Program
Department of Physical Education and Sport Science**

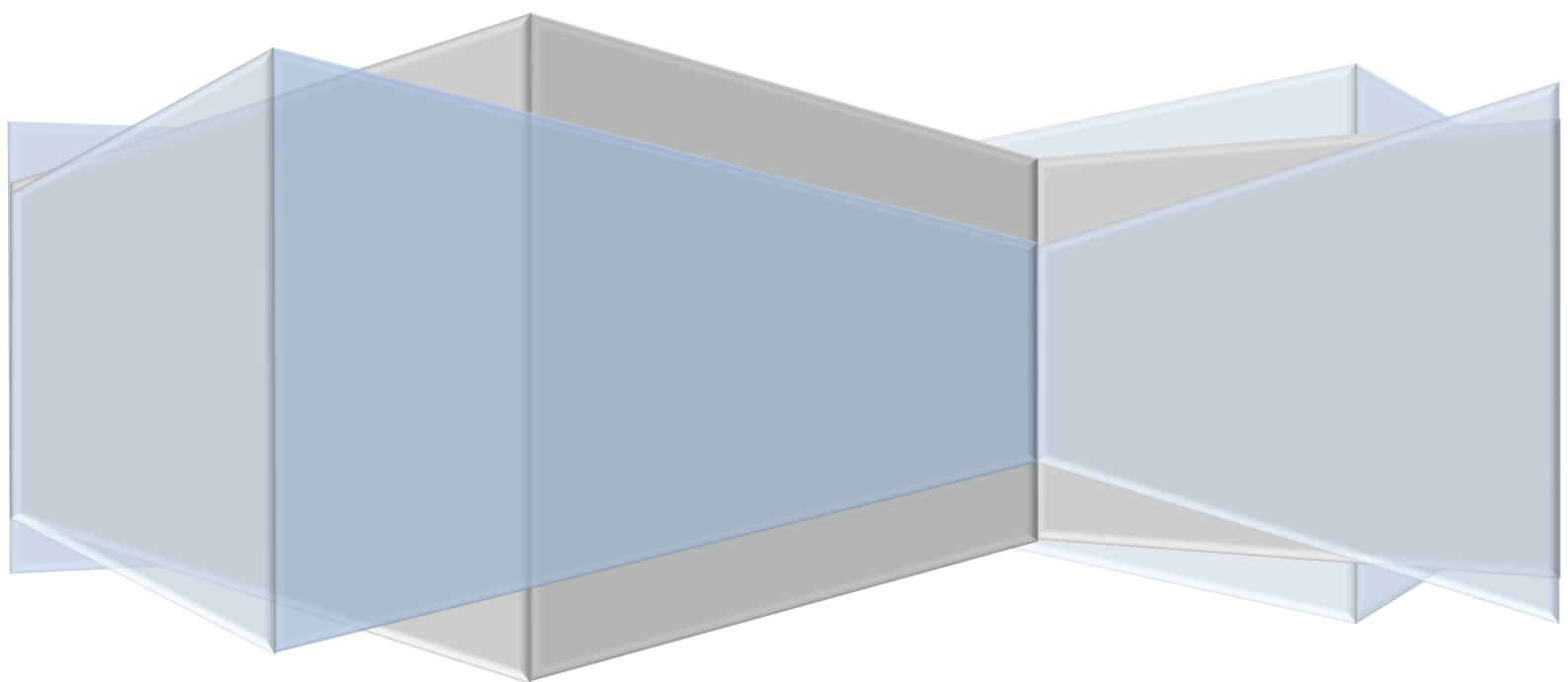


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UNIVERSITY OF THESSALY

The University of Thessaly was founded in 1984. Despite its short history, it demonstrates a remarkable course and a great work, operating with four schools and sixteen undergraduate departments and offering many postgraduate programs eighteen years since its inception. All the Administration Services are situated in the city of Volos, where the Faculties of Humanities, Engineering, and Agronomy also reside. Additional Schools and Departments are located in other cities of Thessaly region as well, such as the School of Health Sciences that was founded in Larissa and operates along with the University Hospital. Furthermore, the Department of Physical Education and Sport Science activates in Trikala city whereas the Veterinary Department is located in Karditsa.

Throughout its years of operation, the University of Thessaly has put great emphasis on the cultivation and promotion of the values that underpin science, so as to contribute to the promotion of better living standards and higher quality of life for all. Emphasis is also given in qualitative academic environment, modern equipment and innovative facilities, resulting in the presence of an apparent quality that is more distinctive each year. Our effort is ongoing and focuses on expanding the cognitive subjects, providing continuous high-standard research, and promoting interdisciplinarity, mobility and versatility in all areas, including developments in IT facilities and the internet, digital libraries and financial support for transferring of students and teachers in many Universities abroad.

The University of Thessaly is a dynamic organization that continually evolves, adapts and transforms its essence so as to achieve and maintain its position at the frontline of innovation, drawing new cognitive paths. To that end, actions adopted include using research and teaching as the main keystones of academic development, seeking cooperation with other universities and public or private institutions and upgrading practical training (internships) of students. Additionally, the University aspires to remain open toward free expression of ideas and keeps an optimal organization and functioning at administrative level and other services provided to students related to accommodation, catering and health care issues. All these efforts are in accordance with the wider social environment and for the benefit of the citizens of Thessaly, since strong presence and participation in scientific, academic and social events of the local communities constitute sufficient and essential features of civil operation and provide clear evidence of the broader social and cultural impact of the University.

The University of Thessaly has set high objectives and with the help and support of all its members, meets successfully the international challenges and expectations and deals with all developments. It is true indeed that the University of Thessaly has the potential to create the academics of tomorrow, the researchers of the future, the competent executives of organizations and businesses who are able to participate equally, effectively and dynamically and meet the very demanding needs and challenges of the new millennium era.

University Organization

As an Institution of Higher Education, the University of Thessaly is an autonomous legal entity of public law. It is supervised and financed by the Greek State through the Ministry of Education and Religious Affairs. According to the framework for Institutes for Higher Education (Law 1268/82, Law 2083/92) the University is administered by the Senate, the Rector's Council, and the Rector.

Location and Premises

The University premises are spread over the four towns in the area of Thessaly, namely Volos, Larissa, Karditsa, and Trikala.

The Department of Physical Education and Sport Science

Brief History

The Department of Physical Education and Sport Science was founded in 1993 and the first students were admitted during the Academic year 1994-1995. The Department is located in the 150 km² Karyes campus, Trikala. The total surface area of the infrastructure is 3000 m² consisted of fully-equipped laboratories, library, teaching classrooms, teleconferencing facilities, IT and staff offices. Moreover, the campus includes outdoor sport facilities and courts, while a velodrome, a new sport complex, an amphitheatre and teaching classrooms of 1000m² and an athletics track is under construction.

Mission and Objectives

DPESS objectives are: a) to cultivate and promote Physical Education and Sports Science through theoretical and applied teaching and research, b) to provide graduates with all the knowledge and skills necessary for their scientific and career development c) To contribute to the advancement of Greek Sports and to promote the ideals of sportsmanship, ethical behavior and fair play. d) To promote public awareness of the importance of exercise as a main contributor to the improvement of health and quality of life.

Our Vision

«"To transform the lives of those who engage us through knowledge, education, research and innovation and to be nationally and internationally recognised as the Greek agent for excellence in exercise science, sport, health and quality of life."»

Characteristics

The Department of Physical Education and Sport Science is subject to the independent Departments of the University of Thessaly. After 12 plus years of operation, The Department has twenty-three academic faculty members, eight permanent teaching staff, three technical support staff and six administrative staff. Moreover, a number of assistants in teaching is transferred from primary or secondary education serves to the Department each year along with non-permanent faculty staff on the basis of the P.E.407/80.

