

University of Thessaly

**Study Guide
and Offered Courses for the International
Students within the Erasmus Programme
School of Physical Education, Sport Science and Dietetics
Department of Physical Education and Sport Science**



2019-2020

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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 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 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, 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 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; DPESS now is part of the School of Physical Education, Sport Science and Dietetics. The Department is in the 150 km² Karies 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 amphitheater 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-six academic faculty members, eleven teaching staff, three technical support staff and five administrative staff. *Brief research outcome of the academic faculty members (until 2017) in the tables and figure below.*

Table 1. Research production and recognition of the DPESS research work.

		Academic Publications				Citations				h-index
		Scopus		ISI		Scopus		ISI		Scopus
	Faculty members	Σ	Per F/M	Σ	Per F/M	Σ	Per F/M	Σ	Per F/M	Per F/M
2007	26	310	12	302	12	2045	78	2560	99	3.8
2008	25	454	18	417	17	3946	158	3979	159	5.9
2009	25	485	19	480	19	4691	187	4516	181	7.0
2010	23	558	24	542	24	6610	287	6356	276	7.1
2011	22	582	27	572	26	7530	342	6829	310	7.8
2012	22	620	28	608	28	9225	419	8045	365	8.3
2013	21	693	33	666	32	11150	530	9445	450	9.0

2014	23	810	35	780	34	14366	624	12045	524	10.7
2015	24	964	40	907	38	17885	745	13912	578	12.9
2016	24	1042	43	976	41	21116	880	16238	677	13,8
2017	24	1247	52	1239	52	26348	1098	21779	907	15,2

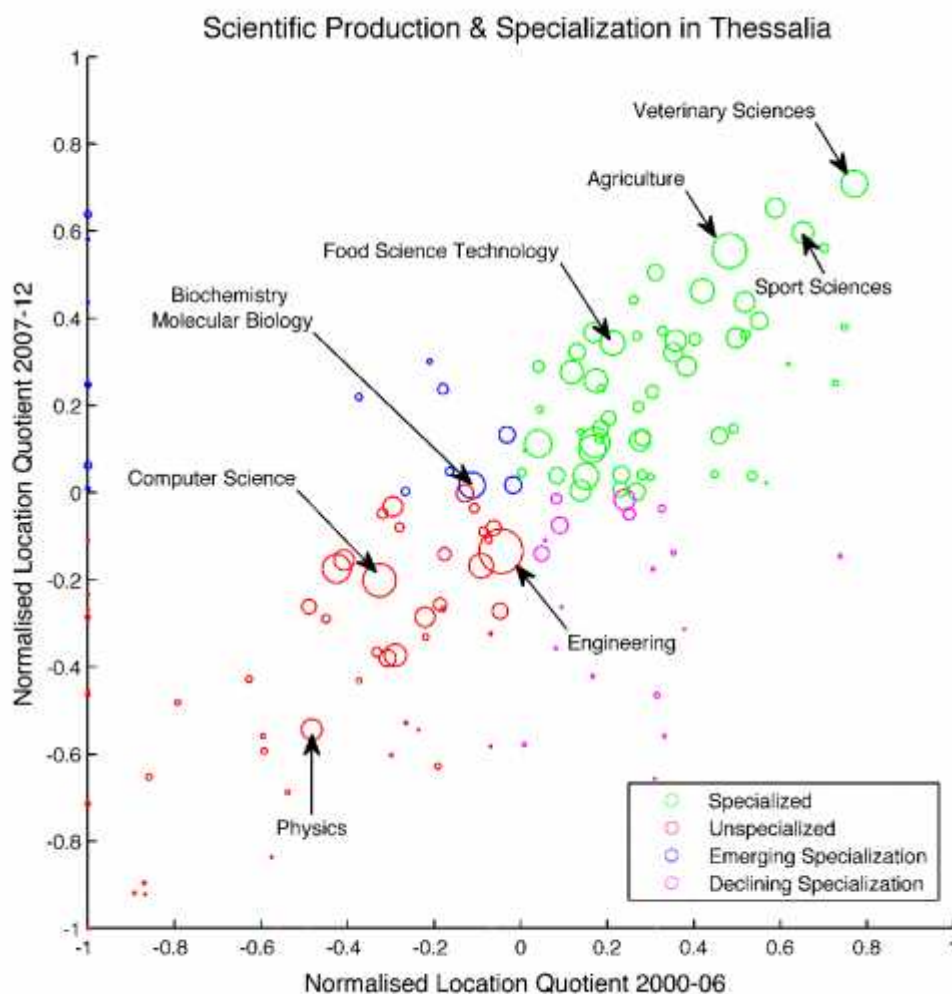


Figure 1. Scientific Production and Specialization in Thessalia Prefecture.

