ΜΟΝΑΔΑ ΔΙΑΣΦΑΛΙΣΗΣ ΠΟΙΟΤΗΤΑΣ Α.Π.Θ.

School of Physical Education and Sport Science at Thessaloniki

School of Physical Education and Sport Science at Serres

Joint Undergraduate Program of Studies in English

"Sport and Exercise Sciences for Health and Performance"

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Study Guide

February 2026

ARISTOTLE UNIVERSITY OF THESSALONIKI

Joint Undergraduate Program
of Studies in English

“Sport and Exercise Sciences for Health and Performance”

STUDY GUIDE

Academic Year 2026-2027

School of Physical Education and Sport Science at Thessaloniki

School of Physical Education and Sport Science at Serres

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1. ORGANIZATION OF THE JOINT UNDERGRADUATE PROGRAM OF STUDIES IN ENGLISH

The School of Physical Education and Sport Science at Thessaloniki (the leading School) and the School of Physical Education and Sport Science at Serres, of the Faculty of Physical Education and Sport Science of the Aristotle University of Thessaloniki, organize and operate a Joint Undergraduate Program of Studies in English (JEUPS) in Sport and Exercise Sciences for Health and Performance, first cycle, of full four-year duration. The official language of the Program is English.

1.1. Aristotle University of Thessaloniki

Aristotle University of Thessaloniki (AUTh) was founded in 1925 and was named after the philosopher Aristotle (1954). From its first School, the Faculty of Philosophy (1926), to its present structure with 11 Faculties and 41 Schools, the history of AUTh has been closely linked to the city of Thessaloniki. The main university campus is located in the city center and covers an area of approximately 430,000 m², while some of its facilities, either educational or administrative, are located outside the main campus or in other cities.

AUTh has been a center of intellectual, cultural, and social life in Thessaloniki and the wider region, while also contributing to reconstruction, education, and research in fields of common interest to the country and the international community. Today, with a total academic and student population approaching 100,000, AUTh is the largest university in Greece and one of the leading comprehensive and multidisciplinary higher education institutions for undergraduate and postgraduate studies in Southeastern Europe.

Central website: https://www.auth.gr

1.2. Faculty of Physical Education and Sport Science of AUTh

The Faculty of Physical Education and Sport Science (SPESS) was established by Presidential Decree 98/2013 (Government Gazette 134/5-6-2013, Issue A) and consists of two Schools: The School of Physical Education and Sport Science (SPESS) at Thessaloniki and the SPESS at Serres. The establishment of the Faculty constitutes a significant milestone in the field of Physical Education and Sport Science at AUTh. This institutional upgrade provides further momentum to the advancement of sport sciences, research, and teaching, and ensures a continuous, stable, and creative presence of the SPESS Schools within the academic community and society. The operation of the two SPESS Schools of AUTh has contributed decisively to the qualitative upgrading of studies, as well as to the promotion of sport science, research, and teaching in the fields of Physical Education and Sport.

The mission of the SPESS Departments is: a) to cultivate and promote the science of Physical Education and Sport through academic and applied teaching and research; b) to provide graduates with the necessary qualifications that will ensure high-level preparation for their scientific and professional careers; c) to contribute to the advancement of Greek sport, while at the same time promoting and disseminating the sporting ideal; d) to contribute to raising public awareness of the importance of physical activity as a key factor in improving quality of life.

The administration of the Faculty is located on the 1st floor of the new (glass) building at the facilities of the SPESS at Thessaloniki, in Thermi.

Central website: https://www.pess.auth.gr

1.3. SPESS at Thessaloniki

By Article 47 of Law 1268/1982, the SPESS were established at the Universities of Athens and Thessaloniki. By Presidential Decree 107/1983, the National Academy of Physical Education in Athens and its branch in Thessaloniki were incorporated into the respective Universities as SPESS and began operating in the academic year 1983–84.

The School is staffed by 31 members of Teaching and Research Staff (TRS), 22 members of Special Teaching Staff (STS), 7 members of Laboratory Teaching Staff (LTS), 2 members of Special Technical Laboratory Staff (STLS), as well as 7 members of administrative staff. Its academic structure includes three Departments: the Department of Sports, the Department of Human Studies, and the Department of Human Performance. Also, six (6) Laboratories support the School's educational and research activities: the Laboratory of Sport Medicine, the Laboratory of Human Research and Sport Psychology, the Laboratory of Biomechanics, the Laboratory of Evaluation of Human Biological Performance, Laboratory of Motor Behavior and Adapted Physical Activity, and the Laboratory of Management of Sports Recreation and Tourism.

The SPESS at Thessaloniki (leading School) is located on privately owned land of 175 acres (approximately 175,000 m^2), opposite the Leda Maria residential area, in Thermi, Thessaloniki. Its facilities include modern sport infrastructure such as football, tennis, and basketball courts, two indoor gymnasiums, weight training rooms, a climbing wall, an athletics track, an archery area, as well as a recreation and outdoor activities park. In addition, it includes one amphitheater and five teaching rooms equipped with modern audiovisual systems. The School's Library and a branch of the Student Club are also housed within the same premises.

The postal address of the School is:
Department of Physical Education and Sport Science – New Facilities
Aristotle University of Thessaloniki
PC 57001, Thermi, Thessaloniki, Greece
Central website: https://www.phed.auth.gr

1.4. SPESS at Serres

The SPESS at Serres of AUTh was established in 1985 and became an independent School in 2005 (Government Gazette Issue B' 821/5.9.1996). The first students enrolled in the academic year 1985–1986, and the first graduates graduated in July 1989. The SPESS at Serres is the only University Department in the city of Serres and demonstrates continuously strong development in the field of sport sciences through the organization of events such as conferences, seminars, symposia, sports meetings and competitions, exhibitions, etc. The School is staffed by 26 members of Teaching and Research Staff, 8 members of STS, and 3 members of LTS. In addition, the School operates five (5) Laboratories: the Laboratory of Adapted Physical Education, the Laboratory of Physiology, Sports Medicine, Hygiene and Biochemistry, the Laboratory of Neuromechanics, the Laboratory of Social Research on Physical Activity, and the Laboratory of Sport Entrepreneurship and Innovation Lab, which support its educational and research functions.
Central website: https://www.phed-sr.auth.gr

2. J.E.U.P.S. "Sport and Exercise Sciences for Health and Performance"

2.1. Degree Awarded

The JEUPS of the SPESS at Thessaloniki and the SPESS at Serres of AUTh awards a Degree in "Sport and Exercise Sciences for Health and Performance." Successful completion of the studies corresponds to Level six (6) of both the National and the European Qualifications Frameworks, in accordance with the provisions of Article 47 of Law 4763/2020 (Government Gazette Issue A' 254).

The degree is issued by the Secretariat of the JEUPS. It states the SPESS at Thessaloniki, the SPESS at Serres, and the Institution, the emblem of AUTh, the date of completion of studies, the date of degree issuance, the graduation protocol number, the title of the JEUPS, the degree grade, the student's details, and the classification of performance: Good, Very Good, Excellent. Graduates may be issued, prior to the award ceremony, with a certificate confirming successful attendance and completion of the Program.

In addition to the Degree, a Diploma Supplement is awarded in accordance with Article 15 of Law 3374/2005 and Ministerial Decision F5/89656/B3/13-8-2007 (Government Gazette 1466/Issue B'). The Diploma Supplement is an explanatory document that provides detailed information on the nature, level, content, educational framework, and legal status of the studies successfully completed. It does not replace the official degree title or the transcript of records issued by the Institution.

2.2. Subject Area

The subject area of the JEUPS is Sport and Exercise Sciences, with emphasis on both Health and Athletic Performance. The Program provides students with comprehensive knowledge and skills required for professional engagement in fields related to the design, implementation, and evaluation of exercise programs for health promotion and primary and secondary prevention, the enhancement of human and sport performance, as well as the promotion, organization, and management of sport structures and organizations. At the same time, it equips students with the necessary scientific background for any professional or academic activity requiring a high level of specialization in sport and exercise sciences.

2.3. Aim

The aim of the JEUPS is to provide high-level education in Sport and Exercise Sciences, aiming to develop graduates with a strong scientific foundation 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, fostering professionals capable of designing, implementing, and evaluating evidence-based interventions aimed at health promotion and optimal human and athletic performance. Through a balanced core curriculum and two clearly defined specializations — "Exercise for Health and Rehabilitation" and "Sport Performance" — the Program prepares students for the demands of modern professional fields, for further postgraduate studies, as well as for roles requiring analytical thinking, ethical responsibility, and effective interdisciplinary collaboration.

The Program seeks to familiarize students with the main scientific fields, theoretical approaches, methodologies, and research tools of the contemporary academic and professional field of sport and exercise science. Furthermore, the Program aims to cultivate the ability to analyze, design, and implement evidence-based exercise interventions, to develop practical and research skills, to enhance critical thinking and scientific inquiry, and to shape graduates with a high level of academic and professional competence. Finally, it contributes to the promotion and international recognition of the

academic field and to strengthening the international outreach of the SPESS at Thessaloniki and Serres of AUTh.

2.4. Administrative Bodies

The bodies responsible for the organization, administration, and operation of the JEUPS are the following:

1. The Senate of the Aristotle University of Thessaloniki
2. The Program Steering Committee of the JEUPS of the Schools of Physical Education and Sport Science at Thessaloniki and Serres of AUTh.
3. The Director of the JEUPS of the Schools of Physical Education and Sport Science at Thessaloniki and Serres of AUTh.
4. The Assemblies of the Schools of Physical Education and Sport Science at Thessaloniki and Serres of AUTh, which are responsible for organizing the JEUPS.

2.5. Categories of Applicants

The right to submit an application is granted to foreign applicants who are:

a) Graduates of secondary schools or equivalent schools physically based abroad. Applicants who have attended, on a full-time basis, the last two (2) years of secondary education (upper secondary school or equivalent) in a foreign country must submit a secondary school leaving certificate or another equivalent secondary education qualification that grants them the right of admission to higher education institutions in the country from which they graduate.

b) Graduates of a recognized foreign school from other European Union Member States or third countries, which is based and legally operates in Greece, whose qualification grants them the right of admission to higher education institutions located in the country whose educational curriculum is followed by the foreign school of graduation, provided that:

ba) neither they nor their parents hold Greek citizenship, and

bb) they have attended, on a full-time basis, at least the last two (2) years of upper secondary education.

c) Students of SPESS Schools and higher education institutions abroad who hold the certification referred to in paragraph 1 of Article 314A of Law 4957/2022, in order to continue their studies in a corresponding semester and be awarded a degree by the JEUPS of the SPESS at Thessaloniki and the SPESS at Serres of AUTh.

Foreign schools operating in Greece must be officially recognized for their legal operation by the competent local Directorate of Secondary Education.

The method of verifying the authenticity of the secondary school leaving certificate and the applicant's transcript may be carried out through one of the following ways:

a) by an Apostille (Hague Apostille), provided that the country of origin of the documents is a member of the Hague Apostille Convention,

b) by certification by a notary public (notarial act),

c) by validation by the Ministry of Foreign Affairs and/or the Ministry of Education of the issuing country,

d) by submission of the secondary school leaving certificate and/or transcript, along with direct notification of the foreign school by the applicant. The notification must be accompanied by an

official email from the foreign school, enabling the Secretariat of the Program to verify the authenticity of the submitted documents.

