



**Τμήμα
Επιστήμης Φυσικής Αγωγής και Αθλητισμού
(Θεσσαλονίκη)**

**Διατμηματικό Ξενόγλωσσο
Προπτυχιακό Πρόγραμμα Σπουδών**

**“Sport and Exercise Sciences for Health and
Performance”**

**β.
Εσωτερικός Κανονισμός Λειτουργίας
του ΞΠΠΣ (ENG)
(Απόφαση Συγκλήτου)**

Φεβρουάριος / 2026

Preamble

The first cycle of studies includes the attendance of an Undergraduate Studies Program and is completed with the award of an Undergraduate Studies degree. Successful completion of the program leads to the award of a level six (6) qualification, according to the National and European Qualifications Framework, namely the basic university degree (Bachelor).

The present Regulation of Undergraduate Studies is drawn up in accordance with the provisions of Chapter G' of Law 4957/2022 (Government Gazette A', 141/21.07.2022) " New Horizons in Higher Education Institutions: Strengthening the quality, functionality and connection of HELs with society and other provisions ", which concern the organization and operation of study programs, as well as Chapter XI' of the same law, which specifically concerns Foreign Language Undergraduate Study Programs. Furthermore, it is harmonized with the Regulation of Operation of Undergraduate Study Programs of the Aristotle University of Thessaloniki, ensuring that the provisions herein are in line with the current institutional framework of the institution.

Article 1

Object, Purpose of the J.U.P.S.

The Department of Physical Education and Sports Science, based in Thessaloniki, and the Department of Physical Education and Sports Science, based in Serres, of the School of Physical Education and Sports Sciences of the Aristotle University of Thessaloniki, organize and operate an Joint Undergraduate Program of Studies in English (hereinafter referred to as J.U.P.S.) of the 1st cycle with the subject of Studies in Sports and Exercise Sciences for Health and Performance, as defined by the Sports and Exercise Sciences Department , which is a full-time four-year course and results in the award of a Degree in Sports and Exercise Sciences for Health and Performance **(in English: "Sport and Exercise Science for Health and Performance")**.

The subject of the J.U.P.S. is Sports and Exercise Sciences with an emphasis on both Health and Athletic Performance . The Program provides students with comprehensive knowledge and skills required for professional activity in areas related to the design, implementation and evaluation of exercise programs for health promotion and primary and secondary prevention, the enhancement of human and athletic performance, as well as the promotion, organization and administration of sports structures and organizations. At the same time, it equips them with the necessary scientific resources for any professional or academic activity requiring a high level of specialization in sports and exercise sciences.

Purpose of Program it is or provision high level of education in Sports and Exercise Sciences, aiming to cultivate graduates with a solid scientific background and advanced applied skills in the fields of human movement, health promotion, and human and athletic performance. The program integrates the biological, psychological, biomechanical, and social dimensions of human movement, cultivating professionals

capable of designing, implementing, and evaluating evidence-based interventions aimed at promoting health and optimal human and athletic performance. Through a balanced core curriculum and two clearly defined directions — “Exercise for Health and Rehabilitation” and “Sports Performance” — the program prepares students for the demands of modern professional fields, for further postgraduate studies, as well as for roles that require analytical thinking, ethical responsibility, and effective interdisciplinary collaboration.

The aim is to familiarize students with the main scientific fields, theoretical approaches, methodologies and research tools of the modern academic and professional field of sports science and exercise. The Program also aims to cultivate analytical, design and implementation skills of evidence-based exercise interventions, to develop practical and research skills, to enhance critical thinking and scientific in-depth understanding, as well as to produce graduates with a high level of academic and professional competence. Finally, it contributes to the promotion of and international recognition of the subject and in strengthening the extroversion of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University Thessaloniki.

Learning outcomes and qualifications. Upon successful completion of the BSc in Sports and Exercise Sciences for Health and Performance , students will be able to:

- They possess comprehensive knowledge of the biological, physiological, biomechanical and psychological principles that govern human movement.
- They explain the mechanisms of immediate responses and adaptations to exercise in different populations and performance levels.
- They analyze variables of physical activity, health behaviors, and athletic performance, utilizing interdisciplinary tools.
- They describe the structure, policies and professional standards that govern the fields of sport, physical activity, healthy living and sports performance.
- They understand the research methodologies, experimental design and ethical principles that govern scientific research in the field of sports and exercise.
- They design, implement and evaluate complex programs to ensure and promote health or optimize athletic performance, both independently and in collaboration with other professionals.
- They integrate scientific knowledge from multiple fields of knowledge to address real-world challenges in environments to promote health and maximize athletic performance.
- They make informed decisions, utilizing critical thinking, data analysis, and reflective practice processes.
- They adhere to ethical, professional, and safety standards in clinical, community, or athletic settings.
- Continue to graduate studies, professional certifications, or research roles in sport and exercise sciences.