Table 2. Greek PE and Sport Science Departments rankings according to Shanghai's List, September 2019. UTH was ranked within 100-150 place in the world.

Criteria	Indicators	UT	EKPA	AUTH	DUTH
Research Output	Papers indexed in Web of Science between 2013 and 2017	15.4	17.4	20	9.8
Research Quality	Citations to papers between 2013 and 2017 to papers published by an institution between 2013 and 2017	8.9	8	11.4	5

	Citations per paper	32.8	26.3	32.6	29
	Papers published in top 25% journals according to Journal Citation Report, 2017	8.3	6.4	9.6	3.8
International Collaboration	Percentage of papers with international co-authorship	67.3	43.5	48.7	37.7

Note: Based on <http://www.shanghairanking.com/Special-Focus-Institution-Ranking/Sport-Science-Schools-and-Departments-2018.html>

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: a) Postgraduate Studies Program “Exercise and Health” (in collaboration with the School of Medicine, University of Thessaly) b) “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). 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, Halmstad, Jyväskylä, Leipzig, Leuven, Lisbon, Lund, Montpellier I, and Oslo).

Contribution highlights of the Department in physical education in Greece

Official Physical Education Books

The majority of the new physical education books published by the Ministry of Education and released on behalf of the Greek Pedagogical 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 Papaharis 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.)

Olympic Education and Kallipateira Programs

During the school years 2000-2006 the Department had the responsibility for the Olympic Education program; a nationwide program that educated PE teachers to focus on Olympic values at school settings. During 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 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 DPESS, Professors Papaioannou Athanasios – Professor and Nikolaos Digelidis (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.

Further, members of the DPESS participated actively in the development of the new curriculum for PE at senior high school.

International Relations and Student Mobility Programs (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 can study with scholarship for one or two semesters in one of the European universities with which they have signed relevant agreements.

Moreover, the department hosts Marie Skłodowska Curie actions that promote mobility of postgraduate students and senior academics and leads or contributes in externally funded research actions that include fellowship programs and scholarships.

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

Furthermore, depending on their choices, graduates are prepared to meet the requirements of relative job vacancies available, as seen in the examples below:

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

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

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: ptxiouxoi@pe.uth.gr. Moreover, any ideas or useful information the graduates may wish to share with each other is always welcome.

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.

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 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.

The Center evaluates players of football teams (such as AEL), basketball teams (like AST) and many 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 everyone 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:

- α. 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.

Applied Leisure Sciences Laboratory: Outdoor, Sport, Arts

This laboratory engages with research, education and support with regards to recreation, the use of the arts, the promotion of outdoors activities, tourism and culture.

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.
- c. Cooperate and exchange scientific knowledge with other academic and research institutions in Greece and abroad.
- d. Organize seminars, symposiums, conferences, lectures and other scientific events, contribute to article and journal publications and invite national and international scientists recognized.
- e. Provide services in the educational community, sport organizations and clubs, businesses, private institutions, amateur and professional teams etc.

Information Technology (IT) Laboratory

The IT lab provides support for the research needs of the department as described later on (see Services)

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 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).

Online Course Management 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**) 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 for free through the system of 'EYDOXOS' (see below).
-) Receive the student ID card (see below).

Distribution of Books 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.

Student ID card

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

Applying and Collecting the Student ID 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 ID card. 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 ID card from the selection point chosen, as soon as this is obtainable.
- e) Acquisition of the student ID card. Following notification the student goes in person to the selection point and receives the student ID card with showing his ID card or passport and mentioning the unique number of the student ID card 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 Diplome Supplement

The University of Thessaly since June 2012 awards the Diplome Supplement to all graduates at undergraduate, postgraduate and PhD level. The Diplome 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 Diplome supplement provides

students the opportunity to apply to every national or international University 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.