Proof of English Language Proficiency

Applicants are required to demonstrate English language proficiency at a minimum level of B2, in accordance with the Common European Framework of Reference for Languages (CEFR), by one of the following means:

a) Native speaker of English.
b) Possession of a language proficiency certificate at a minimum level of B2 from a recognized examination body, in accordance with the applicable decisions of the Supreme Council for Civil Personnel Selection (ASEP) or the Ministry of Education regarding recognized language proficiency qualifications.
c) A degree from a Department of Foreign Language and Literature or a Department of Foreign Languages, Translation and Interpreting in Greece, or an equivalent qualification from a recognized institution abroad.
d) A Bachelor's, Master's, or Doctoral degree from a recognized Higher Education Institution (HEI) abroad, provided that the program of study was conducted entirely in English.
e) A secondary school leaving certificate, provided that the applicant has attended at least the last two (2) years of secondary education in a school where English is the official language of instruction.
f) A teaching license for a foreign language does not constitute proof of proficiency in that language. A certified copy of the qualification on the basis of which the license was issued must be submitted, along with an official translation, where required.

2.6. Number of Admitted Students – Selection Criteria and Required Application Documents

2.6.1. Number of Admitted Students

The annual number of admitted students to the JEUPS of the SPESS at Thessaloniki and Serres of AUTh is set at a maximum of forty (40) legally eligible undergraduate students, while the minimum number of admitted students required for the Program to operate is set at twenty (20) undergraduate students. Following a recommendation by the Program Steering Committee and a decision by the Senate of AUTh, the minimum number of admitted students may be modified for each intake cycle of the Program. In the event of a tie in applicants' ranking, all applicants who are tied with the last admitted candidate shall be admitted to the JEUPS, according to their ranking evaluation and up to the maximum number of forty (40) students.

2.6.2. Selection Criteria

The selection of admitted students is carried out based on the applicants' curriculum vitae, following evaluation of the application file and supporting documents by the Curriculum Committee, and the applicants' participation in the selection process. This process includes an oral interview conducted online by members of the Committee, which assesses communication skills and ability to support arguments, academic and personal readiness, and general understanding of the subject areas of Sport and Exercise Sciences for Health and Performance. The specific selection criteria, required supporting documents, and the selection procedure are defined in the Internal Regulation of the JEUPS.

2.6.3. Required Application Documents

Applications are submitted electronically throughout the year, and the application deadline is specified in the relevant call for applications. Prospective students are required to submit their applications, together with the necessary supporting documents, to the Program Secretariat in electronic form. Interviews are conducted on predetermined dates set by the Curriculum Committee, while the order of evaluation follows the chronological order of receipt of applications. The relevant call for applications and the corresponding required supporting documents are published on the Program's website

Each applicant is required to submit the following supporting documents:

- Application form for participation in the JEUPS, available in electronic format on the Program website
- Photocopy (both sides) of National Identity Card or Passport
- Secondary School Leaving Certificate (with official translation into English)
- Official transcript of all subjects of the final year of secondary school (with official translation into English)
- Certificate of English language proficiency at a minimum level of B2
- Motivation Letter (up to five hundred (500) words), presenting the applicant's interest in Sport and Exercise Sciences, motivation for studying in the Program, and future goals
- Short Curriculum Vitae (CV) including information on studies, distinctions, volunteering, or other activities relevant to the field.

Additionally, the following optional academic criteria are positively considered in the evaluation of the applicant's file:

- Minimum overall secondary school leaving grade: sixty percent (60%) of the maximum grading scale or equivalent
- Possession of higher education admission test qualifications, such as:
    - International Baccalaureate (IB Diploma Programme): at least 28/45, with at least grade 4 in three (3) subjects, with particular emphasis on subjects such as Language, Economics, Biology, Chemistry, Physics, and Sports, Exercise and Health Science
    - GCE A-Levels: at least BBB in three (3) subjects, with particular emphasis on subjects such as Physics, Chemistry, Biology, Mathematics, and Physical Education and Sport
    - Advanced Placement (AP): Score of 4 or 5 in relevant subjects such as Physics, Chemistry, Biology, Mathematics, and Physical Education and Sport
    - SAT / ACT: SAT: ≥ 1200/1600 ACT: ≥ 25/36
    - TSA (Thinking Skills Assessment): ≥ 70/100 or raw score ≥ 28/50

The above-mentioned applicant selection criteria and required application documents may be revised following a proposal by the Program Steering Committee and approval by the Senate of AUTh.

The relevant original documents may, if deemed necessary, be requested from the applicant to be sent by post or submitted in person to the Program Secretariat.

The final selection procedure for admission to the Program is conducted by the Curriculum Committee, as follows: The Committee compiles a complete list of all applicants and, following the relevant verification process, rejects those who do not meet the minimum criteria set by the Law and

the Program. The shortlisted applicants who have submitted the required supporting documents are then invited to an interview. Upon completion of the selection process — which includes evaluation based on the application file and the interview — the final list of successful applicants is prepared

The final list of successful applicants and any reserve candidates is validated by the Curriculum Committee. The selection procedure, the announcement of results, and the enrollment of successful applicants must be completed by 15 September of each academic year, subject to the filling of vacant positions that may arise from students who voluntarily withdraw from the Program and discontinue their studies. Such vacancies are filled, in order of priority, from the reserve list compiled by the Program Steering Committee during the evaluation of applications.

Furthermore, and in addition to the above, the possibility of enrollment is provided to students of Sport and Exercise Science Departments of higher education institutions abroad who hold a certification of evaluation of study periods completed at a recognized higher education institution abroad (paragraph 1 of Article 314A of Law 4957/2022, as amended by Article 128 of Law 5094/2024). These students may enroll in the JEUPS of the SPESS at Thessaloniki and Serres of AUTh in order to continue their studies and be awarded the corresponding degree.

he student submits an expression of interest application, together with the required supporting documents, to the Secretariat of the JEUPS in printed or electronic form, through the Information System for Electronic Enrollments of the Ministry of Education, Religious Affairs and Sports.

Allocation of Vacant Positions

In the event of a student's withdrawal or deregistration, the Program Steering Committee may, by means of a duly justified decision, proceed with filling the vacant position, in order to ensure the minimum number of twenty (20) admitted students and, where possible, to achieve the maximum number of forty (40) admitted students for the respective academic year. This is intended to ensure the smooth operation of the Program by maintaining a stable number of students in each year of study. The vacant position may be filled by students from Sport and Exercise Science Departments who are enrolled in the same or a higher semester of study at internationally recognized higher education institutions abroad. The selection of candidates may be carried out either from applicants who had submitted an application during the initial application cycle or through a separate public call for applications.

Appeals against the results may be submitted within five (5) working days from the notification of the results, through a written application submitted to the Secretariat of the JEUPS.

The enrollment of successful applicants is carried out following a relevant announcement by the Secretariat of the JEUPS within fifteen (15) days, upon submission of any required supporting documents. If a candidate does not complete enrollment within the specified deadline and does not pay the required tuition fee deposit, this is considered a refusal to accept the offered place, which will then be offered to the next candidate on the reserve list

It is clarified that applications and any potential acceptance of applicants apply exclusively to the academic year specified in the respective call for applications. No reservation of a study place (provisional admission) is provided for subsequent academic semesters or academic years, regardless of the reason, including, indicatively, military service or personal obligations. Applicants who wish to enroll in a subsequent academic year are required to submit a new application in a future application cycle and the corresponding call for applications.

By way of exception, the Program Steering Committee may, by means of a duly justified decision, approve the deferral of the commencement of studies for one academic year, provided that serious reasons exist and are sufficiently documented by the applicant. The decision to grant or not grant such deferral lies exclusively within the discretion of the Curriculum Committee

3. Curriculum

3.1. Duration of Studies and Tuition Fees

3.1.1. Duration of Studies

The duration of studies in the JEUPS leading to the award of the Degree in Sport and Exercise Sciences for Health and Performance is defined as eight (8) academic semesters of full-time study. The maximum duration of studies is defined as this period, extended by four (4) additional academic semesters. After the completion of the maximum study duration of twelve (12) semesters, and subject to the applicable provisions of the relevant higher education legislation in force at the time, a formal decision for the student's deregistration is issued by the competent body of the JEUPS.

Interruption of Studies

Provided that enrollment has been completed and all procedures required for the formal commencement of studies have been finalized, students who have not exceeded the maximum duration of studies may apply for an interruption of studies for a period not exceeding a total of two (2) academic years. he right to interrupt studies may be exercised either once or in separate periods for a minimum duration of one (1) academic semester, provided that the total duration of interruption does not cumulatively exceed two (2) academic years if granted in parts. During the period of interruption, student status is suspended and participation in any educational activity is not permitted. The period of interruption of studies is not counted towards the maximum duration of regular studies. Upon resumption of studies, students return to normal study status with all the rights and obligations provided by the Program. The relevant procedure is initiated by a written application submitted by the student to the Secretariat of the JEUPS, accompanied, where applicable, by the necessary supporting documents, and is evaluated by the Curriculum Committee.

Special Cases

or serious health reasons concerning the student or a first-degree relative by blood, spouse, or partner with whom the student has entered into a civil partnership, an exceptional extension of the maximum duration of studies may be granted, not exceeding one (1) academic year. This extension is approved by the Program Steering Committee following a fully justified and sufficiently documented application by the student and may not exceed two (2) consecutive academic semesters.

The JEUPS does not offer the option of part-time study.

Matters relating to re-examination in outstanding courses or student deregistration for reasons such as:

a) insufficient academic progress (documented by lack of participation in the educational process, such as attendance and examinations),

b) conduct that violates academic ethics, and

c) a request submitted by the student, are decided by the Curriculum Committee.

3.1.2. Study Fees

For attendance in the JEUPS, total tuition fees amounting to twenty-four thousand euros (€24,000) are payable, corresponding to six thousand euros (€6,000) per academic year. The amount of tuition fees is determined and may be modified by decision of the Senate of AUTh, while the payment method and schedule may be adjusted by decision of the Curriculum Committee.

Tuition fees are paid by the students themselves (or by a third natural or legal person on their behalf) to the designated bank account of the AUTh Research Committee (ELKE AUTh), in eight (8) equal installments of three thousand euros (€3,000). The first installment is paid during the student's enrollment in the Program, and the subsequent installments are paid prior to the start of each respective semester. There is also the option of a one-time annual tuition fee payment, from June until early October, with a 5% discount. Following payment of tuition fees, the corresponding payment receipt is issued, and the student is electronically notified.

For acceptance of a place in the Program, applicants are additionally required to pay the amount of one thousand euros (€1,000) as a tuition fee deposit. The amount is paid to the AUTh Research Committee (ELKE AUTh) and is non-refundable in the event of withdrawal from studies.

3.2. Academic Calendar

The academic year begins on 1 September and ends on 31 August of the following year. The teaching activity of each academic year is structured into two (2) semesters: the winter semester and the spring semester. The teaching period of each semester lasts thirteen (13) weeks. Upon its completion, the examination period follows, during which students are examined in the courses taught during the semester. The start and end dates of semester courses, as well as the duration of examination periods, are determined by the academic calendar of AUTh.