In addition, graduates of the "Exercise for Health and Rehabilitation" major will be able to:

- They assess physical fitness, functional capacity and health-related indicators in a healthy population of all ages and in people with chronic conditions.
- They design and implement evidence-based exercise programs for the general population, high-risk groups, and rehabilitation settings.
- They apply principles of behavior change, health promotion counseling, and lifestyle interventions, with the aim of promoting lifelong physical activity and well-being.
- They use health-related technologies and monitoring tools to assess progress and optimize exercise interventions.
- They collaborate with health professionals and related specialties, integrating exercise into prevention, treatment and functional rehabilitation processes.

Graduates of the "Sports Performance" major will be able to:

- They conduct specialized performance evaluation, monitoring and analysis tests, utilizing modern technologies and measurement systems.
- They apply evidence-based principles in strength and power training, speed and skill development, tailored to the demands of each sport.
- They analyze technical and tactical elements of performance, using modern movement and performance analysis systems and evaluation tools.
- They design and implement strategies for periodicity, preparation and performance maximization, aiming for optimal athletic performance.
- They demonstrate developed coaching, feedback, communication and leadership skills, capable of supporting athletes, athletes and teams in high-performance environments.

Article 2

Awarded Title of the J.U.P.S.

The J.U.P.S. of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki awards a Degree in “ Sport and Exercise Sciences for Health and Performance”.

Successful completion of the studies corresponds to level six (6) of the National and European Qualifications Framework, in accordance with the provisions of article 47 of Law 4763/2020 (Government Gazette A' 254).

Article 3

Bodies of the J.U.P.S.

Competent bodies for the organization, administration and operation of the Interdepartmental Foreign Language Undergraduate Study Program of the Departments

of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, are the following:

1. The Senate of the Aristotle University of Thessaloniki
2. The Steering Committee of the J.U.P.S. of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki.
3. The Director of the Department of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki .
4. The Assemblies of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, which undertake to organize the J.U.P.S.

In particular:

1. The Senate of the Foundation exercises the following responsibilities:
 1. Approves the establishment of the J.U.P.S., following the recommendation of the Assemblies of the two Departments, as well as the amendment of the decision to establish the J.U.P.S., following the recommendation of the Steering Committee
 2. Approves the Internal Regulations of the J.U.P.S., following the recommendation of the Assemblies of the two Departments, as well as its amendment, following the recommendation of the Steering Committee
 3. Forms the Steering Committee of the J.U.P.S., following a recommendation from the Assemblies of the two Departments
 4. Approves the abolition of the J.U.P.S., following a recommendation from the Assemblies of the two Departments
 5. Exercises any other authority related to matters of academic, administrative, financial and organizational nature of the J.U.P.S., which are not specifically assigned by this document to other bodies.

2. The Steering Committee of the J.U.P.S. of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki. consists of seven (7) members of the Teaching and Research Staff (T.E.P.) of the two Departments, which are selected by the relevant assemblies, and specifically, four (4) members from the leading Department (based in Thessaloniki) with the President of the leading Department as a mandatory member and three (3) members from the collaborating Department (based in Serres). The Committee has a four-year term and is established by decision of the Senate of the A.E., following a recommendation from the Assemblies of the two Departments. The members of the Committee do not receive any compensation for the exercise of their administrative duties. The Steering Committee of the J.U.P.S. exercises the following responsibilities:

1. Recommends to the Senate the amendment of the decision establishing the J.U.P.S., as well as any other matter related to its operation, for which the Senate is the competent body.
2. It distributes the teaching work among the teachers of the J.U.P.S.
3. Prepares the annual budget of the J.U.P.S.
4. Approves all types of expenses for the operation of the J.U.P.S.
5. It establishes the successful completion of studies, in order to award the title of J.U.P.S.
6. Exercises any other responsibility related to the organization, administration and management of the J.U.P.S. program.