Brief research outcome of the academic faculty members (until 2012)

- Number of peer-reviewed National and International publications: > **700**
- Number of peer-reviewed conference presentations: > **1900**.
- Number of International Journals including DPESS members as referees: > **60**.
- Citation Index > **6500**

In addition to undergraduate studies, the Department is particularly active in organizing postgraduate programs. The Department organizes autonomously or participates together with other relevant Departments in the following four postgraduate programs of studies: Interdepartmental Postgraduate Studies Program "Exercise and Quality of Life" (in collaboration with DPESS, Democritus University of Thrace) β) Postgraduate Studies Program "Exercise and Health" (in collaboration with the School of Medicine, University of Thessaly) c) "European Master Degree in Sport Psychology" (EMSEP) implemented within the framework of the European Union Erasmus-Mundus program of excellence (in collaboration with the Universities of Jyväskylä – Finland, Lund – Sweden and Leipzig – Germany) and d) International Master in Sports Tourism Engineering (IMISTE) (in collaboration with the University of Lille - France, ISMAI – Portugal, University of Iași – Romania, University of Craiova – Romania, Charles University in Prague - Czech Republic and University of Balamand – Lebanon). At the same time, the Department participates at the "European Masters Postgraduate Program in Exercise and Sport Psychology" in collaboration with twelve other top class universities across Europe (Amsterdam, Barcelona, Bern, Copenhagen, Halmstand, Jyväskylä, Leipzig, Leuven, Lisbon, Lund, Montpellier I, and Oslo).

Furthermore, the city of Trikala hosts the Institute of Human Performance and Rehabilitation (PerfoTech) which is closely related to the Department, since many of its members, including the Director, are also academic faculty members of DPES.

The Department has organized several scientific congresses, both national and international, whereas at the same time participates in a series of programs concerning research, continuous education and practical training (internship) of students in businesses and institutions. The Department accepts approximately 140 students annually with the current number of active students approaching that of 550. The number of master degree students accepted is approximately 40 postgraduates per academic year whereas there are currently 20 doctoral students enrolled.

Contribution highlights of the Department in the development of physical education in Greece

Physical Education Books

The majority of the new physical education books published by the Ministry of Education and released on behalf of the Pedagogy Institute in the schools of our country were written by the academic faculty members of our Department. More specifically, since the academic year 2006-2007 the following books are used in our nation's schools: High School Student's Handbook (written by Yiannis Theodorakis, Athanasios Jamurtas, et al), High School First Grade Teacher's Handbook (by Marios Goudas, Mary Hassandra, Vasileios Papaharisis and Vassilios Gerodimos), Elementary Fifth and Sixth Grade Student's and Teacher's Handbook (by Nikos Digelidis, Yiannis Theodorakis et al) and High School Second and Third Grade Teacher's Handbook (by Athanasios Papaioannou et al.)

Kallipateira Program

During the school years 2006 – 2008 the Department of Physical Education and Sport Science had the scientific responsibility for the implementation of the “Kallipateira” educational program across Greece having «*From sports to everyday life - All Different, All Equal*” as its central motto. The purpose of the program was the active participation of students in exercise programs so as to promote the values of equality in society, respect for human rights, tolerance towards diversity and intercultural communication. The program trained 1870 male and female teachers of physical education who were recruited to schools for the implementation of the program. The duration of training was 40 hours and took place in 7 cities, with relative educational and training material also developed that consisted of one teacher's book and three student activity handbooks.

New Program of Studies in Physical Education

In 2001, the faculty members of DPES Papaioannou Athanasios – Professor and Nikolaos Digelidis - Assistant Professor (along with collaborators), were responsible for writing the Implementation Guide of the new Curriculum of Physical Education as this is applied since the 2011-2012 school year in approximately 170 schools across Greece by the Ministry of education, Lifelong Learning and Religious Affairs within the framework of the “NEW SCHOOL” ACT (School of the 21st century – toward a new curriculum). In addition, the two faculty members contributed within the same ACT framework in the training of teachers of the 170 schools participating in the pilot program.

International Relations and Student Mobility Programs (LLP/Erasmus Program)

The Department has signed more than 42 active bilateral exchange agreements of students under the Erasmus program. Following the completion of the first academic year, the students of the Department have the opportunity to study with scholarship for one or two semesters in one of the European universities with which they have signed relevant agreements.

The LLP/Erasmus exchange program is associated with European cooperation in the field of higher education by encouraging transnational cooperation between Universities, increasing European mobility, strengthening clarity and promoting full recognition of academic studies and University degrees throughout the European Union. Mainly, LLP/Erasmus program includes:

- Organized student exchange for recognised periods of study
- Student mobility for practical training
- Teaching staff mobility for teaching purposes.
- Staff mobility for training purposes

Additional information can be found on the relative web page of the University of Thessaly (<http://www.uth.gr/academics/erasmus>).

Career Opportunities of Graduates

The Undergraduate curriculum of the Department has been designed in order to prepare exercise scientists able to cope with complex problems in the field of physical education, sport and exercise science.

The Department of Physical Education and Exercise Sciences of the University of Thessaly covers the following important Educational and Sports Science sectors:

- The Physical Education primary school teachers (PE11)
- The Physical Education Secondary school teachers (PE11)
- The Special Needs Physical Education school teacher (PE11.01) after specialized training
- The establishment and operation of private gyms and private sports clubs.
- The establishment and operation of training and conditioning programs for all
- The Trainer/Coach profession (after specialized training)

The Undergraduate curriculum of the Department leads to a Bachelor with honors Degree in "Physical Education and Exercise Science", while during the 3rd and 4th year the students are allowed to follow one of the two directions of specialization:

- Professional and Competitive sports Trainer/Coach with an emphasis on modern approaches to athletic performance in a range of sports and activities, and
- Exercise for health and recreation with an emphasis on modern approaches to safely exercise a wide range of populations in various activities and places.

Finally, through the above specialization, students would be able to choose further specialization in coaching of a particular sport, or the special needs physical education.

Furthermore, depending on their chosen pathway and specialization graduates are prepared so as to meet the requirements of relative job vacancies available, as seen in the examples below:

Pathway I: Elite Sport Performance

- Coaches in different sports settings
- Fitness specialists in professional clubs
- Physical educators in sports camps
- Staff in exercise physiology, psychology and biomechanics laboratories.

Pathway II: Exercise, Health and Recreation

Depending on knowledge and skills acquired, graduates can work in:

- Sport clubs, associations and federations.
- Sport centers, stadiums, gyms.
- Sport organizations of local authorities
- Hotels offering sport programs – animation
- Private sport clubs
- Schools of dancing, traditional dance associations, gymnasiums
- Special schools and institutions, rehabilitation centers, adapted sports
- Exercise programs for all (community sports)
- Sport management, marketing and commercial enterprises
- Sport product companies
- Adventure sports, recreation programs and sport tourism businesses

In 2007, an employment survey was conducted by the Department so as to ascertain the employment status of the 1998-2000 graduates. Collection of data included utilization of telephone surveys by means of a structured questionnaire. At the same time, a database was also created including contact details of all graduates that can be used for similar survey purposes and alumni communication. The main findings of this survey are summarized in the following tables:

Table 1. Current employment status of the 1998-2000 graduates.

Participants	N	Employed	Unemployed	Not working by choice
Students	224	88.8 %	8.9 %	2.2 %

Table 2. Full- or part-time employment status of the 1998-2000 graduates.

Participants	N	Full-time	Part-time
Students	199	59.1 %	40.9 %

Table 3. Relevance of studies with current employment

Participants	N	Not at all	Some	Close Enough	Absolute
Students	199	31.5 %	10.2 %	22.3 %	36.0 %

The Alumni Association

The Department has already established a unique service for an effective communication with all of its graduates with the publication of an online newsletter aiming at the dissemination of the department's activities and news (e.g. graduation days, conferences, seminars and future events of relative interest) to its alumni.

All graduates can update their personal, social and professional information and send their questions regarding postgraduate studies, research and professional opportunities and career development via e-mail to the following address: ptixiouxoi@pe.uth.gr. Moreover, any ideas or useful information the graduates may wish to share with each other is always welcome.

Administration – Committees - Staff

Administration

The Department is administered by its General Assembly and the Chair of the Department. The General Assembly is formed by all the academic staff, representatives of undergraduate and postgraduate students, a representative of the teaching and lab staff and a representative of the technical support staff.