The academic calendar for each year is determined by the Senate. The Director of the JEUPS may, following an authorizing decision of the Senate, proceed with modifications to the start and end dates of the teaching and examination periods within the framework of the academic year, taking into account the specific characteristics of the JEUPS. At the beginning of each semester, course registration for the current study period takes place. Students are required to register for all courses of the current semester that they will attend during the semester and in which they will be examined at the end of it. The course registration deadline is announced by the Secretariat of the JEUPS. Course registration for each academic semester is mandatory. Without course registration, the student does not have the right to attend the course or participate in its examinations. Course registrations are carried out exclusively online through the students' academic profile on the AUTh Electronic Secretariat platform, at https://students.auth.gr, and are automatically recorded in their individual academic record.

For the academic year 2026–2027, the academic calendar is structured as follows:

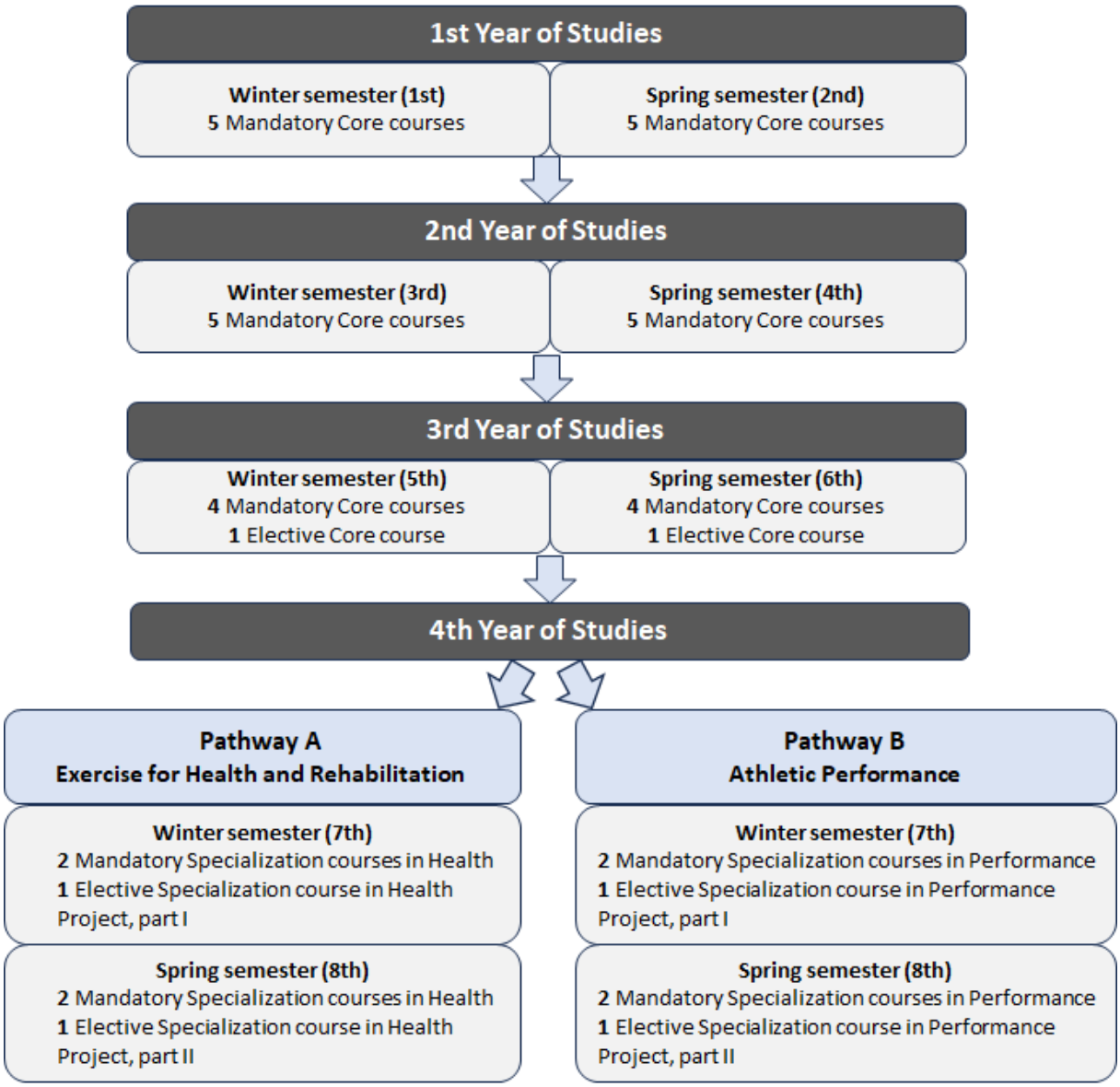
	Winter Semester	**Spring Semester**
Enrollment – Course Registration	14/9/2026 – 2/10/2026	1/2/2027 – 19/2/2027
Start of Teaching	5/10/2026	8/2/2027
Examination Period	18/1/2027 – 5/2/2027	1-18/6/2027
Graduation Ceremony Period	22-26/3/2027	6-12/7/2027
Resit Examination Period	1-18/9/2026	
Resit Graduation Ceremony Period	2-6-11-2026	

Official Holidays:
28/10/2026 – National Holiday
17/11/2026 – Polytechnic Uprising Anniversary
24/12/2026-7/1/2027 – Christmas and New Year Holidays
15/3/2027 – Clean Monday
16/3/2027 – Carnival (Apokries)
25/3/2027 – National Holiday
26/4-7/5/2027 – Easter Holidays
1/5/2027 – Labour Day (May Day)
21/6/2027 – Holy Spirit Day

3.3. Curriculum Structure

The JEUPS "Sport and Exercise Sciences for Health and Performance" offers a full-time curriculum of four (4) academic years, structured into eight (8) academic semesters. During the first three (3) years, the curriculum is common for all students. Before the beginning of the fourth (4th) year of studies, each student is required to choose one of the two specializations: A. "Exercise for Health and Rehabilitation" or B. "Athletic Performance." The Program includes a total of thirty-six (36) courses and one (1) Project. Of the total number of courses, twenty-eight (28) are Mandatory Core courses, four (4) are Mandatory Specialization courses, two (2) are Elective Core courses, and two (2) are Elective Specialization courses.

Curriculum Overview



3.4. Learning Outcomes

Upon successful completion of the JEUPS "Sport and Exercise Sciences for Health and Performance," students will be able to:

- Demonstrate comprehensive knowledge of the biological, physiological, biomechanical, and psychological principles underlying human movement.
- Explain the mechanisms of exercise responses and adaptations across diverse populations and performance levels.
- Analyse the variables of physical activity, health behaviours, and performance outcomes using interdisciplinary scientific frameworks.
- Describe the structure, policies, and professional standards of the sport, physical activity, health, and performance sectors.
- Understand research methodologies, experimental design, and ethical principles governing

scientific investigations in sport and exercise.

- Plan, implement, and evaluate complex health or performance programmes independently and collaboratively.
- Integrate scientific knowledge from multiple disciplines to solve real-world problems in health and performance settings.
- Make informed decisions using critical thinking, data interpretation, and reflective practice.
- Adhere to ethical, professional, and safety standards within clinical, community, or sport environments.
- Undertake advanced study, professional certification, or research roles in sport and exercise sciences.

Additionally, graduates of the "Exercise for Health & Rehabilitation" pathway will be able to:

- Assess physical fitness, functional capacity, and health-related indicators in healthy populations of all ages and in individuals with chronic diseases.
- Design and deliver evidence-based exercise programs for the general population, at-risk groups, and rehabilitation contexts.
- Apply principles of behavior change, health coaching, and lifestyle intervention to promote long-term physical activity and wellbeing.
- Use health-related technologies and monitoring tools to track progress and optimize exercise interventions.
- Collaborate with health and allied professionals to integrate exercise into prevention, treatment, and functional recovery pathways.

Graduates of the "Sport Performance" pathway will be able to:

- Conduct advanced performance testing, monitoring, and analytics using contemporary technologies.
- Apply evidence-based principles in strength and conditioning, speed, power, and skill development.
- Analyse technical and tactical components of performance using modern performance analysis systems.
- Implement strategies for periodisation, peaking, and optimisation of performance in athletes.
- Demonstrate advanced coaching, feedback, communication, and leadership skills in high-performance environments.

3.5. Credit Units (ECTS)

The JEUPS follows the European Credit Transfer and Accumulation System (ECTS), according to which one (1) ECTS credit corresponds to approximately 25–30 hours of total student workload. Successful completion of the Program and award of the degree requires the accumulation of two hundred and forty (240) ECTS credits. Each course awards six (6) ECTS credits, and the Project awards twenty-four (24) ECTS credits. Students are required to attend and successfully pass:

- Thirty-two (32) mandatory courses, from which students will obtain one hundred and ninety-two (192) ECTS credits
- Four (4) elective courses, from which students will obtain twenty-four (24) ECTS credits

- One (1) Project, conducted during the final two (2) semesters of studies, from which students will obtain twenty-four (24) ECTS credits.

3.6. Course Schedule

During the first three (3) years, the curriculum is common for all students. Before the beginning of the fourth (4th) year of studies, each student is required to choose one of the two specializations: A. "Exercise for Health and Rehabilitation" or B. "Athletic Performance." The Program includes thirty-six (36) courses and one (1) Project. Courses are divided into mandatory and elective courses. Of the total thirty-six (36) courses, twenty-eight (28) are Mandatory Core courses, four (4) are Mandatory Specialization courses, two (2) are Elective Core courses, and two (2) are Elective Specialization courses.

3.6.1. Mandatory Courses

Of the thirty-two (32) mandatory courses, twenty-eight (28) are Mandatory Core courses delivered during the first three (3) years of study, and four (4) are Mandatory Specialization courses delivered during the fourth (4th) year of study. The common Mandatory courses aim to provide students with fundamental knowledge and methodology in the subject areas that traditionally constitute the core of Sport and Exercise Sciences for Health and Performance worldwide. The Mandatory Specialization courses aim to provide students with the fundamental knowledge and methodology in the subject areas that traditionally constitute the core of Sport and Exercise Sciences for health promotion in Specialization A, "Exercise for Health and Rehabilitation," and the core of Sport and Exercise Sciences for the maximization of athletic performance in Specialization B, "Athletic Performance."

3.6.2. Elective Courses

During the last two (2) years of curriculum, students are required to attend and successfully complete a total of four (4) Elective courses. Students must select: one (1) out of two (2) offered elective core courses in the fifth (5th) semester of studies, one (1) out of two (2) offered elective core courses in the sixth (6th) semester of studies, one (1) out of two (2) offered elective specialization courses in the seventh (7th) semester of studies, and one (1) out of two (2) offered elective specialization courses in the eighth (8th) semester of studies. Elective courses aim to introduce students, according to their choice, to the logic and content of more specialized subject areas

3.6.3. Specializations

Before the beginning of the fourth (4th) year of studies, each student is required to select one of the two specializations: A. "Exercise for Health and Rehabilitation" or B. "Athletic Performance." Within each specialization, students are required to complete four (4) Mandatory Specialization courses and select two (2) out of four (4) offered Elective Specialization courses.

3.6.4. Project

Students are required to complete a Project during the final two (2) semesters of their studies, from which they will obtain twenty-four (24) ECTS credits.

3.7. Courses per Semester

The table below presents the course titles for each semester of study.