3. The Director of the Department of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, AUTH. is elected by the Steering Committee of the Department of Physical Education and Sports Science and is one of the four members of the leading Department (Physical Education and Sports Science, based in Thessaloniki), aiming to ensure a unified strategic and administrative supervision and targeting of the Greek-language and foreign-language Curriculum, which also appoints its deputy.

The Director has the following responsibilities:

1. Chairs the Steering Committee and convenes its meetings.
2. Recommends to the Steering Committee and other bodies of the University issues related to the effective operation of the J.U.P.S.
3. He is the Scientific Director of the Hellenic Academy of Sciences, in accordance with article 234 of Law 4957/2022.
4. Monitors the smooth daily operation of the Program and ensures the timely implementation of the Committee's decisions
5. Responsible for organizing the program schedule and communicating with teachers.
6. Collaborates with the Secretariat on issues related to the operation of the Program
7. Ensures that students are informed about the curriculum, evaluation procedures, mobility, scholarship opportunities and any other academic or administrative issue
8. Prepares and submits regular reports on the operation of the Program
9. Represents the Program in administrative and/or academic contacts with bodies within and outside the Aristotle University of Thessaloniki.
10. Exercises any other responsibility assigned to the Director by this Regulation.

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Article 6

Duration and Terms of Study at the J.U.P.S.

The duration of study at the J.U.P.S. leading to the degree of Sports and Exercise Sciences for Health and Performance is set at **eight (8) academic semesters**, full-time.

The program of each semester course lasts thirteen (13) weeks and is developed through lectures, assignments, etc., depending on the requirements of the course and the choice of the individual instructor.

All courses are held **in person**, utilizing the infrastructure of the Department of Physical Education and Sports Science, based in Thessaloniki (leading Department). The exceptional use of **modern distance learning methods is foreseen** for the provision of teaching work carried out with the participation of Professors from foreign institutions or Collaborating Professors, in force majeure or extraordinary circumstances, where it is not possible to conduct the educational process in person or to use the infrastructure of the Department of Physical Education and Sports Science of Thessaloniki for the conduct of its educational, research and other activities and for the organization of in-depth courses and tutorial exercises, beyond the mandatory teaching hours per course. Distance learning courses are conducted using Information and Communication Technologies (ICT), utilizing the logistical infrastructure of the Department of Physical Education and Sports Science of Thessaloniki, as well as the expertise and support of the Digital Governance Unit (DGU) of the Aristotle University of Thessaloniki.

The minimum duration of study at the J.U.P.S. for the award of the degree is eight (8) academic semesters, while the maximum duration of study is defined as this time, increased by four (4) academic semesters.

After completing the maximum duration of study of twelve (12) semesters, and without prejudice to the provisions that apply each time in accordance with the current legislation on HEIs, a student's expulsion certificate is issued by the competent body of the Higher Education Commission.

Once registration has been completed and all the prescribed procedures concerning the formally guaranteed commencement of studies have been completed, students who have not exceeded the maximum number of studies in par. 1 may request a suspension of studies for a period not exceeding a total of two (2) academic years. The right to suspend studies may be exercised once or in parts for a period of at least one (1) academic semester, but the duration of the suspension may not exceed a cumulative two (2) years if granted in parts. Student status is suspended at the time of suspension of studies and participation in any educational process is not permitted. The period of interruption of studies is not counted towards the maximum duration of regular studies, while upon resumption of studies, students return to a state of regular studies with all the rights and obligations provided for in the Program. The relevant procedure is initiated by a written application from the interested student to the Secretariat of the J.U.P.S., accompanied by the necessary, if applicable, documents and is evaluated by the Steering Committee.

For serious health reasons attributable to the student or a first-degree relative by blood or spouse or a person with whom the student has entered into a cohabitation

agreement, the maximum duration of study may be exceeded by an exception of one (1) year. This exceedance is approved by the Steering Committee, following a fully justified and sufficiently documented application by the student, and may not exceed two (2) consecutive academic semesters.

The J.U.P.S. does not offer the possibility of part-time study.

For issues of re-examination of courses in due courses or deletion for reasons such as:

- a) the student's insufficient progress (which is documented by lack of participation in the educational process: attendance, exams),
 - b) the manifestation of behavior that violates academic ethics and
 - c) application by the student himself,
- the Steering Committee decides.