Committees

Finance	Athanasios Jamurtas
Representative at University Finance Planning Committee	Athanasios Jamurtas
Department Evaluation, Selection of transfer staff and visiting lecturers according to the P.E 407/80.	Athanasios Tsiokanos, Vassilis Gerodimos, Yiannis Giakkas, Asterios Patsiaouras

Program of Study and Student Internships	Nikolaos Digelidis, Vassilis Gerodimos, Christina Karatzaferi, Charilaos Kouthouris
Course and classroom semester scheduling	Marina Papastergiou, Asterios Patsiaouras, Vasilios Voutselas
Emerging scientific areas and Strategic Development	Yiannis Koutedakis, Athanasios Papaioannou, Athanasios Jamurtas, Nikolaos Digelidis, Antonis Hatzigeorgiadis
Career office and alumni communication	Dimitris Soulas, Elizana Pollatou, Asterios Patsiaouras
Student issues and professional skills development	Asterios Patsiaouras
Ethics	Athanasios Tsiokanos, Vasiliki Zisi, Panagiotis Tsimeas
Publications	Christina Karatzaferi
Library	Alexandra Bekiari
Representative at the University Library Committee	Marios Goudas
Buildings and estates	Dimitrios Soulas, Yiannis Giakas, Christina Karatzaferi
IT Network	Yiannis Giakas, Christina Karatzaferi, Marina Papastergiou, Vassilis Bouglas
Erasmus programme liaisons	Vassiliki Zisi, Nikolaos Zourbanos, Nikolaos Digelidis

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Dinas Christos	24310-47011	

Laboratories

The Center for Research and Evaluation of Human Performance (CREHP)

CREHP operates since 1999 in DPESS premises and consists of four laboratories, that is, exercise physiology, exercise biochemistry and sport nutrition, biomechanics and coaching support.

Education

CREHP conducts all laboratory courses related to exercise physiology, biochemistry, and biomechanics through which students see in practice all measurement and evaluation procedures of physical performance applied to both athletes and general population.

Research

Research interests of CREHP include the effects of muscle injury in movement engineering, the influence of external transport charge when walking through gait analysis, the effect of oxidized stress after training resulting to muscle damage and the effect of muscle injury in everyday human activity. At the same time, researches examining the effect of nutrition supplements such as the green tea to sport participants are also conducted.

Provision of Services

The Center evaluates players of football teams (such as AEL), basketball teams (like AST) and a large number of individual athletes of different sports as well as recreational athletes, in terms of aerobic capacity, anaerobic capacity, muscle strength, and other aspects of human performance. The evaluation of physical performance highlights the relevance of each individual for specific activities / events and the degree of improvement after a coaching course.

Exercise Psychology and Quality of Life Laboratory

The laboratory has as a purpose to serve the educational, advisory and research needs in the areas of sport and exercise psychology and health education programs, aiming to provide scientific support to sport and educational organizations so as to promote their efficiency and effectiveness in relation to performance and quality of life.

Laboratory's mission is to:

- a. Cover the teaching and research needs of the Department of Physical education and Sport Science at undergraduate and postgraduate level.
- b. Develop programs concerning health education, quality of life and performance improvement.
- c. Implement research programs in relevant fields.
- d. Organize seminars, symposiums, conferences, lectures and other scientific events and contribute to article and journal publications.
- e. Provide services in the educational community, sport organizations and clubs, businesses, private institutions, amateur and professional teams etc.

Sport and Recreation Management (SRM) Laboratory

The SRM laboratory has as a purpose to serve the educational, research and consultation needs in the areas of sports management, recreation, leisure, tourism and education in general. Its aim is to provide scientific support to sport clubs, recreation enterprises, and educational organizations in order to improve their efficiency and performance at administrative and managerial level.

The laboratory has as a mission to:

- a. Cover at undergraduate and postgraduate level the teaching and research needs of the Department of Physical education and Sport Science in relative subjects.
- b. Develop teaching programs and conduct basic and applied research.
- γ. Cooperate and exchange scientific knowledge with other academic and research institutions in Greece and abroad.

- δ. Organize seminars, symposiums, conferences, lectures and other scientific events, contribute to article and journal publications and invite national and international scientists recognized.
- ε. Provide services in the educational community, sport organizations and clubs, businesses, private institutions, amateur and professional teams etc.

SERVICES

Secretariat

The Secretariat is responsible for the secretarial servicing of students and the administrative support of the Department. Secretariat is open for students' requests everyday from 11:00 to 13:00.

Provision of simple student identity certificates needed for the various insurance institutions, funds and organizations (e.g. I.K.A., Tax, employment agencies etc), requires no application form filling but only the demonstration of the student ID card to the Secretariat of the Department. Provision of certificates including full student details for registration and military conscription purposes, requires filling in an application form which students may acquire from the Secretariat of the Department (or download online). Such evidences are granted only to the interested students in person along with the simultaneous demonstration of the student ID card, in accordance with the 2472/97 Law of the Hellenic Data Protection Authority (HDPa).

The certificates for housing fees benefit are granted in January, February and March, five days after the date on which the student submits a request to the Secretariat.

The analytic grades of modules are given to students two months after the end of each exam period.

Following their registration students receive an access code for using the online services of the University of Thessaly (e.g. renewal of registration, module statements, books, student bus passes etc).

All students should renew their registration at the beginning of each semester and state the courses are about to attend as well as the courses they will give exams.

Any student who is entitled to and wants to obtain a health care booklet has to complete and bring to the Secretariat the relative application form along with a formal statement which may be provided by the Secretariat.

The endorsement of the health care booklet takes place at the beginning of each academic year. Those students receiving health care from the University can refer to the hospital or to a private doctor (free choice) using their health care booklet granted.

Online Course Statement System

All students should renew their registration at the beginning of each semester and state the courses are about to attend as well as the courses they will give exams.

Following their registration students receive a code (**username & password**) so as to have access to the electronic services of the University of Thessaly. This access code is used to:

- Make online statements of the courses in the relevant Web page of the University (<http://euniversity.uth.gr/unistudent/>).
- Purchase books through the system of 'EYDOXOS' (see below).
- Receive the student pass (see below).

As regards to the statement of modules, pathways and specializations:

- At the beginning of the E' Semester students should necessarily choose and state a pathway.
- At the beginning of the F' Semester students can optionally choose the Main Specialty if they wish to do so. In case someone does not wish to choose a Main Specialty then he/she must declare a number of courses to attain the 30 ECTS units per semester.
- At the beginning of the G' semester students who decide to progress in writing a dissertation should state the relevant prerequisite courses.
- At the beginning of the H' semester students who decide to progress in writing a dissertation and have already stated the prerequisite courses are obligated to make a corresponding statement to the electronic course statement system.

Distribution of Literature through the System of “EYDOXOS”

According to F 1/76244/B3 Ministerial FEK 957/issue b/30-6-2010, selection and distribution of literature for the academic year 2011-12 to all Universities and Technological Institutes in Greece, is made through the Internet service of EYDOXOS (<http://www.eudoxus.gr/>). All students are required to select their books at the beginning of each semester through the ' EYDOXOS 'system.

Undergraduate University students have the right to choose from the full list of proposed literature of the EYDOXOS system, one (1) book for each compulsory and elective course included in the program of studies. Each student is entitled a textbook for each (core or elective) course included in the program of studies of the Department.

The process of selecting literature is made through the information system of EYDOXOS. The running of process requires students to enter at the central information system (CIS) of EYDOXOS, where they are certified through the Academic Federation lists of the National Research and Technology Network (AFNRT) and choose one book for each stated (compulsory or elective) course.

Along with literature selection students are required to assert to the Central Information System (CIS) that the chosen book corresponds to the course they have stated to the Secretariat of the University Department. Students who are in the second (and plus) semester are also required to declare the number of courses for which they have already received teaching literature. Declarations made by the students of the preceding paragraph serve as formal statements according to the meaning and implications of 1599/1986 Law.

The selection of teaching literature for each compulsory or elective course is made separately from the course statement which is done by students in accordance with the relevant procedures mentioned in the official Web site or the Program of Study of the Department.

Following the completion of teaching literature selection each student receives via email or SMS a PIN code with the presentation of which the student can receive from the distribution points (bookstores) the literature chosen.