Code	Mandatory Core courses	Hours/week	ECTS
	1st Semester	**15**	**30**
CM01	Functional Anatomy	3	6
CM02	Teaching Sport Skills	3	6
CM03	Sport and Social Sciences	3	6
CM04	Critical Pedagogies	3	6
CM05	Sport Business	3	6
	2nd Semester	**15**	**30**
CM06	Human Physiology	3	6
CM07	Biomechanics	3	6
CM08	Exercise Biochemistry	3	6
CM09	Motor Control and Motor Learning	3	6
CM10	Research Methods and Statistics	3	6
	3rd Semester	**15**	**30**
CM11	Sport Training Principles & Methodology of Training	3	6
CM12	Strength and Conditioning	3	6
CM13	Exercise Physiology	3	6
CM14	Sport Marketing	3	6
CM15	First Aid in Sport and Exercise	3	6
	4th Semester	**15**	**30**
CM16	Exercise and Sport Nutrition	3	6
CM17	Exercise Testing	3	6
CM18	Funding Sports and Sponsorship	3	6
CM19	Sports and Exercise Medicine	3	6
CM20	Health and Exercise Psychology	3	6
	5th Semester	**15**	**30**
CM21	Advanced Biomechanics	3	6
CM22	Advanced Motor Control & Motor Learning	3	6
CM23	Sport Coaching	3	6
CM24	Psychology of Performance	3	6
	Elective Core course1	3	6
	6th Semester	**15**	**30**
CM25	Clinical Exercise Physiology	3	6
CM26	Sport Injuries	3	6
CM27	Exercise and Health	3	6
CM28	Promoting Active Lifestyle	3	6

	Elective Core course2	3	6

7th Semester Pathway A: Exercise for Health and Rehabilitation		**15**	**30**
CMPA1	Exercise Rehabilitation	3	6
CMPA2	Exercise Testing and Prescription in Clinical Population	3	6
	Elective Specialization course in Health 1	3	6
CMPA3	*Project – Part I*	6	12

7th Semester Pathway B: Sport Performance		**15**	**30**
CMPB1	Technology in Sports	3	6
CMPB2	Training process in Individual Sports	3	6
	Elective Specialization course in Performance 1	3	6
CMPB3	*Project – Part I*	6	12

8th Semester Pathway A: Exercise for Health and Rehabilitation		**15**	**30**
CMPA4	Exercise and Aging	3	6
CMPA5	Sports Cardiology	3	6
	Elective Specialization course in Health 2	3	6
CMPA6	*Project – Part II*	6	12

8th Semester Pathway B: Sport Performance		**15**	**30**
CMPB4	Optimizing Performance in Sport	3	6
CMPB5	Coaching in Team Sports	3	6
	Elective Specialization course in Performance 2	3	6
CMPB6	*Project – Part II*	6	12

Code	**Elective Core Courses**	**Hours/week**	**ECTS**
	5th Semester		
EM1	Human Growth and Development	3	6
EM2	International Sport for All Policy	3	6
	6th Semester		
EM3	New Technologies / AI	3	6
EM4	Data Analysis in Movement Science	3	6

Code	**Specialization Elective courses in Pathway A: Exercise for Health and Rehabilitation**	**Hours/week**	**ECTS**
	7th Semester		
HEM1	Exercise for Cardiometabolic Diseases	3	6
HEM2	Exercise for Pulmonary Diseases	3	6
	8th Semester		
HEM3	Adapted Physical Activity	3	6

HEM4	Health and Lifelong Physical Activity	3	6

Code	Elective Specialization courses in Pathway B: Sport Performance	Hours/week	ECTS
	7th Semester		
PEM1	Performance Training and Monitoring	3	6
PEM2	High-level Sport Performance	3	6
	8th Semester		
PEM3	Sport development	3	6
PEM4	Applied Sports Psychology	3	6

4. Course Descriptions

4.1. Mandatory Core Courses

CM01 – Functional Anatomy

The aim of this course is to provide an understanding of the fundamental principles of human structure and the functional relationships that support movement. Students will gain knowledge of the organization of the musculoskeletal and organ systems, with emphasis on how anatomical structures contribute to posture, locomotion, and athletic performance. Using anatomical models, observational methods, and imaging resources, students will learn to identify key structures and interpret their functional roles. Additional topics include structural variations, basic biomechanical concepts related to anatomy, and the relevance of anatomical knowledge to exercise, injury prevention, and performance analysis. Students will also develop the ability to communicate anatomical information clearly and apply it in practical, sport-related contexts.

CM02 – Teaching Sport Skills

The course introduces students to the core principles of effective instruction in physical education and sport. It focuses on teaching methods, behavior management strategies, the role of non-verbal communication, and creativity in teaching practice. Emphasis is placed on designing and organizing sport sessions, adapting teaching strategies for different age groups and skill levels, applying the Teaching Games for Understanding (TGfU) model, and evaluating learners' performance. Upon successful completion, students will be able to plan meaningful sport lessons, manage learner behavior, evaluate motor-skill development, and deliver engaging instruction tailored to developing athletes.

CM03 – Sport and Social Sciences

The aim of this course is to provide an understanding of the basic concepts of Sociology of Sports. Students will gain knowledge on the correlation between sports in society and the importance of involvement in sport and sport participation. Additional topics include the correlation between sports and economy, media and politics. Students will also become familiar with the importance of equity in sport and the barriers to participation and inclusion.

CM04 – Critical Pedagogies

This course introduces students to the key theories and practices of critical pedagogy as they apply to sport, exercise, and physical activity. Students examine how power relations, cultural norms, and systemic inequities shape learning, coaching, and participation, with reference to Freirean concepts such as empowerment and problem-posing education. The course also addresses ethical frameworks in coaching and athlete development, as well as the pedagogical influence of digital media and sport technologies. Through discussions and applied tasks, students learn to critically analyze sport environments, design inclusive and empowering pedagogical approaches, and engage in reflective practice. By the end of the course, they will be equipped to contribute to more equitable, ethical, and socially just professional settings in sport and physical activity.

CM05 – Sport Business

This course explores the diverse and expanding practice of sport business in an international context. It provides a comprehensive foundation of the main strategic management issues and unique characteristics of the changing sport business market. Students will explore facets of sport business within areas such as strategic analysis of the business environment, economics, marketing and service quality management. Contemporary issues related to sport business such as the media, sports analytics, corporate social responsibility, and retailing are also examined.

CM06 – Human Physiology

The aim of this course is to introduce the principles governing human body function, with emphasis on the physiological mechanisms that support exercise, performance, and adaptation. Students will gain knowledge of how major organ systems operate and interact to maintain homeostasis. Through practical measurements and interpretation of physiological data, students will develop an understanding of cardiovascular, respiratory, neuromuscular, and metabolic function at rest. Additional topics include the relationship between physiological function, health, and disease, along with mechanisms of homeostasis, system regulation, and the physiological factors underlying normal and abnormal function. Students will acquire skills in analysing physiological information and communicating their interpretations effectively.

CM07 – Biomechanics

The aim of this course is to provide students with a basic understanding of how to analyze human movements through biomechanical analytical methods. Students will learn to describe, measure, and interpret kinesiological problems in areas such as sport, rehabilitation, occupational, and developmental biomechanics through topics like linear and angular kinematics and kinetics, Newton's laws, and motion analysis techniques. Practical labs focused on two-dimensional motion capture and force analysis in applied sport examples across land and aquatic environments are designed to enhance theory integration. By the end of this course, students will be able to utilize foundational biomechanical principles and apply them to various movements.

CM08 – Exercise Biochemistry

The aim of this course is to provide an understanding of the basic concepts of biochemistry, with emphasis on the biochemical processes of energy production from available substrates during exercise. Students will gain knowledge of the biochemical processes in the nervous and muscular

systems that lead to muscle contraction, as well the principles of exercise metabolism. Additional topics include the relationship between exercise and gene expression, the integration of metabolic pathways during exercise, and the biochemical assessment of exercisers and athletes.

CM09 – Motor Control and Motor Learning

This course explores how humans acquire, refine, and retain motor skills. It bridges the gap between neurophysiology (how the nervous system produces movement) and behavioral psychology (how we learn and practice). Students will learn to design effective practice sessions, provide optimal feedback, and understand the factors that influence skill performance in sports, rehabilitation, and industrial settings.

CM10 – Research Methods and Statistics

This course provides a comprehensive introduction to research methodology and statistical analysis within the field of sports science. Students will learn how to identify and formulate research problems, conduct effective literature reviews using academic databases and bibliography search tools, and understand the importance of well-designed research methods. Key methodological concepts include sampling strategies, measuring variables, and the development and use of questionnaires. Through examples drawn from physical education and sport science, students will explore relationships between variables and examine various research designs. The statistical component of the course covers factor analysis, differences between groups, regression analysis, and a range of multivariate techniques—including multiple analysis of variance (MANOVA), and repeated measures designs. Non-parametric statistical methods and their applications to sports science research are also introduced. Additionally, students will engage with qualitative research approaches and analyse relevant case studies. This course will provide practical guidance on writing a research proposal and dissertation. Students will also refine their academic communication skills through the review and presentation of scientific papers.

CM11 – Sport Training Principles & Methodology of Training

This course provides a comprehensive introduction to the scientific principles and methodologies of sport training. Students explore physiological, biomechanical, and psychological bases of adaptation, learn how to plan and implement training programs, and develop skills for monitoring athlete progress. Emphasis is placed on practical application in a variety of sports and athlete populations.

CM12 – Strength & Conditioning

This course provides students with foundational and applied knowledge in Strength and Conditioning. It covers neuromuscular physiology, biomechanics of resistance training, training methods, performance testing, and periodization. Students learn how to design, implement, and monitor training programs for health, fitness, and athletic performance.

CM13 – Exercise Physiology

This course explores the phenomenal ways the human body responds to the physiological stress of exercise. Exercise physiology involves the scientific basis of exercise and its relationship to athletic performance. We will study the acute metabolic, neuromuscular, and cardiorespiratory responses to various kinds of physical activity, and we'll examine the chronic responses to strength, power, and

endurance training. Information presented directly relates to fitness conditioning for athletes, non-athletes, and special populations, for a greater understanding of athletic performance limitations.

CM14 – Sport Marketing

This course introduces students to the principles and applications of sport marketing within contemporary sport environments. It examines the unique characteristics of the sport product and the factors influencing sport consumer behavior. Emphasis is placed on market research, segmentation, targeting, and positioning strategies, as well as the development of effective sport marketing mix elements. Students explore branding, fan engagement, digital and social media communication, and service quality in sport settings. Through applied activities and a group marketing plan, the course helps students develop analytical, strategic, and creative skills essential for designing and evaluating marketing strategies in sport organizations and events.

CM15 – First Aid in Sport and Exercise

The aim of this course, First Aid in Sports, is to equip students with the theoretical knowledge and practical skills required to respond effectively to medical emergencies and acute disorders that occur during sport and exercise, ensuring athlete safety and minimizing long-term complications. Students will gain knowledge that includes assessment and immediate management of common disorders, basic and advanced life support techniques, recognition of red-flag symptoms, and strategies for rapid decision-making and referral in emergencies. Additional topics include concussion management and neurological emergencies, heat- and cold-related illnesses, spinal injuries, the use of first aid equipment such as automated external defibrillators (AEDs) and splints, coordination with emergency medical services, and the development of individualized on-field emergency action plans for different sports and populations.