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Article 9 Scholarships

Within the framework of the Interdepartmental Foreign Language Undergraduate Study Program of the Departments of Physical Education and Sports Science, based in Thessaloniki, and Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, the possibility of granting scholarships to students is provided, based on academic and objective criteria and following a decision by the Study Program Committee. Indicatively:

- Up to three (3) scholarships are available per academic year to students who excel during the selection process, based on the overall evaluation of their qualifications (including the results of the oral interview), and who are ranked among the first to enter the cycle. These scholarships consist of a full exemption from the payment of tuition fees for the first academic year.

- An excellence scholarship with a fifty percent (50%) tuition fee waiver for the following academic year may be awarded to the student who achieves the highest average grade point average in all courses of each year, provided that he/she has successfully completed all courses within the prescribed time. In case of a tie, the scholarship may be awarded to more than one student.

- The Steering Committee may award awards of excellence to students who demonstrate exceptional performance during their studies. The awards may be accompanied by an honorary distinction and/or a cash prize. In particular, at the end of each academic year, a first-year student award may be awarded, based on overall performance in all courses and consistency in attendance. Correspondingly, an excellent graduate award may be awarded to the student with the highest academic performance during the course of study.

- It may be provided, following a reasoned decision of the Steering Committee, for full or partial exemption from the payment of tuition fees for

students who come from war zones or are under international or subsidiary protection, based on documented social and humanitarian criteria.

- In exceptional cases, a social scholarship may be granted to candidates or students of the Program who are facing serious financial difficulties, health issues, loss of a parent, or are living under a state of emergency or long-term crisis, following examination of the relevant application and the accompanying supporting documents by the Program Committee.

- The possibility of awarding reciprocal scholarships is also provided, which consist of an exemption from paying part of the tuition fees, with the obligation of the student to offer specific work in support of the Program. This work may include assistance in the library, support of administrative functions, assistance in research projects or other activity to be determined by the Program Committee, in consultation with the Secretariat and the faculty members. The duration and content of the reciprocal scholarship are clearly specified when it is awarded, while failure to comply with the obligations may lead to its revocation.

The awarding of the above-mentioned scholarships and/or awards of excellence, the specific conditions of award, the obligations and rights of the scholarship holders are determined following a decision of the Study Program Committee and are at its sole discretion based on the financial capabilities of the Program and its cash reserves.

Article 10

Teaching Staff of the J.U.P.S.

The teaching work of the J.U.P.S. is distributed by decision of the Steering Committee to teachers who have certified sufficient knowledge of English, with a subject area related to the subject of the teaching work assigned to them. By decision of the Steering Committee, the teaching of the courses of the Program of the next academic year is assigned on the basis of the teaching staff who are expected to be available during it, taking into account retirements at the end of the current year and licensing of the next. Specifically, the following may be employed as teaching staff of the J.U.P.S.:

1. members of the Teaching and Research Staff (T.E.P.), of the Departments of Physical Education and Sports Science or other Departments of the Aristotle University of Thessaloniki or another Higher Educational Institution (HEI) with additional employment beyond their legal obligations as defined in article 155 of Law 4957/2022,

2. Professors Emeritus or retired faculty members of the Departments of Physical Education and Sports Science or other Departments of the Aristotle University of Thessaloniki or another HEI,

3. members of Special Educational Staff (SEP), Laboratory Teaching Staff (EDIP) and Special Technical Laboratory Staff (ETEP) of HEIs, who hold a doctoral degree and have teaching experience, as well as sufficient scientific, writing or research activity,

4. appointed teachers,

5. visiting professors and visiting researchers,
6. contract researchers,
7. researchers and special functional scientists of the research centers of article 13A of Law 4310/2014 (Government Gazette A' 258) or other research organizations in Greece and abroad, who hold a doctoral degree and have teaching experience and sufficient scientific, writing or research activity,
8. postdoctoral fellows and young scientists, holders of at least a doctoral degree, who have specialized knowledge or relevant experience in the field of study of the J.U.P.S.,
9. collaborating teachers.