Each publisher distributes teaching literature in a declared distribution point for each book at October 1st and March 1st for the fall and spring semester respectively. In case a student already passed successfully the relevant course but failed to collect the selected literature, then he/she loses the right to do so.

Special Ticket Card (Student Pass)

Since the academic year 2011-12 all University students in Greece receive a special ticket card (student pass) following a statement that is completed online. Online request for receiving a student pass requires the access code information (username password) provided to registered students by the Department that is used for the online services of the University.

Submitting an Application and Collecting the Special Ticket Card.

Prior submitting the application form the student should read carefully and accept the terms and conditions of the program.

Following the induction of personal data all students should follow the next steps:

- a) Loading of individual photo.
- b) Naming of selection point for receiving student pass. Selection points exist throughout Greece in each city having a University.
- c) Overview of the application and final submission. Following submission of application form the student waits for the relevant checking and final approval given by the Secretariat of the Department.
- d) Notification of student via email or SMS or through his/her personal online system account to receive the student pass from the selection point chosen, as soon as this is obtainable.
- e) Acquisition of the student pass. Following notification the student goes in person to the selection point and receives the student pass with showing his ID card and mentioning the unique number of the student pass that was sent via email or SMS.

In case studentship ends for any reason, this automatically implies the cessation of the student's right to hold the special ticket card which in this case should be returned to the Secretariat of the Department.

It should be noticed that in case of a loss of the special ticket card, the application for resubmission should be made after the approval provided by the Secretariat of the Department. Following approval, the above mentioned procedure is repeated.

The Diploma Supplement

The University of Thessaly since June 2012 awards the Diploma Supplement to all graduates at undergraduate, postgraduate and PhD level. The Diploma Supplement is awarded automatically to all students without application and it consists of all details in the Greek and English language concerning elements of the Program of Studies (e.g. number of courses successfully attended by the student etc),. The Diploma supplement provides students the opportunity to apply to every national or international University so as to attend postgraduate studies without the need for official translation services. In many European Universities, the 60 ECTS units of the 4th year of studies constitute an important qualification tool for the graduates of our Department.

IT Lab

The lab was formed in order to cover the needs of the students and the academic staff of the Department.

Purpose

The support of academic teaching and evaluation, the facilitation of students in their learning and preparation of coursework and the provision of Internet access for educational purposes.

Equipment

All classrooms and of course the IT lab of the Department have access to the local Ethernet 100/1000 Mbps network and the internet. The Department is connected to the University in Volos through the National Network of Research and Technology with an ultra-high speed line of 1 Gbps. The IT lab has 20 PCs for meeting students' needs, two servers for the teaching staff and network administrators and two laser printers for teaching staff purposes. The PCs are part of a local LAN network and have permanent high speed connection (1 Gbps) to the internet. Also, there is a wireless network connection available to all Department premises.

Operation Hours

The IT lab operates from 6 to 12 hours every day depending on the teaching schedule. The lab is also open from 10:00-16:00 (Monday to Friday) for student purposes and use of the available laboratory equipment.

Online Exams

Online exams can be conducted for a number of courses using a particular online program of student evaluation and scoring system based on multiple choice methodology.

Online Course and Teaching Staff Evaluation by Students

Each semester, a number of modules are selected and evaluated anonymously by students within the IT Lab. The evaluation concerns the course itself as well as the teacher responsible.

The IT Lab as Certification Centre

The laboratory is licensed to certify the computing knowledge and skills of educators as part of the project concerning the "Training of Teachers in the use of information and Communication Technology (ICT) in Education". In particular, the laboratory carries out online A and B level examinations for primary and secondary school teachers respectively, with the objective to evaluate their computing skills and provide proof of PC knowledge.

Provision of Services

- All DPES students have the right to obtain a departmental email account and have access to the University of Thessaly Network after filling an application form. The application is available and daily provided by the

laboratory staff responsible, whereas all benefits of using IT services are available until the completion of studies (8 semesters).

- All users can surf freely on the internet and save their work on the PC's hard disc or transferable disks (floppy, CD-Rom, USB stick).
- Email users have the possibility to send and receive mails up to 10 Mb size and receive information about the activities organized by the University of Thessaly via their email account.
- All users have access to articles appearing in over 12.000 electronic journals offered by the central library's database. There is also an optional VPN connection service for home use and equal access opportunity.
- All students have free access to the IT lab except during classroom hours. No food or drink is allowed within the IT lab premises.

IT Lab Personnel

Vassilis Bouglas, Laboratory Support Staff, Tel: +24310-47007, email: bbouglas@pe.uth.gr

Panagiotis Sakellariou, Administrative Staff, Tel: +24310-47042, email: psakel@pe.uth.gr

Library

The library of the Department provides its services since 1994-1995 and it's a part of the University of Thessaly Central Library (<http://www.lib.uth.gr>). The Library's data base includes books, scientific journals, conference proceedings, master and doctoral theses and audio-visual material (i.e. CD-ROMS, DVDs) that fully cover the areas of psychology, physical education, fitness, medical sciences, sports management, nutrition and literature as well.

All members of the University community have the right for free access and use of the library premises. Non members of the general public can acquire access to the library following registration and issuance of a «Member Card» (necessary documents: ID card and one photo). The main rights of the library members are summarized as follows:

- Borrowing of books, journals, BSc, MSc and PhD theses, CD-ROMs etc.
- Renewal of loan duration by phone or personal visit to the library.
- Use of the library's reading room and information sources (encyclopedias, dictionaries etc).
- Access to internet and online data-bases.
- Access to national and international journals.
- Ordering of articles with debit from other Greek or international libraries as well as books from other national libraries.
- Copying of library's material solely, in accordance with applicable laws protecting intellectual property rights (with the purchase of a special card from the University staff and library members which costs 3 euro per 100 photocopies).

Note: Journals, dictionaries, and books that bear a distinctive mark (a purple color tag) can not be borrowed.

The number of borrowed items allowed as well as the loan duration is presented in the next table.

<i>Member Status</i>	<i>Maximum number of items</i>	<i>Loan duration</i>
Undergraduate students	10	21 days
MSc Students	10	28 days
PhD candidates	15	28 days
General public	5	14 days

Library members have the responsibility to:

- Meet the terms of loan duration (otherwise a fine is charged depending on the days of delay that is equal to 30 cents per overdue item for this academic year)
- Respect the library premises and equipment

- Keep quiet

For further information concerning library regulations please visit the following internet address:
(<http://www.pe.uth.gr/services/campus/kanonismos.pdf>).

Library's opening hours are:

Monday to Wednesday 08:00 a.m - 18:00 p.m.

Thursday and Friday 08:00 a.m. - 16:00 p.m.

Library's opening schedule during holiday periods is determined according to personnel available.

Library Personnel

Mavromatis Stefanos , Librarian, Tel: 24310 47051, email: smavro@uth.gr

DPESS PROGRAM OF STUDIES: STRUCTURE AND PHILOSOPHY

The purpose of the program is to introduce students to the full (theoretical and practical) range of sports science during the first two years, followed by the specialization of students in a particular knowledge area or pathway of sports science. Thus, the first two years (four semesters) are basic training years that are the same for all students, whereas the next 2 years (four semesters) represent the years of pathways and specialization.

The structure of the program of studies is generally based on compulsory core modules and elective courses the students choose, formatting, to an extent, each his/her own curriculum. The possibility of selecting courses is gradually increased after the A semester and especially during the time period from D to H semester. As an example, during the A semester all courses are compulsory and progressively students are given a variety of options in determining the curriculum that most effectively meets their needs and potential.

Students should pay particular attention to the understanding of the system concerning the gravity distribution of modules and amount of work per semester that is determined by ECTS units corresponding to each course, as on these options issues such as statement and selection of courses, selection of specialty etc. are based.