CM16 – Exercise and Sport Nutrition

The aim of this course is to provide an understanding of the basic concepts of nutrition and sport nutrition, with emphasis on the nutrients involved in human metabolism and the energy support of exercise. Students will gain knowledge on the use of nutrients in energy metabolism during exercise, nutritional strategies for enhancing performance, and nutritional ergogenic aids in sport and exercise. Additional topics include the principles of a balanced, health-promoting diet, the consequences of poor nutrition, and body weight management through diet and exercise. Students will also become familiar with methods of dietary analysis.

CM17 – Exercise Testing

This course provides a comprehensive introduction to exercise testing in laboratory and field settings. Students learn the principles of aerobic and anaerobic assessment, cardiopulmonary exercise testing (CPET), muscular strength evaluation, and high-intensity performance testing. The course also addresses considerations for test selection in males, females, youth and trained athletes. Emphasis is placed on accurate measurement, physiological interpretation, and the use of modern technologies, including gas analyzers, dynamometry, timing systems, and telemetry. Through lectures and applied laboratory practice, students develop the ability to design, conduct, and interpret valid, reliable exercise tests and produce an integrated athlete evaluation profile.

CM18 – Funding Sports and Sport Sponsorship

This course will discuss the sources of sport funding in all types of sport organisations. Both typical and alternative revenue sources will be discussed and analysed, emphasising on the role of sponsorship, as one of the main funding sources in the international sport market today. Developing sponsorship strategy and building sponsorship plans is a complex task that requires an in depth understanding of sponsorship theory, and in relation to changes in the sport market. Sponsorship evaluation models will be theoretically discussed, critically evaluated and applied in real sport cases.

CM19 – Sports and Exercise Medicine

The aim of the course, Sports and Exercise Medicine, is to provide students with a comprehensive understanding of how exercise influences health, the prevention of disorders, and the management of chronic medical conditions in athletic and general populations. Students will gain knowledge that includes physiological and pathophysiological responses to exercise, the role of physical activity and exercise in the management of cardiovascular, metabolic, musculoskeletal, and neurological disorders and diseases, and the application of evidence-based exercise prescription in both healthy and medically complex individuals. Additional topics include exercise testing and monitoring, nutrition and hydration strategies, adaptations to different training modalities, considerations for special populations such as youth, older adults, and individuals with chronic diseases, and integration of multidisciplinary approaches, including physical activity, psychology, and pharmacology, to optimize health and performance outcomes.

CM20 – Health and Exercise Psychology

The course aims to provide students with a comprehensive understanding of the psychological factors that shape physical activity, exercise participation, and sedentary behaviour across the lifespan. It introduces major theoretical models, measurement approaches, and evidence on the mental and physical health outcomes of exercise. Students will explore motivational, cognitive, emotional, social, and environmental determinants of behaviour; the role of technology; body image and maladaptive exercise patterns; and the design and evaluation of behaviour-change interventions. Emphasis is placed on applying theory to practice in diverse populations, developing critical thinking, and promoting ethical, evidence-based approaches to health and exercise behaviour.

CM21 – Advanced Biomechanics

The aim of this course is to deepen students' understanding of human movement performance through complex biomechanical analyses. Content includes single-subject designs, nonlinear dynamics, signal processing, advanced three-dimensional kinematics and kinetics, and the utilization of wearable sensors in a variety of environments. Lab sessions focus on data collection and time-series interpretation. By the end of this course, students will be able to independently analyze human movements, interpret variability and performance profiles, and provide technical, training, and kinesiological prescriptions and recommendations based on biomechanical evidence.

CM22 – Advanced Motor Control and Learning

This course explores the behavioural and neuro-physiological underpinnings of how humans acquire, control, and execute movement. It aims to deepen students' understanding of the principles of motor control and motor learning introduced in an earlier course and to examine how these principles apply

in practical contexts — including sports performance, general population movement (healthy lifespan), and clinical populations (rehabilitation, injury, adaptation). The course uses a mix of lectures, laboratory exercises, individual and group activities, and critical/reflective tasks. Students will engage in literature review and apply theory to design practical interventions or experiments.

CM23 – Sport Coaching

The aim of this course is to provide an understanding of the basic concepts of sports coaching, with an emphasis on the coaching of professional athletes and also young athletes in their developmental years. Students of this course will gain knowledge about coaching, managing relationships with athletes, managing the success and the failure, the sociological approach to sports, human resource management in sports organizations, communication with the media, the governance of sports clubs and organizations, as well as other essential skills related to sports coaching and the training process. Students will also become familiar with scouting and the use of video data.

CM24 – Psychology of performance

The course aims to introduce students to the psychological factors that influence sport performance, including motivation, confidence, stress, anxiety, attention, group dynamics and leadership. Drawing on contemporary theories and empirical evidence from leading sport science programmes, it examines how and why performance is optimized, maintained or breaks down under pressure. Students will learn how to assess athletes' psychological characteristics, understand the mechanisms linking mind and performance. Emphasis is placed on ethical and culturally sensitive work with athletes across ages, levels and sports, and on developing critical, reflective practitioners.

CM25 – Clinical Exercise Physiology

The aim of this course is to provide an understanding of the fundamental principles of clinical exercise physiology, with emphasis on the pathophysiology of major chronic diseases and their interaction with physical activity and exercise training. Students will gain knowledge of acute and chronic exercise responses in cardiovascular, pulmonary, metabolic, renal, oncological, and musculoskeletal conditions, and how these differ from responses in healthy individuals. Additional topics include the monitoring of physiological and clinical indicators during exercise, the integration of exercise within multidisciplinary healthcare pathways, and the application of ethical and safety standards in clinical practice.

CM26 – Sports Injuries

This course provides students with a foundational understanding of sports-related musculoskeletal injuries. By the end of the course, students will be able to explain the basic science behind these injuries, identify risk factors, and understand strategies for preventing sports injuries. They will also learn how to effectively manage injuries that occur during training or on the field. In addition, students will gain knowledge of therapeutic procedures and rehabilitation exercises used in the treatment of musculoskeletal injuries. The course will conclude with guidance on determining safe and evidence-based criteria for an athlete's return to sport.

CM27 – Exercise and Health

The aim of this course is to provide an understanding of the relationship between physical activity, health, and well-being across the lifespan. Students will gain knowledge of how exercise contributes to disease prevention, functional capacity, and overall quality of life, with emphasis on scientific evidence linking physical activity to health outcomes. The course introduces methods for assessing activity levels, evaluating health indicators, and interpreting findings in the context of public health recommendations. Additional topics include the physiological and psychological benefits of regular exercise as well as the risks associated with inactivity. Students will also develop skills in critical evaluation of health-related research and in communicating exercise-related information to diverse populations.

CM28 – Promoting Active Lifestyle

This course examines the determinants and consequences of physical activity (PA) and sedentary behavior across the lifespan. Students will explore the psychological theories of behavior change, the impact of the built environment on activity levels, and the concept of "Physical Literacy." The course emphasizes practical strategies for designing interventions to promote active living in individuals, schools, workplaces, and communities.

4.2. Mandatory Specialization courses in Pathway A: Exercise for Health and Rehabilitation

CMPA1 – Exercise Rehabilitation

The aim of this course is to provide knowledge and skills in clinical exercise delivery and healthy lifestyle intervention for people living with chronic conditions. This course focuses on using exercise to restore health, improve function, and enhance the quality of life for individuals with chronic diseases or disabilities. Students will gain knowledge on the rehabilitation process, the impact of chronic health issues on patients' health, function, and quality of life, the planning, organization and delivery of safe and effective exercise programs for people with chronic conditions and the role of exercise in improving the quality of life of patients.

CMPA2 – Exercise Testing and Prescription in Clinical Population

This course introduces students to the principles and applications of exercise testing and prescription in both healthy and clinical populations. Students will learn to perform pre-exercise health screenings, assess safety, and conduct a range of fitness and cardiopulmonary evaluations. Emphasis is placed on interpreting test data, calculating training intensities, and designing individualized exercise programs tailored to specific clinical needs. Practical laboratory sessions provide hands-on experience with cardiopulmonary exercise tests and functional capacity field tests. Graduates of this course will apply evidence-based principles to promote safe, effective, and personalized exercise interventions in clinical settings.

CMPA4 – Exercise and Aging

This course aims to provide an understanding of the ageing process and its effects on key physiological and mechanical systems involved in movement and functional independence. Students will explore the role of exercise in preventing age-related decline, improving mobility, balance, muscle function, and cognitive health. Emphasis is placed on evidence-based exercise programming, safety considerations, and functional assessment in older adults. Additional topics include fall prevention strategies, neuromuscular adaptations to training, and the impact of dual-task exercise. Students will

also gain practical experience in designing and presenting tailored exercise programs based on current scientific literature.

CMPA5 – Sports Cardiology

The aim of the course Sports Cardiology is to develop a deep understanding of how exercise influences cardiovascular structure and function, while identifying pathological conditions that may impact athlete health, performance, and safety. Students will gain knowledge that includes comprehensive cardiovascular screening methods, interpretation of Electrocardiograms and diagnostic testing in athletes, mechanisms and warning signs of exercise-related cardiac events, and evidence-based guidelines for exercise prescription and rehabilitation in individuals with acquired or hereditary heart disease. Additional topics include sudden cardiac arrest prevention and on-field emergency response, management of arrhythmias and cardiomyopathies in sport, considerations for youth and master athletes, long-term cardiac care planning, and ethical, as well as regulatory aspects related to participation clearance and return-to-play decisions.

4.3. Mandatory Specialization courses in Pathway B: Sport Performance

CMPB1 – Technology in Sports

The aim of this course is to equip students with knowledge of sports technology evolution, wearable sensors (e.g., GPS, IMUs), and analytics for performance profiling in physical education and sport science. Students will evaluate sensor validity and reliability, analyze datasets for athlete metrics like velocity zones, apply notational analysis for tactical insights, create interactive dashboards, and address data privacy ethics alongside emerging trends in VR/AR and esports.

CMPB2 – Training Process in Individual Sports

The aim of this course is to provide an understanding of the basic concepts and the key principles of training planning, with emphasis on individual sports. Students will gain knowledge on the modifications of training planning among different individual sports, the differences regarding the requirements and the training schemes for the optimization of speed, endurance, strength, and flexibility among different individual sports, as well as how periodization and other training models apply in different individual sports. Additional topics include the development of critical thinking regarding the design of training plans aligned with sport-specific demands, the implementation of contemporary evidence-based training theories in individual sport training schemes, as well as the implementation and monitoring of training plans tailored for individual sport athletes. Students will also become familiar with procedures for monitoring the evolvement of the training process in a sport-specific environment, and the evaluation regarding the degree of achieving the goals set in the scheduled training plan.

CMPB4 – Optimizing Performance in Sport

The aim of this course is to provide a comprehensive understanding of the fundamental principles underlying performance optimization in sport. Emphasis is placed on the physiological, psychological, and biomechanical factors that influence training adaptations and athletic outcomes. Students will explore methods for evaluating performance, designing effective training programs, applying periodization, and integrating recovery strategies. Additional topics include the role of technology and data in performance analysis, techniques for injury prevention, and approaches to enhancing mental

readiness. Through practical examples and evidence-based guidelines, students will learn how to develop holistic performance plans that support athlete development and long-term success.