The assignment of the teaching work of the J.U.P.S. is carried out by decision of the Steering Committee, following a proposal from the Director, who collaborates for this purpose with the Directors of the Sectors of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki. The decision of the Steering Committee ensures that the teaching and general educational activities assigned to faculty members of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki within the framework of the J.U.P.S. do not in any way affect their other educational, research and administrative obligations towards the Sector and the Greek-language P.P.S. The decision of the Steering Committee of the Department of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, regarding the assignment of a teaching project is issued no later than the beginning of each academic semester and must include the lecturers of the Department of Physical Education and Sports Science, the courses, the educational activities and the total teaching hours assigned per lecturer according to the curriculum per academic semester, as well as the total cost of their remuneration, provided that the payment of remuneration is provided for and is notified without delay to the Special Research Funds Account (SRA) of the Aristotle University of Thessaloniki. All categories of teaching staff are remunerated exclusively from the resources of the J.U.P.S., if their remuneration is provided for. The amount of remuneration per category of teaching staff is determined following a decision of the Steering Committee and in accordance with the rules governing the E.L.K.E. AUTH. regarding contracts for remuneration of the Institution's staff, external collaborators, the exercise of additional teaching work and the total number of teaching hours assigned per case.

The obligations of teachers include, among other things, the description of the course or lectures, the method of examining the course, as well as the communication with students necessary for the academic purposes of the program.

It is the obligation of teachers to adhere to the weekly teaching schedule in accordance with the course timetable, as drawn up and determined by the Steering Committee, and to follow the examination and evaluation conditions, as described in this Regulation.

Article 11

J.U.P.S. Revenue - - Financial Management Process

The resources of the J.U.P.S. of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki may come from:

1. tuition fees,
2. donations, sponsorships and all kinds of financial support,
3. legacies,
4. resources from research projects or programs, especially from the European Union,
5. own resources of the AUTH, the amount of which cannot exceed five percent (5%) of the total budget of the J.U.P.S. and
6. any other legitimate reason.

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Financial Management Process

The management of the resources of the Department of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, is carried out by the Steering Committee through the Special Research Funds Account (SRA) of the Aristotle University of Thessaloniki and are allocated on a priority basis to cover the operational needs of the Department of Physical Education and Sports Science. If funds are available, these may be allocated to improve the infrastructure and equipment of the leading Department of Physical Education and Sports Science, based in Thessaloniki, of the Aristotle University of Thessaloniki, for digitalization actions, for strengthening human resources and the creation of an excellence scholarship program for students of the Department of Physical Education and Sports Science. A contribution fee of 10% of the income to the ELKE AUTH is also provided for, which will be withheld upon payment of tuition fees.

The operating expenses of the J.U.P.S. also include the fees of teachers and visiting professors. The amount of the fee per category of teaching staff is determined by the Steering Committee, in accordance with the Remuneration Regulation of the E.L.K.E. A.U.T. and up to the maximum permitted limit per teaching hour. The Committee may decide on the graduated differentiation of fees, depending on the number of admitted students per academic year.

Furthermore, the operating expenses of the Program also include travel expenses incurred for the needs of organizing, operating and promoting the J.U.P.S. and approved by the Program Committee. Travel expenses are borne by the J.U.P.S. budget and are paid to the travelers after the presentation of the relevant documents, in accordance with article 248 of Law 4957/2022 and subsequent relevant amendments.

The resources of the J.U.P.S. are distributed as follows:

1. An amount corresponding to ten percent (10%) of the total income derived from tuition fees is withheld by the E.L.K.E. for the financial management of the Program. By decision of the Board of Directors, it is decided whether the remaining amount, if it arises after deducting the withholding in favor of E.L.K.E., is transferred to the regular budget or allocated for the creation of projects/programs through the E.L.K.E. A.U.T.H. with the aim of covering, as a priority, the needs of the Greek-language P.P.S. of the Departments of Physical Education and Sports Science of Thessaloniki of the A.U.T.H. , which operates without tuition fees, as well as covering the research, educational and operational needs of the A.U.T.H. In the income of the J.U.P.S. of paragraphs b) to d) of Article 11, the withholding in favor of the E.L.K.E. that applies to income from corresponding sources of financing is made,

2. The remaining amount of the total revenue of the J.U.P.S. is allocated to cover the operating expenses of the J.U.P.S.

Article 12

Administrative Support - Logistics Infrastructure

The International Student Support Unit of the Aristotle University of Thessaloniki is responsible for supporting foreign students of the Greek University of Applied Sciences, based on article 212 of Law 4957/2022. The mission of the Foreign Student Support Unit is to support foreign students enrolled in first, second and third cycle study programs of the University of Athens. Specifically, the responsibilities of the Foreign Student Support Unit are:

1. Supporting foreign students in their enrollment in foreign language study programs at the Aristotle University of Thessaloniki.