Learning outcomes

	<i>Upon completion of their studies, students are expected to achieve the following learning outcomes:</i>
<i>Knowledge and understanding</i>	<ol style="list-style-type: none"> 1. They know and are able to apply specific scientific and theoretical concepts as to the subject of Physical Education and Exercise Science, which play a decisive role in the development of educated people. 2. They have been trained in a range of aspects related to physical education and exercise science and have the knowledge and skills that are necessary to teach and train specific movement patterns and techniques in order to improve the health and fitness status as defined by the modern scientific evidence.
<i>Applying knowledge and understanding</i>	<ol style="list-style-type: none"> 3. They are able to design and implement developmental-specific learning patterns in order to meet the diverse needs of every single student, training person or athletes. 4. They are able to plan, implement and evaluate exercise regimes for a broad spectrum of different ages.
<i>Formulate appropriate judgements and making appropriate choices</i>	<ol style="list-style-type: none"> 5. They are able to analyze specific human movements and patterns using their knowledge in exercise science, detecting and correcting characteristics related to motor control and performance. 6. They are able to use evaluation procedures and use critical thinking to shape their decisions regarding teaching approaches in order to promote the learning process.
<i>Communicating acquired knowledge and understanding</i>	<ol style="list-style-type: none"> 7. They are able to effectively use communication and pedagogical skills or strategies in order to increase the participation of students, exercised people or athletes in various sport related activities.
<i>Lifelong learning attitude and skills</i>	<ol style="list-style-type: none"> 8. They are able to show the necessary mentality and behavior in order to become effective professionals and continue to improve themselves throughout the years.

Importance of ECTS Units

Each course corresponds to a number of ECTS units, since the University of Thessaly follows the European Credit and Accumulation Transfer System (ECTS) applied to all European Universities.

Each teaching unit is equal to 25 hours of work per semester. As an example, a course with 5 teaching units requires 125 hours of work per semester for each student, a workload that includes hours of lectures, the time required for carrying out the examinations, the hours the student devotes to study for the exams, the time required for the appropriate preparation of lessons etc.

Acquisition of the BSc (Hons) in P.E. and Sport Science requires students to obtain a total of 240 credits, for which each student is proposed to distribute equally per semester. Thus, in each semester the student is

recommended to select courses of a total gravity that is equal to 30 ECTS units (i.e. $30 \times 25 = 750$ hours of work per semester).

Number of teaching units increases in each year of studies so as to provide the possibility to those who did not pass a course successfully, to register, attend and give exams to the same course for the next semester, as the credits roll up from the online course statement system

Generally, the gravity of courses in terms of ECTS units is as follows:

- Core modules that are compulsory for a pathway or pathway choices: from 3 to 6 teaching units
- Elective courses: 2 teaching units
- Specialty courses: 12 teaching units
- Specialty practice: 4 teaching units
- Dissertation or Project: 10 teaching units

Cycles and Pathways of the Program of Studies

The program of studies is equal to four years and is divided into two cycles of studies, the completion of which is compulsory to attain a BSc (Hons) in P.E. and Sport Science. The first cycle of studies (from the 1st up to the 4th semester) includes core modules which are the basis for the acquisition of knowledge and development of an individual professional profile while ensuring at the same time to a significant degree the attainment of the pedagogical proficiency of graduates. The second cycle of studies (from E to H semester) provides increased opportunities for students to determine their own curriculum based on their personal needs, abilities and interests.

Hence, at the beginning of the E Semester on deadlines announced by the Secretariat of the Department each student is obligated to select the pathway he/she wishes to attend. Each pathway fosters knowledge and develops skills for different academic and working environments. In each pathway there are at least two compulsory courses and students choose the modules required to complete the necessary number of ECTS units, that is, 30 ECTS units per semester.

There are two distinctive pathways in the program of studies:

1. Elite Sport Performance (ESP).
2. Exercise, Health and Recreation (EHR).

Selecting a Specialty

At the beginning of the F Semester, each student chooses a specialty exclusively from the pathway he/she already attends, if he/she wishes to do so. Each specialty is included within the relevant pathway and it is reinforced by the theoretical, practical and laboratory courses of the pathway.

Each specialty consists of three courses of six months duration, that is: a) the F and G semester (theory and practice) of 12 ECTS units each one β) the H' semester where each student selecting a specialty is obligated to choose the course of Practicum (MK1010). All specialties offered in each pathway are presented at the following table.

Specialties of Elite Sport Performance	Specialties of Exercise, Health and Recreation
<ul style="list-style-type: none"> • Football • Basketball • Athletics (Track and Field) • Swimming • Volleyball 	<ul style="list-style-type: none"> • Indoor Recreation and Sport Management • Outdoor Recreation and Skiing • Exercise and Health • Greek Folk Dances • Adapted Physical Education

The selection of specialty is optional. In case a student does not wish to attend any specialty he/she must complete the equivalent number of 30 ECTS units per semester from the other courses offered at the corresponding semesters.

Practicum (internship) within specialties

The third course concerning Practicum (MK1010) of Specialties has as a purpose to provide the opportunity to students to develop basic skills, with regard to the exploration, selection and cooperation agreement

with working environments that are relative to specialty chosen, so as to gain valuable experience in true working situations of the employment market, applying at the same time in practice the theoretical knowledge acquired during their studies.

Suggested links for internships:

DPESS Practicum Office	http://www.pe.uth.gr/cms/index.php?option=com_content&view=article&id=198%3A2010-03-04-14-31-58&catid=42&lang=el
University of Thessaly Practicum Office	http://pa.uth.gr/
Innovation and Enterprise Unit (IEU) of the University of Thessaly	http://moke.uth.gr/
Structure of Employment and Career Prospect (SECP) of the University of Thessaly	http://dasta.uth.gr/

Elective Courses

Elective courses enhance the program of studies providing a greater flexibility in the formation of the curriculum from each student. Each elective course is given a gravity of two ECTS units.

Core Modules

Successful completion of the basic cycle of studies requires each student to succeed in 10 out of the 16 following core modules.

A SEMESTER Compulsory courses of fall semester				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0102	Anatomy	4	6	Koutedakis Y.
MK0901	Biomechanics	4	6	Tsiokanos A., Giakas I.
MK0210	Physical Education Pedagogy	2	4	Papaioannou A.
MK0108	Sport Psychology	2	4	Goudas M.
B SEMESTER: Compulsory courses of spring semester				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0208	Psychology of Physical Education	2	4	Goudas M.
MK0907	Motor Learning	2	4	Pollatou E
MK1100	Teaching and Methodology of PE	2	4	Digelidis N.
MK0415	Physiology	4	5	Jamurtas A.
C SEMESTER Compulsory courses of fall semester				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0114	Sport and Recreation Management	2	4	Koustelios A
MK1101	Research Methodology and Statistics	2	5	Hatzigeorgiadis A., Papaioannou A.
MK1113	Pedagogy and Sociology Issues in Education	2	4	Bekiari A.
MK0400	Biochemistry	2	4	Jamurtas A.
D SEMESTER: Compulsory courses of spring semester				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0501	Introduction to Training	4	4	Gerodimos V.
MK0903	Kinesiology	2	4	Tsiokanos A.
MK0902	Principles of Exercise Physiology	2	5	Koutedakis Y.
MK1057	Exercise, Health and Quality of Life	2	4	Theodorakis Y.

Students should pay particular attention to this point: in case someone for whatever reason has not achieved the criterion of passing successfully the 10 out of the 16 core modules, then he/she loses the right to select a pathway and earns this right back only when fulfilling this criterion.

Dissertation

The final decision for writing a thesis or not should be taken at the end of the 6th semester for those students who wish to do so, having as a prerequisite to attend successfully the following elective courses offered at the 7th semester of studies:

- α) ME9900 Thesis (research and writing) and
- β) ME0051 SPSS use.

The writing of a thesis is optional to attain a BSc (Hons) in P.E. and Sport Science and it is stated by the student at the 8th semester of studies. The magnitude of writing a dissertation is equal to 10 ECTS units.

In fact, the preparatory work for those interested to proceed in thesis elaboration starts much earlier during the 2nd or 3rd year of studies. Students on their own initiative can reach a faculty member or permanent teaching staff and discuss the possibility of collaboration and in case of a mutual agreement concerning a topic of common interest the academic member supervises the student throughout the whole procedure of writing a thesis. The dissertation may involve conducting a research or it may be a simple review of the literature.