CMPB5 – Coaching Team Sports

The aim of this course is to provide a sport-science–grounded pathway for coaching team sports, using an ecological and complex systems approach. Students will gain knowledge of teams as adaptive, non-linear systems while developing a personal coaching philosophy, leadership styles, and ethical frameworks essential for team settings. They will develop the skills to design technical–tactical drills, deliver actionable feedback, and structure training through tactical periodization and game-model planning. Students will also gain the ability to apply performance optimization and mental training strategies to enhance skill acquisition, collective decision-making, postural adjustments, team cohesion, and resilience. Additional topics include performance analytics, advanced scouting, staff coordination, and effective media and communication strategies for high-performance team coaching.

4.4. Elective Core courses

EM1 – Human Growth and Development

The aim of this course is to provide an understanding of human growth and developmental foundations, with strong emphasis on the environmental, social, and biological factors that shape development from conception through infancy, early and middle childhood, puberty, adolescence, and emerging adulthood. Students will gain knowledge on age-specific growth patterns, nervous system maturation, and key developmental milestones across cognitive, social, emotional, and motor domains. Additional topics include the role of family, culture, stress, nutrition, and opportunities for movement and play in forming adaptive developmental trajectories. The course also addresses the principles of child-centered developmental thinking, the consequences of environmental or developmental risk factors, and age-appropriate planning of learning and movement participation contexts. Students will become familiar with introductory, ethically-grounded approaches to observing and understanding developmental indicators through practical classroom and sport-learning examples.

EM2 – International Sport for All Policy

This course will discuss the main policies developed in an international context in relation to the promotion of sport for all. It provides a comprehensive foundation of the main sport development, planning, ethics, and policies at community, national and international levels addressing sport for all. Students will explore the specialized policies for professional and amateur leagues, e-sports in an international context. Comparisons among the different countries will be discussed.

EM3 – New Technologies AI

The aim of this course is to build AI literacy for generative tools in sports education and administration, covering LLM principles, ethical issues like bias and privacy, and practical integration. Students will apply prompt engineering (e.g., chain-of-thought), generate multimodal content for lessons and workflows, design automated systems, and critically verify AI outputs while exploring trends like autonomous agents.

EM4 – Data analysis in movement science

This course is designed to provide students with the theoretical foundations and practical skills needed to collect, process, analyze, and interpret data related to human movement. Emphasis is given on understanding how these data are captured to assess motor performance.It bridges concepts from biomechanics, motor control, physiology, and research methods to enable rigorous, quantitative study of movement. Through practical exercises students will learn to design experiments, handle data appropriately, and draw meaningful conclusions about movement patterns, motor performance, learning, and adaptation.

4.5. Elective Specialization courses in Pathway A: Exercise for Health and Rehabilitation

HEM1 – Exercise for Cardiometabolic Diseases

The aim of this course, Exercise for Cardiometabolic Diseases, is to provide students with the knowledge and skills to use physical activity and structured exercise as a therapeutic tool for preventing, managing, and improving outcomes in individuals with cardiovascular, metabolic, and endocrine disorders. Students will gain knowledge that includes the pathophysiology of conditions such as obesity, type 2 diabetes, hypertension, and dyslipidemia, as well as safe and effective exercise prescription tailored to disease severity, functional capacity, and comorbidities. Additional topics include behavioral strategies to promote adherence, monitoring and progression of exercise interventions, risk assessment and contraindications, integration of lifestyle and pharmacological treatments, and the long-term role of physical activity in reducing cardiovascular and metabolic complications.

HEM2 – Exercise for Pulmonary Diseases

The aim of this course is to provide an understanding of the fundamental principles related to exercise and pulmonary diseases, with emphasis on the pathophysiology of chronic respiratory conditions and their interaction with physical activity. Students will gain knowledge of acute and chronic exercise responses in pulmonary disease such as COPD, asthma, interstitial lung disease, and pulmonary hypertension, as well as the physiological factors that limit exercise tolerance. Additional topics include assessment of respiratory function, clinical monitoring during exercise, and the principles and basic components of pulmonary rehabilitation programs. Students will also become familiar with strategies to enhance functional capacity and support patient safety.

HEM3 – Adapted Physical Activity

Adapted Physical Activity is a multidisciplinary field, focused on ensuring meaningful participation in physical activity, sports and recreation of individuals with varied disabilities or chronic impairments. The course requires learners to consent with the basic human rights, to have foundational knowledge of individuals with diverse abilities, applied scientific understanding and practical skills necessary for planning active exercise programs. The course's ultimate goal is to enhance quality of life and ensure equal access to physical activity for everyone, focusing on valid assessment methods, accessible environments and inclusive programs.

HEM4 – Health and Lifelong Physical Activity

The aim of this course is to provide an understanding of lifelong physical activity and sedentary behavior. This course will explore the determinants of physical activity across the life span and will consider the evidence underpinning physical activity recommendations in early years, children and adolescents, and older adults. Additional topics include health and fitness assessments, design and implementation of personalized physical fitness programs, as well as barriers and facilitators to physical activity. Students will also gain knowledge on the benefits of regular physical activity for overall health and disease prevention throughout various life stages, including pregnancy and menopause.

4.6. Elective Specialization courses in Pathway B: Sport Performance

PEM1 – Performance Training and Monitoring

This course focuses on the systematic evaluation of training load and athletic performance using contemporary monitoring methods. Students explore how external and internal load metrics reflect physiological stress, adaptation, and fatigue, while gaining practical experience with GPS devices, IMUs, heart rate systems, and force plates. Key areas include speed and agility assessment, aerobic and strength testing, fatigue and injury-risk profiling, and the interpretation of wellness and workload data. Emphasis is placed on data organization, visualization, and the development of practical reporting tools. Students also learn to design sport-specific monitoring frameworks that support evidence-based training decisions for individual athletes and teams.

PEM2 – High-level Sport Performance

The aim of this course is to provide a comprehensive understanding of the fundamental principles that govern high-level sport performance. Emphasis is placed on the physiological, psychological, technical, and tactical factors that contribute to achieving peak athletic outcomes. Students will gain knowledge on advanced training methods, performance assessment, periodization, and strategies for maximizing adaptation and readiness. Additional topics include recovery optimization, injury prevention, mental skills for elite performance, and the use of technology and analytics in monitoring athletes. Students will also become familiar with evidence-based approaches for designing integrated performance programs that support long-term development and success in high-performance sport.

PEM3 – Sport development

This course introduces students to key concepts, policies, and practices in Sports Development across participation and performance pathways. It explores the role of sport in society, grassroots engagement, and long-term athlete development, including talent identification, physical literacy, and coaching approaches. Students examine youth sport policy, governance structures, and issues of equity, inclusion, and sustainability. The course also addresses the impact of mega-events, evaluation of sport programs, and emerging trends such as technology and data-driven innovation. Through theory and applied examples, students develop the knowledge and skills needed to plan, implement, and assess effective sport development initiatives.

PEM4 – Applied Sports Psychology

The course aims to develop students' knowledge and practical skills in applied sport psychology, focusing on how psychological services are delivered to athletes, teams and coaches. Building on prior sport psychology modules, it emphasises the service delivery process: making contact, conducting

needs analysis and assessment, formulating cases, planning and implementing interventions, and evaluating effectiveness. Students will learn how to work ethically and collaboratively within multidisciplinary support teams, use evidence-based psychological strategies to optimise performance and wellbeing, and reflect critically on their own emerging practitioner identity, boundaries of competence and professional behaviour in diverse sport settings.

4.7. Project

4.7.1. Project in Pathway A: Exercise for Health and Rehabilitation

CMPA3 – Project – Part I

Project Part I introduces students to the fundamentals of designing and implementing an evidence-based project in the field of Exercise for Health and Rehabilitation. Students identify a relevant health or rehabilitation issue, review current scientific literature, and develop a research or meta-analysis proposal. Emphasis is placed on defining objectives, choosing appropriate assessment tools, and planning safe, ethical exercise strategies. By the end of the course, students produce a structured project plan that prepares them for the applied work carried out in Project Part II.

CMPA6 – Project – Part II

Project Part II builds on the foundations developed in Project Part I, guiding students through the practical execution, evaluation, and presentation of their health- or rehabilitation-focused project. Under supervision, students implement their proposed intervention or data-collection plan, analyze outcomes, and critically interpret their findings in relation to current evidence. The course emphasizes problem-solving, professional communication, and reflective practice. Students produce a final written report.

4.7.2. Project in Pathway B: Sport Performance

CMPB3 – Project – Part I

Project Part I introduces students to the fundamentals of designing and implementing an evidence-based project in the field of Sport Performance. Students identify a relevant issue, review current scientific literature, and develop a research or meta-analysis proposal. Emphasis is placed on defining objectives, choosing appropriate assessment tools, and planning safe, ethical exercise strategies. By the end of the course, students produce a structured project plan that prepares them for the applied work carried out in Project Part II.

CMPB6 – Project – Part II

Project Part II builds on the foundations developed in Project Part I, guiding students through the practical execution, evaluation, and presentation of their sport performance-focused project. Under supervision, students implement their proposed intervention or data-collection plan, analyze outcomes, and critically interpret their findings in relation to current evidence. The course emphasizes problem-solving, professional communication, and reflective practice. Students produce a final written report.

5. Teaching and Learning Process

5.1. Teaching Process

Courses are delivered through face-to-face teaching, utilizing the facilities of the SPESS at Thessaloniki (leading School), with provision for the exceptional use of synchronous distance learning methods. By decision of the Curriculum Committee, a weekly online teaching time slot may be established, common to all JEUPS students, which may be used for tutorials and/or seminar courses and, exceptionally, for make-up classes in cases where teaching rooms are not available on other days of the week. In exceptional cases involving emergency circumstances that prevent face-to-face teaching, lectures may be delivered online for a limited period, following a duly justified decision by the Program Director, for the time necessary to address the extraordinary circumstances that justify the temporary transition to distance learning.

Attendance at lectures, tutorials, and any other organized educational activity of the JEUPS is mandatory. Students may be absent for up to thirty percent (30%) of the total teaching hours of each course per semester, while exceptions to this limit are permitted only in exceptional cases, subject to approval by the Curriculum Committee. Regular participation in lectures, tutorials, and examinations is considered an essential element of academic engagement for the successful progress of students in the Program.

Before the beginning of each semester, the Secretariat of the JEUPS prepares and publishes the detailed semester teaching timetable, ensuring, as far as possible, that mandatory and elective courses: (a) are distributed evenly across all days of the week, (b) are not scheduled at widely separated times during the same day on which they are taught, and (c) do not overlap with the teaching of other courses of the same semester of study.

5.2. Assessment and Evaluation of Students

Examinations are conducted with the physical presence of students and examiners at the facilities of the SPESS at Thessaloniki (leading School), whether conducted in written or oral form. By way of exception, oral examinations may be conducted remotely, provided that the identity of the candidates is verified and best practices for conducting online oral examinations are followed, ensuring the integrity of the examination process. Remote written examinations are not permitted, except in cases and under conditions that are mandatorily provided for by applicable legislation. By decision of the Curriculum Committee, final examinations may be conducted using tablets, laptops, or PCs, provided that they take place with the physical presence and invigilation of students in the examination rooms of the SPESS at Thessaloniki (AUTh), under the safeguards of a comprehensive examination implementation plan ensuring examination integrity and equal treatment of candidates.