2. Supporting foreign students in obtaining an entry visa and residence permit for study purposes and communicating with the relevant government agencies on these issues

3. Supporting the process of concluding contracts for the rapid granting of residence permits for study purposes, in accordance with article 37 of Law 4251/2014 (Government Gazette A' 80)

4. Supporting students during their settlement in Greece

5. Cooperation with the relevant departments of the Aristotle University of Thessaloniki to serve foreign students

6. The responsibility for organizing Greek language or other foreign language courses in collaboration with the competent units of the Aristotle University of Thessaloniki.

7. The exercise of any other responsibility specified in the Organization of the AEI and related to the scope of the Foreign Student Support Unit.

Until the establishment and operation of this unit by the Aristotle University of Thessaloniki, its services will be offered by the Secretariat of the J.U.P.S.

Administrative Support of the Program

The Department of Physical Education and Sports Science, based in Thessaloniki (leading department), of the Aristotle University of Thessaloniki, having extensive experience in the organization and implementation of first, second and third cycle study programs, undertakes the overall administrative and technical support of this Interdepartmental Foreign Language Undergraduate Study Program. The secretarial support of the Program is provided by the Secretariat of the J.U.P.S. and operates under the supervision of the Study Program Committee.

More specifically, the Program Secretariat:

1. Provides administrative support to the Steering Committee and the Director of the Department of Advanced Studies.
2. Handles the issues of the educational life cycle of students, from registration to graduation and the issuance of their degree
3. Maintains the protocol, printed and digital records of the Program
4. Handles administrative procedures concerning the Program's teaching staff (contracts, travel, etc.)
5. Collaborates with the Special Research Funds Account of the Aristotle University of Thessaloniki for the financial management of the Program and the support of the relevant procedures.

The **coordination of the Secretariat** of the J.U.P.S., as well as the observance of the minutes of the Steering Committee, is undertaken by an executive of the Secretariat of the Greek-Language Undergraduate Studies Program, who possesses the formal qualifications to exercise the duties of Head. The relevant assignment is made by decision of the J.U.P.S. Steering Committee.

In this context, to support the needs of the Program, the following may be employed, in accordance with article 104 of Law 4957/2022:

1. Members of the regular administrative staff of the Aristotle University of Thessaloniki, with additional employment beyond their legal obligations, following a decision of the Research Committee of the Hellenic University of Thessaloniki, following a recommendation of the Steering Committee of the Greek Academy of Sciences.
2. Additional personnel, which is selected in accordance with the procedure of article 243 of Law 4957/2022.

The cost of remuneration for all categories of personnel is borne exclusively by the Program budget.

Program Infrastructure

For the implementation of the teaching of the courses of the J.U.P.S., the existing building and logistical infrastructure of the Department of Physical Education and Sports Science of Thessaloniki of the Aristotle University of Thessaloniki is used.

The technical support for the operation of the program is ensured centrally by

specialized staff of the Digital Governance Unit of the Aristotle University of Thessaloniki, the existing technical staff of the corresponding administrative unit of the Aristotle University of Thessaloniki and the technical staff of the Department of Physical Education and Sports Science of Thessaloniki of the School of Physical Education and Sports Sciences of the Aristotle University of Thessaloniki.

Article 13

Type of Degree Awarded

The Diploma of the Department of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, is a public document and is awarded to graduates of the Program.

The degree is issued by the Secretariat of the J.U.P.S.S. It states the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, and the Foundation, the emblem of the A.U.T.H., the date of completion of studies, the date of issue of the degree, the graduation protocol number, the title of the J.U.P.S., the degree grade, the student's details and the evaluation classification: Good, Very Good, Excellent.

The graduate may be granted, prior to the award, a certificate of successful attendance and completion of the Program.

In addition to the Degree, a Diploma Supplement is also issued, in accordance with article 15 of Law 3374/2005 and Ministerial Decision Φ5/89656/B3/13-8-2007 (Government Gazette 1466/B'). The Diploma Supplement is an explanatory document, which provides detailed information regarding the nature, level, content, educational framework and legal status of the studies successfully completed. It does not replace the official degree or the detailed score issued by the Institution.

Article 14

Certification - Evaluation of the J.U.P.S.

After the issuance of the decision to establish a J.U.P.S. and before the start of its operation, the certification of the J.U.P.S. by the National Authority of Higher Education (ETHAAE) is required, in accordance with sub-paragraph c) of paragraph 1 of article 8 of law 4653/2020 (A' 12). After their establishment, the J.U.P.S. are certified periodically, in accordance with sub-paragraph bb) of paragraph b) of paragraph 1 of article 8 of law 4653/2020, in the context of the evaluation of the academic unit to which they belong.