Project

The project is one of the innovations of the program of studies and it is presented as optional in the H Semester. Student can follow the same procedure as in dissertation only in case there is an agreement with a supervisor.

The project may involve participation in a research project or program or laboratory activities in cooperation with other students toward achieving a common purpose. The project may be in the form of data collection, writing a research paper, conducting a lab experiment and so on, all under the supervision and guidance of a faculty member or at least permanent teaching staff of the Department.

The project is a course that follows an interdisciplinary approach and emphasizes the cooperation of students aiming to make them become more active during the learning process. It is a different approach of organizing the learning procedure in a way that motivates students to take initiatives, build knowledge and give learning a deeper meaning.

Special Certification Curriculum of Pedagogical Efficiency

A number of courses included in the program of studies concern the professional reinforcement of Department's graduates in relation to the acquisition of a pedagogical efficiency certification, as a prerequisite for any recruitment in the Greek public educational system by the year 2014. These courses are distributed over the entire range of the program of studies with their vast majority be compulsory for all students. The courses are:

A SEMESTER				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0210	Physical Education Pedagogy	2	4	Papaioannou A.
MK0108	Sport Psychology	2	4	Goudas M.
B SEMESTER				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0208	Psychology of Physical Education	2	4	Goudas M
MK0907	Motor Learning	2	4	Pollatou E.
MK1100	Teaching Methodology of PE	2	4	Digelidis N.
C SEMESTER				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK1113	Pedagogy and Sociology Issues in Education	2	4	Bekiari A.
D SEMESTER				

Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK1102	Practical Training in Schools I	3	4	Digelidis N. Papaioannou A
ME0122	History of Physical Education and Sports	2	2	Bekiari A.
E' SEMESTER				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK1105	Inclusive Physical Education	2	4	Kokaridas D.
MK1103	Practical Training in Schools II	3	4	Digelidis N. Papaioannou A
ME0112	History of Pedagogy	2	2	Bekiari A.
F SEMESTER				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK1112	Design and Application of Analytical Programs in PE	2	4	Digelidis N.
MK1107	Theory and Practice of PE Pedagogy	2	4	Bekiari A
G SEMESTER				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK1110	Health Education	2	4	Theodorakis Y
MK1020	Teaching Life Skills in Education	2	4	Goudas M
H' SEMESTER				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0939	Developmental Psychology	2	6	Goudas M

Certification of Computer Use Knowledge

There are four compulsory or elective courses related to computer use which the student can choose to certify computer use knowledge, acquiring in this way an additional qualification for participating in national education contests or enhancing career opportunities. These courses are:

A SEMESTER: Compulsory courses of fall semester				
Course code	Courses	Hours/week	ECTS	Course Supervisor / (teaching staff)
MK0203	Computing	2	4	Papastergiou M
D SEMESTER: Elective courses of spring semester				
ME0050	Computing (Applications in Physical Education)	2	2	Papastergiou M
F' SEMESTER: Elective courses of spring semester				
ME0101	Information Technology in Education with emphasis on Physical Education	2	2	Papastergiou M
G EEAMHNO: Elective courses of fall semester				
ME0051	SPSS Use	2	2	Papastergiou M

During these four computing courses, the students: a) familiarize themselves with basic concepts and terms of information and communication technologies (ICT), b) learn to use basic functions of a personal computer operating system, c) learn to use productively and in accordance with study requirements relevant office applications (word processor, spreadsheet, presentation software, database management system) as well as Web services and applications (e.g. email, search engines, online bibliographic databases), d) familiarize themselves with the organization, management and analysis of data relating to study requirements using appropriate software (spreadsheet, database management system, statistical package), e) learn to use image editing software and video, f) introduce themselves in the creation of interactive multimedia websites and g) acquire theoretical and practical

understanding of the diverse ICT applications (i.e. educational software, online missions, specialized digital games, e-training) in education and more specifically in physical education settings.

New Technologies in Educational Process

News multimedia educational software has been produced in recent years to serve program of studies' purposes for a large number of courses. The aim of this effort is the search and renewal of knowledge by students through technology use, the gradual eradication of distributed books and the introduction of multiple literature databases in educational practice, as well as the reduction of teaching and correction workload.

The students have e-access to course lectures. The list of these courses can be located at the site of the Department at the following address: <http://www.pe.uth.gr/epeaek.htm>. In addition, a number of courses is digitally supported by various platforms that can be traced at the relevant site (<http://www.pe.uth.gr/e-learning/>), or through the asynchronous e-learning platform of the University of Thessaly (<http://eclass.uth.gr/eclass/index.php>).

Evaluation of Students

Evaluation procedures

The following tables describe the learning objectives and evaluation criteria of all modules included in the Program of Studies.

Table 1: *Evaluation of practical and elective modules*

Learning objectives	Teaching Modes	Evaluation criteria	Criterion weight
The students should acquire sufficient knowledge of the subjects taught	<ul style="list-style-type: none"> • Lectures • Seminars • Discussion • Alternative teaching methods 	Final written exams	30%
Students should be able to perform taught skills to a sufficient degree	Student practice	Skill test including qualitative or quantitative criteria	40%
Students should develop a deeper understanding and interest of the subjects taught and be able to organize short teachings	Written essays or teaching demonstration applied to the other students	A short teaching demo per semester or a written essay (up to 5 pages) or an article presentation	20%
Students should have an active participation in classroom	<ul style="list-style-type: none"> • Participation • Attendance 	Attendance rate	10%

Note 1: Teaching staff of each module determine the exact testing and evaluation procedures.

Note 2: Written essays and teaching demonstrations are under the same category for practical reasons since it is not likely for all students to teach during the semester due to time period restrictions.

Table 2: *Evaluation of specialty modules*

Learning Objectives	Teaching modes	Assessment methods	Percentage of grade
The students should acquire sufficient knowledge of the subjects taught	<ul style="list-style-type: none"> • Lectures • Seminars • Discussion 	Final written exams	30%

	<ul style="list-style-type: none"> Alternative teaching methods 		
Students should be able to perform taught skills to a sufficient degree	Student practice	Skill test including qualitative or quantitative criteria	40%
Students should develop a deeper understanding and interest of the subjects taught and be able to organize short teachings	Written essays or teaching demonstration applied to other students in school and sport settings	A short teaching demo per semester or a written essay (up to 5 pages) or an article presentation	20%
Students should have an active participation in classroom	<ul style="list-style-type: none"> Participation Attendance 	Attendance rate	10%

Note 1: Teaching staff of each speciality determine the exact testing and evaluation procedures in relation to module requirements

Table 3: Evaluation of core modules

Learning Objectives	Teaching modes	Assessment methods	Percentage of grade
The students should acquire sufficient knowledge of the subjects taught	<ul style="list-style-type: none"> Lectures Seminars Discussion Alternative teaching methods 	Final written exams	80%
Students should develop a deeper understanding and interest of the subjects taught.	Essays	A written essay per semester (up to 5 pages)	20%

Note: The written essay requirements depend on the needs of the course and are determined by the teaching staff responsible. In case a written essay is not assigned then full marks are derived from the written exam.