5.2.1. Evaluation of Students

1. JEUPS students are assessed through formative and summative examinations, assignments, or laboratory projects assigned by instructors, or through other alternative assessment methods during the teaching period (midterms), as well as through written or oral examinations conducted at the end of the semester for the courses taught during that semester.
2. All courses are examined during the resit examination period in September. A student's participation in an oral examination excludes participation in the written examination of the same course during the same examination period.
3. Instructors take special care to provide oral examinations for students who, prior to their admission to the Program, have documented dyslexia, severe motor impairments, or visual impairments that

substantially hinder participation in written examinations, in accordance with procedures defined by the applicable legislation.

4. The Program Secretariat publishes, in a timely manner, the detailed schedule of written examinations for each forthcoming examination period. Under the responsibility of the instructors, assisted by the Secretariat of the JEUPS, an adequate number of invigilators is ensured, drawn from doctoral candidates and postgraduate students. Instructors are required to be continuously present in the examination areas, supervise the smooth and proper conduct of examinations, and take all necessary measures to ensure their integrity.
5. Each candidate is required to verify, prior to attending the examination, that their name appears on the official electronic list maintained by the Secretariat of students eligible to participate in the examination of the specific course. Candidates are prohibited from copying or otherwise compromising the integrity of the examination process, as well as from bringing books, study aids, notes, or electronic communication devices into the examination rooms. Any attempt to use electronic communication devices during the examination process constitutes a particularly serious offence against the candidate. Furthermore, candidates are not permitted to use separate sheets of paper for rough work. For this purpose, they may use the last page of their examination script. In case of violation of these rules, the examination paper will be graded zero as an internal disciplinary measure to safeguard the integrity of the examination process, without prejudice to any additional sanctions that may be imposed under the applicable legislation.
6. Designated invigilators are required to check the academic identity card that confirms student status and verifies the identity of the candidate, verify the recording of the student's full name and special registration number on the examination script, initial each script, supervise candidates to ensure that they do not copy or communicate with each other, continuously monitor the entrances and exits of the examination room, particularly at the end of the examination period and during submission of scripts, and ensure that no candidate leaves the examination room before thirty (30) minutes have elapsed from the distribution of examination papers.
7. The written examination of each course has a maximum duration of two (2) hours.
8. After the submission of the examination scripts, invigilators count the scripts received and one of them certifies the number of scripts collected. The scripts are then delivered to the instructor, who recounts them and confirms, by signature in the presence of the invigilator, the number of scripts received.
9. Instructors are required to submit to the Program Secretariat the results of final examinations, written and/or oral, in a single grade report for each course, no later than twenty-five (25) days from the date of each examination. In the case of oral examinations, instructors are not permitted to announce individual results directly to examined students, but only to announce results collectively for all examined students, in writing and/or orally, at the end of the process.
10. In all JEUPS courses, the result of student knowledge assessment is expressed numerically using grades from zero (0) to ten (10). In grade reports, failure is recorded with grades from zero (0) to four (4), and passing grades are recorded from five (5) to ten (10).
11. The publication of examination results in any form that displays the full names of candidates is not permitted. Results may be published only using the special registration number.
12. The transfer of a student's grade from one examination period to a subsequent examination period is not permitted. Statements written on examination scripts by candidates expressing a wish to fail

if they receive a grade lower than desired, or references to the number of remaining courses required for graduation, are not permitted and, if included, will not be taken into consideration.

13. After the publication of results, answers to written examination questions, both practical and theoretical, are discussed by instructors with interested students during specifically scheduled hours. Examined students have the right to review their examination script — for the respective current examination period — and request explanations regarding the way it was graded. Instructors are required to upload the suggested solutions to the practical examination questions on the course e-learning platform.
14. For the calculation of the final degree grade and the composition of the courses listed on the degree certificate, the following are taken into account: thirty-two (32) Mandatory courses required for the accumulation of one hundred and ninety-two (192) ECTS credits from Mandatory courses (C), four (4) Elective courses (E) required for the accumulation of twenty-four (24) ECTS credits, and one (1) Project required for the accumulation of twenty-four (24) ECTS credits, totaling two hundred and forty (240) ECTS credits.

5.2.2. Plagiarism

When submitting any assignment, students are required to explicitly state whether and to what extent they have used the work, ideas, or views of other authors, in accordance with the rules of academic ethics and proper referencing practices. Plagiarism constitutes a serious academic offence. Plagiarism is defined as the full or partial copying of another person's work, as well as the use of another person's work, whether published or unpublished, without proper and clear reference to the source. The use of any supporting material, even from previous studies or assignments of the same student, without appropriate reference, also constitutes a violation.

For the purpose of checking the originality of assignments, JEUPS instructors may use approved plagiarism detection tools, and in particular the Turnitin software, in accordance with applicable legislation and AUTh policies. Any misconduct or violation of academic ethics is referred to the JEUPS Program Steering Committee for review and further action.

5.3. Scholarships

Within the framework of the JEUPS, provision is made for the granting of scholarships to students, based on academic and objective criteria and following a decision of the Curriculum Committee. Indicatively:

- Up to three (3) scholarships per academic year may be awarded to students who demonstrate outstanding performance 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 top admitted candidates of the intake. These scholarships consist of a full exemption from tuition fees for the first academic year.
- Merit scholarship: A scholarship covering fifty percent (50%) of the tuition fees for the following academic year may be awarded to the student who achieves the highest overall grade average across all courses of each academic year, provided that the student has successfully completed all courses within the prescribed time frame. In case of a tie, the scholarship may be awarded to more than one student.
- The Program Steering Committee may award excellence awards to students who demonstrate outstanding performance during their studies. These awards may be accompanied by an honorary

distinction and/or a monetary prize. In particular, at the end of each academic year, a Best Student of the Year Award may be granted, based on overall performance across all courses and consistency in attendance. Similarly, a Top Graduate Award may be granted to the student with the highest academic performance throughout the study cycle.

- In addition, following a duly justified decision of the Curriculum Committee, full or partial exemption from tuition fees may be granted to students originating from conflict-affected areas or who are under international or subsidiary protection status, based on documented social and humanitarian criteria.
- In exceptional cases, a social support scholarship may be granted to applicants or students of the Program who face serious financial hardship, health issues, loss of a parent, or who live under conditions of emergency or prolonged crisis, following review of a relevant application and supporting documentation by the Curriculum Committee.
- In addition, work-study scholarships may be awarded, consisting of partial exemption from tuition fees, in return for the student providing specific services in support of the Program. Such services may include assistance in the library, support of administrative functions, assistance in research projects, or other activities determined by the Curriculum Committee, in consultation with the Secretariat and members of Teaching and Research Staff. The duration and scope of the work-study scholarship are clearly defined at the time of award, and failure to meet the assigned obligations may lead to revocation of the scholarship.

The awarding of the above-mentioned scholarships and/or excellence awards, the specific terms of granting, as well as the obligations and rights of scholarship recipients, are determined by decision of the Program Steering Committee and fall under its exclusive discretion, based on the financial capacity of the Program and its available financial reserves.

5.4. Teaching Stuff

The teaching work of the JEUPS is allocated, by decision of the Curriculum Committee, to instructors who possess certified adequate knowledge of the English language and whose academic field is relevant to the subject of the teaching work assigned to them. By decision of the Curriculum Committee, the teaching of courses for the following academic year is assigned on the basis of the teaching staff expected to be available during that period, taking into account retirements at the end of the current academic year and approved leaves for the following academic year. In particular, the following categories may be employed as teaching staff of the JEUPS:

a. Members of Teaching and Research Staff of the SPESS or other Schools of AUTh or other Higher Education Institutions (HEIs), with additional employment beyond their statutory obligations, as defined in Article 155 of Law 4957/2022,
b. Emeritus Professors or retired members of Teaching and Research Staff of the SPESS or other Schools of AUTh or other HEIs,
c. Members of Special Teaching Staff (STS), Laboratory Teaching Staff (LTS), and Special Technical Laboratory Staff (STLS) of HEIs, who hold a doctoral degree and have teaching experience, as well as sufficient scientific, publication, or research activity,
d. Appointed lecturers,
e. Visiting professors and visiting researchers,
f. Contract researchers,

g. Researchers and special functional scientists of research centers referred to in Article 13A of Law 4310/2014 (A' 258) or other research organizations in Greece or abroad, who hold a doctoral degree and have teaching experience and sufficient scientific, publication, or research activity,
h. Postdoctoral researchers and early-career scientists, holding at least a doctoral degree, who possess specialized knowledge or relevant experience in the academic field of the JEUPS,
i. Affiliated or collaborating professors.

The teaching staff of the JEUPS consists of the following members, listed in alphabetical order and by academic status:

Ονοματεπώνυμο	Ιδιότητα/Βαθμίδα	Τηλέφωνο	E-mail
Alexandris Konstantinos	TRS/Professor	2310-991818	kalexand@phed.auth.gr
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Arampatzi Fotini	TRS/ Professor	2310-991033	farabaji@phed-sr.auth.gr
Argiriadou Eirini	TRS/Associate Professor	2310-991041	argiriadoue@phed-sr.auth.gr
Barkoukis Vasilios	TRS/Professor	2310-992162	bark@phed.auth.gr
Chatzopoulos Dimitrios	TRS/Professor	2310-992225	chatzop@phed.auth.gr
Daroglou Garyfallia	TRS/Associate Professor	2310-992474	filio@phed.auth.gr
Dipla Konstantina	TRS/Professor	2310-991087	kdipla@phed-sr.auth.gr
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Mylosis Dimitrios	TRS/Assistant Professor	2310-992472	dmylosis@phed.auth.gr

Panoutsakopoulos Vasilios	TRS/Assistant Professor	2310-992205	bpanouts@phed.auth.gr
Petridou Anatoli	TRS/Assistant Professor	2310-992237	apet@phed.auth.gr
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Semaltianou Eleni	STS	2310-992233	esemalt@phed.auth.gr
Symeonidou Sousana	STS		symeoni@phed.auth.gr
Kakamoukas Georgios	STLS	2310-992467	gkakamo@phed.auth.gr

The table below lists the JEUPS courses and the Course Coordinator for each course.