The J.U.P.S. is evaluated in the context of the periodic evaluation/certification of the academic unit by the National Higher Education Authority (ETHAAE). Specifically, the overall assessment of the work carried out at the J.U.P.S., the degree of fulfillment of the objectives set at its establishment, its sustainability, the absorption of graduates in the labor market, the degree of its contribution to research, its internal evaluation by graduates, the feasibility of extending its operation, as well as other data regarding the

quality of the work produced and its contribution to the national strategy for higher education.

If the J.U.P.S. during its evaluation stage is deemed not to meet the conditions for continuing its operation, its operation is completed with the graduation of the already registered students in accordance with the decision to establish it.

Internal Evaluation of the MO.DIP.

In order to ensure and improve the quality of the J.U.P.S., the Quality Assurance Unit of the Aristotle University of Thessaloniki (MO.D.I.P.-A.U.S.) conducts a periodic internal evaluation of the J.U.P.S. within the framework of the Institution's Internal Quality Assurance System and in accordance with the instructions and guidelines of the National Academy of Sciences of Greece.

The obligations of the administrative bodies and teachers of the program also include all the procedures provided for, based on the respective instructions and guidelines of the MO.D.I.P.-AUTH. for the internal and external evaluation and certification of the Study Programs and Academic Units.

Evaluation of teachers and courses by students

With the sole purpose of improving the level of studies of the J.U.P.S. and with absolute assurance of their anonymity, students are invited to evaluate the courses and teachers each semester.

For reasons of uniform maintenance of statistical data and the possibility of extracting conclusions that can be used for the educational work of the Faculties, Departments and the Institution as a whole, the evaluation questionnaires are prepared by the MO.D.I.P. and may be partially differentiated, based on the particular characteristics and needs of each academic unit and/or each course. They are completed electronically.

The evaluation is carried out under the responsibility of the Internal Evaluation Team (OMEA) of the Departments of Physical Education and Sports Science, based in Thessaloniki, and Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, in collaboration with the MO.D.I.P. of the Aristotle University of Thessaloniki, and is carried out through the latter's Quality Management Information System. The Administration and the OMEA of the Departments must take systematic actions for the participation of students in the evaluation, in accordance with the guidelines of the MO.D.I.P. and the relevant decisions of the Senate.

The OMEA of the Departments of Physical Education and Sports Science, based in Thessaloniki, and Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, monitors, through the Quality Management Information System of the MO.D.I.P, the degree of student participation in the evaluation process, analyzes the relevant results and informs the administrative bodies of the J.U.P.S. and the corresponding academic unit. The evaluation questionnaires concern the respective

course taught and the respective lecturer separately.

The administrative bodies of the J.U.P.S. and the academic unit, in collaboration with the respective O.M.E.A. of the Departments of Physical Education and Sports Science, based in Thessaloniki, and Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, are required to study the results of the evaluation, to announce their conclusions, to decide on the publication of the summary results of the evaluation, when deemed necessary and in any case after the announcement of the semester's course grades, in accordance with the applicable Legislation for the protection of Personal Data, and to undertake actions to address any problems or improve the J.U.P.S.

Article 15 **Study Guide of the J.U.P.S.**

The Department of Physical Education and Sports Science publishes a Study Guide in English with the aim of informing students about its operation. It is published on the websites of the Program of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki, and is updated at regular intervals. The Study Guide includes:

1. General Information as well as useful electronic information about the Institution and the School, especially about administrative services or collective bodies that the undergraduate student can contact for the successful completion of his studies.
2. The purpose, the subject of the J.U.P.S. as well as the qualifications acquired after the award of the degree.
3. The academic calendar, which includes the start and end dates of academic semesters, examination periods, holidays and any other obligations such as seminars, conferences, etc.
4. The course program, credit units, terms of study, teaching staff, rights and obligations of students.
5. The official language of instruction.
6. The Steering Committee of the J.U.P.S.
7. Databases and other services.
8. Use of the Library, depending on the needs of the courses of the J.U.P.S.
9. Learning outcomes and qualifications after graduation.
10. Services of the Foundation to students.

Article 16 **Transitional arrangements**

Any issue that arises during the operation of the J.U.P.S., which is not covered by the relevant legislation or this Regulation, is addressed by decisions of the Program's administrative bodies, by amending the relevant Regulation.