Table 4: Evaluation of pathway modules

Learning Objectives	Teaching modes	Assessment methods	Percentage of grade
Students should acquire sufficient knowledge of the subjects taught	<ul style="list-style-type: none"> Lectures Seminars Discussion Alternative teaching methods 	2 short tests per semester at pre-arranged dates, or final exams	30%
Students should be able to organize short teachings	Teaching demonstration applied to other students in school and sport settings	A short teaching demo per semester or an article or essay presentation	30%
Students should develop a deeper understanding and interest of the subjects taught.	Essays	1 written essay per semester up to 10 pages	30%
Students should have an active participation in classroom	<ul style="list-style-type: none"> Participation Attendance 	Attendance rate	10%

Note: More than one written essays might be assigned per semester, as long as they do not exceed the 10 pages in length

Table 5: Evaluation of the modules including practical application in the field (e.g. practice in schools, specialty practice)

Learning Objectives	Teaching modes	Assessment methods	Percentage of grade
Students should be able to organize short teachings	Teaching applied to educational and sport settings (schools, sport teams, athletic clubs, gyms, etc)	Observation and recording methods (e.g. systematic observation)	40%
Students should be able to plan a teaching unit	Planning of lessons or training units or athletic events etc.	Qualitative criteria	40%
Students should develop the ability to observe and evaluate conditions with efficiency	Observation and recording methods (e.g. systematic observation)	Observation & evaluation of a lesson, or training session, or sport-recreation events.	20%

Examination Rules

The following rules are set for the smooth conduction of examinations:

1. Students are obligated to carry their student identity card during exams or any other official document (e.g. ID card, passport) that allows their identification
 2. Students are required to enter in the examination room and sit in designated positions only after the authorization provided by the personnel monitoring the exam procedure.
 3. Students are allowed to keep only the necessary stationery for the exams. Books, dictionaries, notes, articles, electronic devices, etc. are not permitted unless the course supervisor instructs otherwise. In case a student carries such material then he/she would have to deliver it to the monitoring personnel prior the start of examination.
 4. Students are required to be in position 10 minutes prior exams and enter the class only after the permission provided by the monitoring personnel.
 5. No food or drink (except water) is allowed during exams.
 6. During exams the students should follow all instructions given by the course supervisor and monitoring personnel (e.g. exam duration etc)
 7. During exams the students should have their mobile phone deactivated. Furthermore, they should avoid efforts to take a look at the exam paper of other students or to communicate in any way or to try creating any disorder in the class.
 8. With the completion of the exam procedure students should stop writing and remain on their seats until all papers are selected and monitoring personnel gives the permission to leave the classroom.
- Non-compliance or violation of the above rules may result in expulsion of the student from the classroom and paper removal.

THE PROGRAM OF STUDIES AT A GLANCE: MODULES PER SEMESTER

The following tables present in brief the modules of each semester concerning: a) the basic cycle of studies and b) the cycle of pathways and specializations. Students are required to pay particular attention to the specification notes mentioned under each table.

A' CYCLE OF STUDIES: CORE MODULES

A Semester: Compulsory Courses of Fall Semester				
Course Code	Courses	Hours/Week	ECTS	Course Supervisor/ (teaching staff)
MK0102	Anatomy	4	6	Koutedakis Y.
MK0901	Biomechanics	4	6	Tsiokanos A., Giakas, I.
MK0210	Physical Education Pedagogy	2	4	Papaoannou A.
MK0108	Sport Psychology	2	4	Goudas M.
MK0203	Computing	2	4	Papastergiou M.
MK0101	Teaching Track and Field I	2	2	Soulas D.
MK0107	Teaching Basketball	4	4	Gerodimos V
	Sum	20	30	

NOTE: In this semester all courses are compulsory

B' SEMESTER: Compulsory Courses of Spring Semester				
Course Code	Courses	Hours/Week	ECTS	Course Supervisor/ (teaching staff)
MK0208	Psychology of Physical Education	2	4	Goudas M
MK0907	Motor Learning	2	4	Pollatou E
MK1100	Teaching Methodology of PE	2	4	Digelidis N
MK0415	Physiology	4	5	Jamurtas A.
MK0201	Teaching Track and Field II	4	4	Soulas D
MK0206	Teaching Greek Folk Dances	4	4	Dimas I, Giakas I.
MK1116	Gymnastics for All	2	3	Pollatou E.
	Sum	20	28	

NOTE: In this semester the ECTS Units are 28 and students are offered to choose one of the two elective courses so as to attain the average of 30 ECTS units per semester.

C Semester: Compulsory Courses of Fall Semester				
Course Code	Courses	Hours/Week	ECTS	Course Supervisor / (teaching staff)
MK0114	Sport and Recreation Management	2	4	Koustelios A
MK1101	Research Methodology and Statistics	2	5	Hatzigeorgiadis A., Papaioannou A.
MK1113	Pedagogy and Sociology Issues in Education	2	4	Bekiari A.
MK0400	Biochemistry	2	4	Jamurtas A.
MK0406	Teaching Rhythmic Gymnastics	2	3	Pollatou E, Karadimou N
MK0305	Teaching Volleyball	4	4	Patsiaouras A
MK0309	Teaching Football	4	4	Papanikolaou Z.,Famisis K.
	Sum	18	28	

NOTE: In this semester the ECTS Units are 28 and students are offered to choose one of the four elective courses so as to attain the average of 30 ECTS units per semester. In case however someone does not know how to swim then he/she is obligated to choose the “Learning of Swimming” course (ME0120) since at the next semester follows the “Teaching Swimming” course (MK0408) which is compulsory for everyone.

D Semester: Compulsory Courses of Spring Semester				
Course Code	Courses	Hours/Week	ECTS	Course Supervisor / (teaching staff)
MK0501	Introduction to Training	4	4	Gerodimos V.
MK0903	Kinesiology	2	4	Tsiokanos A
MK0902	Principles of Exercise Physiology	2	5	Koutedakis I
MK1057	Exercise, Health and Quality of Life	2	4	Theodorakis I
MK0408	Teaching Swimming	4	4	Hatzigeorgiadis A, Blanti A
MK0407	Teaching Handball	4	3	Giakas I
MK1102	School Practice I	3	4	Digelidis N., Papaioannou A.
	Sum	21	28	

NOTE: In this semester the ECTS Units are 28 and students are offered to choose one of the three elective courses so as to attain the average of 30 ECTS units per semester.

B' CYCLE OF STUDIES: PATHWAYS AND SPECIALIZATION

E' SEMESTER: Courses of Fall Semester					
Course Code	Courses	Hours/Week	ECTS	Course Supervisor / (teaching staff)	Comments
MK1114	Psychological support in sports	2	4	Zourbanos N.	Compulsory for ESP and elective for EHR
MK1117	Nutrition and Exercise	4	6	Jamurtas A.	Compulsory for ESP and elective for EHR
MK1118	Exercise for Clinical Populations	2	6	Sakkas G.	Compulsory for EHR and elective for ESP
MK0951	Exercise and Nutrition	4	6	Koutedakis Y., Karatzaferi C., Sakkas G.	Compulsory for EHR and elective for ESP
E' SEMESTER: Compulsory Courses of Fall Semester					
MK1105	Inclusive Physical Education	2	4	Kokaridas D.	Compulsory core course
MK1103	Practical Training in Schools II	3	4	Digelidis N., Papaioannou A.	Compulsory core course
E' SEMESTER: Pathway Courses of Fall Semester					
MK0916	Biochemistry of Exercise	2	6	Jamurtas A.	Pathway course for ESP & EHR
MK1108	Sport Tourism	2	4	Koustelios A.	Pathway course for ESP & EHR

Note 1: In this semester students should necessarily choose on of the two pathways available, that is: a) Elite Sport Performance (ESP) or b) Exercise, Health and Recreation (EHR). Depending on the pathway chosen students should have to state: a) the two compulsory courses that have been designated in the chosen pathway b) the two compulsory core modules concerning the certificate of pedagogical efficiency. Furthermore students should have to complete the amount of 30 ECTS units by choosing from the pathway courses and/or the elective courses and/or the two compulsory courses of the other pathway.

Note 2: A course that is compulsory in one pathway becomes automatically an elective course for those following the other pathway.