Provision of Services

-) All DPESS 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.

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. 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 databases.
- 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) cannot 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

Library's opening hours are:

Monday to Friday 09:00 a.m - 15:00 p.m.

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

Accommodation

The School doesn't own any student residences at Trikala. Therefore, students are guided to arrange their accommodation by themselves.

UNDERGRADUATE 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 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 courses 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 attention to the understanding of the system concerning the gravity distribution of courses 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 speciality etc. are based.

Learning Outcomes

	<i>Upon completion of their studies, students are expected to achieve the following learning outcomes:</i>
Knowledge and understanding	<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.
Applying knowledge and understanding	<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.
Formulate appropriate judgements and making appropriate choices	<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.
Communicating acquired knowledge and understanding	<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.
Lifelong learning attitude and skills	<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 several 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 ECTS 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.

Offered Courses for the Erasmus Students

There are two types of courses offered: a) courses offered per semester with 6 ECTS credits each and b) courses offered throughout the whole year (both semesters) with 4 ECTS credits each. International students should accumulate 30 ECTS credits (approximately) per semester, therefore they can either choose 5 courses with 6 ECTS credits or 3 courses from each type, based on their learning agreement.

THE PROGRAM OF STUDIES FOR THE ERASMUS STUDENTS AT A GLANCE

The following tables present in brief the courses of each semester offered to our incoming Erasmus students¹. Students can make appropriate choices to take 30 ECTS credits (max) per semester.

Courses Offered During Winter Semester

Winter Semester				
Course Code	Courses	Hours/Week	ECTS	Course Supervisor/ (teaching staff)
INT-101	Physical Conditioning in Basketball	2	6	Gerodimos V., Ioakimidis P.
INT-102	Teaching in Physical Education	2	6	Kolovelonis A., Natsis P.
INT-103	Physiology of Exercise	2	6	Karatzafieri C.
INT-104	Adapted Physical Education	2	6	Kokaridas D., Magouritsa G.
INT-105	Exercise for the Elderly	2	6	Zisi V.
INT-106	Sport Psychology	2	6	Comoutos N., Hatzigeorgiadis A.
INT-107	Health Education	2	6	Hassandra M.
INT-108	Writing Research	2	6	Zisi V.
INT-109	Motor Learning	2	6	Pollatou E.

Courses Offered During Spring Semester

Spring Semester				
Course Code	Courses	Hours/Week	ECTS	Course Supervisor/ (teaching staff)
INT-201	Physical Conditioning	2	6	Fatouros Y., Deli C.
INT-202	Exercise is Medicine	2	6	Karatzafieri C., Sakkas G.
INT-203	Biomechanics	2	6	Giakas Y., Tsiokanos A.
INT-204	Sport Pedagogy	2	6	Bekiari A.
INT-205	Clinical Nutrition	2	6	Jamurtas A.
INT-206	Exercise and Chronic Diseases	2	6	Flouris A.
INT-207	Ergonomics	2	6	Tsaklis P.
INT-208	Information Technology Applications in Sport and Physical Education	2	6	Papastergiou M.

¹ Depending on course availability, there is a limited number of places for the Greek students too.

Courses Offered During Both Semesters

All Year Long				
Course Code	Courses	Hours/Week	ECTS	Course Supervisor/ (teaching staff)
INT-301	Traditional Greek Folk Dances	2	4	Dimas Y.
INT-302	Football	2	4	Batsilas D.
INT-303	Track and Field	2	4	Voutselas V.
INT-304	Volleyball	2	4	Patsiaouras A.
INT-305	Basketball	2	4	Tsimeas P.
INT-306	Artistic Gymnastics	2	4	Mellos V.
INT-307	Yoga-Pilates	2	4	Zafiroudi A.
INT-308	Outdoor Activities	2	4	Kouthouris C.
INT-309	Tennis	2	4	Comoutos N.
INT-310	Swimming	2	4	Blanti A.
INT-311	Motor Creativity	2	4	Pollatou E.
INT-312	Aerobic Dance	2	4	Karadimou C.