F' SEMESTER: Courses of Spring Semester					
Course Code	Courses	Hours/Week	ECTS	Course Supervisor and teaching staff	Comments
MK0909	Measurement Methods in Biomechanics	2	6	Giakas Y., Tsiokanos A.	Compulsory for ESP and elective for EHR
MK1013	Development of Strength and Power	2	4	Gerodimos V.	Compulsory for ESP and elective for EHR
MK1052	Field Tests for the Assessment of Human Performance	4	6	Karatzafieri C, Zisi V, Tsiokanos A	Compulsory for EHR and elective for ESP
MK1115	Design, Application and Guidance of Exercise Programs	2	4	Gerodimos V	Compulsory for EHR and elective for ESP
F' SEMESTER: Compulsory Core Courses of Spring Semester					
MK1112	Design and Application of Analytical Programs in PE	2	4	Digelidis N.	Compulsory core course
F' SEMESTER: Pathway Courses of Spring Semester					
MK0950	Aerobic Gymnastics	2	4	Pollatou E., Karadimou K.	Pathway course for ESP & EHR
MK1119	Clinical Exercise Physiology	2	4	Karatzafieri C., Koutedakis Y., Sakkas G.	Pathway course for ESP & EHR
MK1107	Theory and Practice of PE Pedagogy	2	4	Bekiari A.	Pathway course for ESP & EHR
F' SEMESTER: Main Specialty Courses of Spring Semester					
KE0301	Track and Field I	6	12	Soulas D	Main Specialty Course (ESP)
KE0201	Basketball I	6	12	Gerodimos V	Main Specialty Course (ESP)
KE0401	Swimming I	6	12	Hatzigeorgiadis A., Blanti A.	Main Specialty Course (ESP)
KE0501	Football I	6	12	Famisis K., Papanikolaou Z.	Main Specialty Course (ESP)
KE1001	Volleyball I	6	12	Patsiaouras A.	Main Specialty Course (ESP)
KE0901	Greek Folk Dances I	6	12	Dimas I.	Main Specialty Course (EHR)
KE1201	Adapted Physical Education I	6	12	Kokaridas D	Main Specialty Course (EHR)
KE2021	Exercise and Health I	6	12	Zisi V Karatzafieri C Jamurtas A.	Main Specialty Course (EHR)
KE2031	Gym Exercise and Sport Management I	6	12	Koustelios A., Pollatou E.	Main Specialty Course (EHR)
KE2041	Outdoor Activities & Downhill Skiing I	6	12	Kouthouris C	Main Specialty Course (EHR)

Note: In this semester, depending on the pathway chosen students should necessarily select: a) the two compulsory courses that have been designated in the chosen pathway b) the one compulsory core module related to the certificate of pedagogical efficiency. Furthermore students should have to complete the amount of 30 ECTS units by choosing either from specialty or the pathway courses or the elective courses.

G SEMESTER: Courses of Fall Semester					
Course Code	Courses	Hours/Week	ECTS	Course Supervisor & teaching staff	Comments
MK1017	Development of Aerobic and Anaerobic Power	2	4	Soulas D	Compulsory for ESP and elective for EHR
MK1109	Laboratory Evaluation of Sport Performance	2	6	Jamurtas A., Tsiokanos A., Giakas Y.	Compulsory for ESP and elective for EHR
MK1053	Management of Human Resources	2	4	Koustelios A.	Compulsory for EHR and elective for ESP
MK1024	Exercise in Elderly	2	4	Zisi V.	Compulsory for EHR and elective for ESP
G SEMESTER: Compulsory Core Courses of Fall Semester					
MK1110	Health Education	2	6	Theodorakis I	Compulsory core course
G SEMESTER: Pathway Courses of Fall Semester					
MK0925	Muscle Skeletal Overload in Sports	2	4	Giakas Y.	Pathway course for ESP & EHR
MK0962	Alternative Forms of Training	2	4	Saroglakis G.	Pathway course for ESP & EHR
MK1020	Teaching Life Skills in Education	2	4	Goudas M.	Pathway course for ESP & EHR
G SEMESTER: Main Specialty Courses of Fall Semester					
KE0302	Track and Field II	6	12	Soulas D	Main Specialty Course (ESP)
KE0202	Basketball II	6	12	Gerodimos V., Tsimeas P.	Main Specialty Course (ESP)
KE0402	Swimming II	6	12	Hatzigeorgiadis A., Blanti A.	Main Specialty Course (ESP)
KE0502	Football II	6	12	Famisis K., Papanikolaou Z.	Main Specialty Course (ESP)
KE1002	Volleyball II	6	12	Patsiaouras A.	Main Specialty Course (ESP)
KE0902	Greek Folk Dances II	6	12	Dimas I	Main Specialty Course (EHR)
KE1202	Adapted Physical Education II	6	12	Kokaridas D	Main Specialty Course (EHR)
KE2022	Exercise and Health II	6	12	Zisi V Karatziferi C Jamurtas A.	Main Specialty Course (EHR)
KE2032	Gym Exercise and Sport Management II	6	12	Koustelios A., Pollatou E.	Main Specialty Course (EHR)
KE2042	Outdoor Activities & Downhill Skiing II	6	12	Kouthouris C	Main Specialty Course (EHR)

Note: In this semester, depending on the pathway chosen students should necessarily select: a) the two compulsory courses that have been designated in the chosen pathway b) the one compulsory core module related to the certificate of pedagogical efficiency. Furthermore students should have to complete the amount of 30 ECTS units by choosing either from specialty or the pathway courses or the elective courses.

H' SEMESTER: Courses of Spring Semester					
Course Code	Courses	Hours/Week	ECTS	Course Supervisor & teaching staff	Comments
MK1012	Agility and Speed development	2	4	Papanikolaou Z	Compulsory for ESP and elective for EHR
MK0917	Weight Training Techniques	2	4	Saroglakis G.	Compulsory for ESP and elective for EHR
MK1111	Marketing in Sport and Recreation.	2	4	Kouthouris C.	Compulsory for EHR and elective for ESP
MK1120	Safe Exercise and First Aid	2	6	Jamurtas A., Karatzaferi C.	Compulsory for EHR and elective for ESP
H' SEMESTER: Pathway Courses of Spring Semester					
MK0939	Developmental Psychology	2	4	Goudas M	Pathway course for ESP & EHR
MK0912	Effective Coaching	2	4	Theodorakis Y., Zourbanos N.	Pathway course for ESP & EHR
MK1025	History of Physical Education and Sports	2	4	Bekiari A.	Pathway course for ESP & EHR
H' SEMESTER: Main Specialty Courses of Spring Semester					
MK1010	Practicum	2	4	Tsimeas P.	Main Specialty course – compulsory for those who chose a specialty
H' SEMESTER: Dissertation and Project					
D150	Dissertation	~250	10	Zisi V.	Dissertation (optional)
P151	Project	~250	10	Digelidis N.	Project (optional)

Note: In this semester, depending on the pathway chosen students should necessarily select a) the two compulsory courses that have been designated in the chosen pathway b) the Practicum in case they have chosen a specialty. Furthermore students should have to complete the amount of 30 ECTS units by choosing either from specialty practice or the pathway courses or the elective courses. Furthermore students have the possibility to state the dissertation or project.

Elective Modules

Fall Semester

Course Code	Courses	Hours/Week	ECTS	Course Supervisor/ (teaching staff)
ME0150	Kinetic Creativity	2	2	Pollatou E
ME0151	Outdoor Recreation Activities - Skiing	2	2	Kouthouris C.
ME0120	Learning of Swimming	2	2	Hatzi Georgiadi A
ME0152	Heavy Sports	2	2	Saroglakis G
ME0102	Exercise in Developmental Ages	2	2	Gerodimos V.
ME0096	Introduction in Aerobic Dance	2	2	Pollatou E / (Karadimou K.)
ME0112	History of Pedagogy	2	2	Bekiari A.
ME0109	Clinical Nutrition	2	2	Jamurtas A.
ME9900	Thesis (Research and Writing)	2	2	Zisi V
ME0051	SPSS Use	2	2	Papaioannou A
ME0119	Introduction to Entrepreneurship	2	2	Kouthouris C.

Spring Semester

Course Code	Courses	Hours/Week	ECTS	Course Supervisor/ (teaching staff)
ME0105	Beach Volleyball	2	2	Patsiaouras A
ME0153	Foreign Language (Sport Terminology)	2	2	Jamurtas A
ME0050	Computing (Applications in Physical Education)	2	2	Papastergiou M.
ME0122	History of Physical Education and Sports	2	2	Bekiari A.
ME0154	Racquet Sports	2	2	Voutselas V.
ME0101	Information Technology in Education with Emphasis on Physical Education	2	2	Papastergiou M.
ME0092	Gender and Equity Issues in Sports	2	2	Chroni S
ME0103	Exercise Physiology: Sport Performance & Survival in Adverse Conditions	2	2	Karatzaferi C
ME0118	Development of Business Plans	2	2	Kouthouris C
ME0004	Skiing	2	2	Kouthouris C