Course	Course Coordinator
Functional Anatomy (CM01)	Koutlianos Nikolaos
Teaching Sport Skills (CM02)	Chatzopoulos Dimitrios
Sport and Social Sciences (CM03)	Douka Styliani
Critical Pedagogies (CM04)	Mouratidou Aikaterini
Sport Business (CM05)	Alexandris Konstantinos
Human Physiology (CM06)	Koutlianos Nikolaos

Biomechanics (CM07)	Stergiou Nikolaos
Exercise Biochemistry (CM08)	Petridou Anatoli
Motor Control and Motor Learning (CM09)	Tzetzis Georgios
Research Methods and Statistics (CM10)	Daroglou Garyfallia
Sport Training Principles & Methodology of Training (CM11)	Manou Vasiliki
Strength & Conditioning (CM12)	Manou Vasiliki
Exercise Physiology (CM13)	Vrabas Ioannis
Sport Marketing (CM14)	Theodorakis Nikolaos
First Aid in Sport and Exercise (CM15)	Kouidi Evangelia
Exercise and Sport Nutrition (CM16)	Petridou Anatoli
Exercise Testing (CM17)	Metaxas Thomas
Funding Sports and Sport Sponsorship (CM18)	Alexandris Konstantinos
Sports and Exercise Medicine (CM19)	Kouidi Evangelia
Health and Exercise Psychology (CM20)	Barkoukis Vasilios
Advanced Biomechanics (CM21)	Stergiou Nikolaos
Advanced Motor Control and Learning (CM22)	Hatzitaki Vassilia
Sport Coaching (CM23)	Hatzimanouil Dimitrios
Psychology of performance (CM24)	Barkoukis Vasilios
Clinical Exercise Physiology (CM25)	Dipla Konstantina
Sports Injuries (CM26)	Terzidis Ioannis
Exercise and Health (CM27)	Koutlianos Nikolaos
Promoting Active Lifestyle (CM28)	Tzetzis Georgios
Human Growth and Development (EM1)	Giagkazoglou Paraskevi
International Sport for All Policy (EM2)	Alexandris Konstantinos
New Technologies - AI (EM3)	Rodafinos Angelos
Data analysis in movement science (EM4)	Hatzitaki Vassilia
Exercise Rehabilitation (CMPA1)	Mameletzi Dimitra
Exercise Testing and Prescription in Clinical Population (CMPA2)	Zafeiridis Andreas
Project-Part I (CMPA3)	Petridou Anatoli
Exercise and Aging (CMPA4)	Mademli Lida
Sports Cardiology (CMPA5)	Kouidi Evangelia
Project-Part II (CMPA6)	Petridou Anatoli
Exercise for Cardiometabolic Diseases (HEM1)	Kouidi Evangelia
Exercise for Pulmonary Diseases (HEM2)	Dipla Konstantina
Adapted Physical Activity (HEM3)	Evaggelinou Christina
Health and Lifelong Physical Activity (HEM4)	Mameletzi Dimitra
Technology in Sports (CMPB1)	Rodafinos Angelos
Training Process in Individual Sports (CMPB2)	Panoutsakopoulos Vasilios
Project-Part I (CMPB3)	Petridou Anatoli
Optimizing Performance in Sport (CMPB4)	Arampatzi Fotini
Coaching Team Sports (CMPB5)	Giatsis Georgios
Project-Part II (CMPB6)	Petridou Anatoli
Performance Training and Monitoring (PEM1)	Metaxas Thomas

High-level Sport Performance (PEM2)	Arampatzi Fotini
Sport development (PEM3)	Lola Afroditi
Applied Sports Psychology (PEM4)	Barkoukis Vasilios

5.5. Instructor and Course Evaluation

Upon completion of the tenth (10th) week of teaching in each semester, students are invited to participate in an anonymous electronic evaluation of the courses taught and of the instructors, with the aim of improving the quality of their studies. For the purpose of ensuring uniform statistical data collection and enabling the extraction of conclusions useful for the educational work of the Schools, Departments, and the Institution as a whole, evaluation questionnaires are prepared by the Quality Assurance Unit (MODIP) and may be partially adapted based on the specific characteristics and needs of each academic unit and/or each course. The completion of the questionnaires is carried out electronically.

The evaluation process is conducted under the responsibility of the Internal Evaluation Group (OMEA) of the SPESS at Thessaloniki of AUTh, in cooperation with the MODIP of AUTh, and is carried out through the latter's Quality Management Information System. The Administration and the OMEA of the Schools are required to undertake systematic actions to encourage student participation in the evaluation process, in accordance with the guidelines of MODIP and the relevant decisions of the Senate.

The administrative bodies of the JEUPS and of the academic unit, in cooperation with the OMEA of the SPESS at Thessaloniki of AUTh, are required to review the evaluation results, announce their findings, decide on the publication of summary evaluation results where deemed necessary, and in any case after the announcement of course grades for the semester, in accordance with the applicable legislation on Personal Data Protection, and to take actions to address any identified issues or to improve the JEUPS.

5.6. Administrative Support – Infrastructure and Facilities

The administrative support and the infrastructure required for the operation of the JEUPS (Secretariat, teaching rooms, laboratories, sports facilities, Library, and Student Dining Hall branch) are located within the premises of the SPESS at Thessaloniki (leading School). Access to the AUTh campus in Thermi is provided by OASTH bus line No. 66 (stop: "Leda-Maria"). Alternatively, within a 9-minute walking distance, there is the "Egnatia Odos" stop, served by OASTH bus lines No. 36, 36B, 36E, 36H, 36K, and 36Z.

5.7. Rights and Responsibilities of Students

Within the framework of the social policy of the SPESS at Thessaloniki (leading School), in cooperation with the Equal Access Unit of AUTh, full, equal, and meaningful participation of all students with disabilities or special educational needs is ensured in all educational, research, and administrative activities of the School in general and of the JEUPS.

Access to the teaching and examination facilities of the SPESS at Thessaloniki is facilitated through appropriate infrastructure, such as ramps, support handrails, and elevators. For students who, due to disability or learning difficulties, are unable to participate in written examinations, the option of oral examination is provided, either in person in an accessible examination room or remotely via a digital teleconferencing platform.

Students are enrolled in and participate in the JEUPS under the terms and conditions set out in its Operating Regulations. Students of the Program are entitled to all rights, benefits (such as access to the library, the right to accommodation at the AUTh Kalandra University Camping facilities, etc.), and services provided to students of the Greek-taught study programs of AUTh, with the exception of the right to receive free academic textbooks.

Students admitted to the JEUPS are required to:

1. Attend all courses of the Study Program, regardless of whether they are delivered face-to-face or, exceptionally, remotely, provided that the latter has been approved by the competent bodies of the Program. Participation in classes, practical sessions, examinations, public lectures, and other educational activities is mandatory. Students are entitled to be absent for up to thirty percent (30%) of the total teaching hours of each course per semester. In case of a serious and justified impediment, make-up teaching hours may be arranged, following consultation with the instructor and with the approval of the Curriculum Committee.
2. Submit all required assignments on time, where such assignments are specified for each course by the responsible instructor.
3. Declare, at the beginning of each semester, any courses from previous years in which they have not been successfully examined. Course declarations are submitted electronically through the electronic Secretariat service and are recorded in the student's academic record. A mandatory declaration is required in the final year for elective courses.
4. Obtain or borrow the necessary textbooks, based on those recommended by the instructor responsible for each course, where deemed necessary.
5. Regularly monitor Program and Secretariat announcements and check their electronic correspondence on a regular basis.
6. Issue an academic student ID card through the competent electronic service of the Ministry of Education, Religious Affairs and Sports.
7. Pay tuition fees on time, prior to the 1st and 2nd semester of each academic year, in accordance with the specified deadlines.
8. Settle any financial or other outstanding obligations to the Program and the Institution prior to graduation. Otherwise, they are not entitled to participate in the graduation ceremony.
9. In the case of a work-study scholarship, provide the required services, which may relate to supporting the educational or research activities of the Program, the library, or other needs of the Faculty.
10. Respect the decisions of the Program's governing bodies and comply with the rules of academic ethics.

Systematic or serious violation of obligations, without sufficient and properly documented justification, may result in failure in a course or, in serious cases, exclusion from educational activities and/or dismissal of the student from the Program, following a decision of the Curriculum Committee.

The same sanction may be imposed in cases of disciplinary offences that undermine the academic community and the dignity of its members, such as verbal or physical violence, inappropriate behavior within university premises, as well as any action contrary to the principles of respect, equality, and inclusion. Finally, the Program Steering Committee reserves the right to refer such cases to the competent disciplinary bodies of the Institution or, where appropriate, to forward them to the competent legal authorities, in accordance with the applicable legislation.

6. General Information

6.1. Institutional Account Services and SSO

The Institutional User Account (University ID) is required for access to the electronic services (e-services) provided to members of the AUTh academic community, as well as for the use of all Academic Resources and Digital Applications of the Institution. The institutional account consists of a username and password, which are common for all electronic services requiring authentication through the Single Sign-On (SSO) system. Upon enrollment in the JEUPS, students receive a notification via a short text message (SMS) containing instructions for obtaining and activating their institutional account.
More information is available on the website: https://it.auth.gr/service/univid

6.2. Academic Student ID

Students admitted to the JEUPS are entitled to obtain an Academic Student ID. The Academic Student ID also serves as a Student Transport Pass for those who meet the requirements set by the applicable legislation. The option to submit an application is available after the completion of student enrollment in the JEUPS and the acquisition of an institutional account through the Digital Governance Unit of AUTh. Applications for its issuance are submitted electronically via the website: https://academicid.minedu.gov.gr

6.3. E-Learning Service

The elearning.auth.gr platform hosts the electronic courses of the JEUPS. The service is supported by the Digital Governance Unit and the Library and Information Center of AUTh.
Website: https://elearning.auth.gr

6.4. International Student Support Unit

The International Student Support Unit is responsible for supporting international students of the JEUPS, in accordance with Article 212 of Law 4957/2022. The mission of the International Student Support Unit is to support international students enrolled in first-, second-, and third-cycle study programs of the HEI. In particular, the responsibilities of the International Student Support Unit include:

a. Supporting international students with their enrollment in foreign-language study programs of AUTh.
b. Supporting international students in obtaining entry visas and residence permits in Greece for study purposes and liaising with the competent public authorities on these matters.
c. Supporting the process of concluding fast-track residence permit agreements for study purposes, in accordance with Article 37 of Law 4251/2014 (A' 80).
d. Supporting students during their settlement in Greece.
e. Cooperating with the relevant AUTh services to facilitate services for international students.
f. Ensuring the organization of Greek language courses or other foreign language courses in cooperation with the competent AUTh units.
g. Exercising any other responsibilities defined in the Internal Regulation of the HEI and related to the scope of the International Student Support Unit.

6.5. Healthcare Services

At the facilities of the Health Service of the University Student Club, students in need of medical care may visit daily during working days and hours. The medical units of the University Student Club provide First Aid services, clinical examination (without prescription capability), vaccinations, and advice on Health Education matters. In addition, the Health Service facilities of the University Student Club host a Counseling and Guidance Centre, staffed by psychologists, where all students are entitled to receive services free of charge. Furthermore, psychiatric support is available on specific days and hours, by appointment.
Website: https://www.auth.gr/healthservices_students

6.6. Career and Liaison Office

The AUTh Studies and Career Liaison Office serves as a central hub for information, support, and networking for the Institution's students and graduates regarding academic studies and career development. It provides information on postgraduate studies in Greece and abroad, scholarships and endowments, as well as career counseling support. In addition, it organizes career counseling and entrepreneurship workshops, career events and career days, and announces job and internship opportunities. Its offices on the University campus operate daily, from 10:00 to 14:00, for individual counseling and information services.
Website: http://career.auth.gr

6.7. AUTh University Student Club

Student welfare services at AUTh are provided by the University Student Club, which is housed in a dedicated building in the eastern sector of the University campus. The Club operates as a self-governed branch of the University and is responsible for student catering, accommodation, and healthcare services, as well as for organizing cultural and sports events. Its facilities include, among others, restaurants, a health service, a reading room, and a cafeteria. Information: Tel. +30 2310 992678, website: http://www.pfl.auth.gr

At the Thermi University Campus, a Dining Hall branch of the Student Club operates, serving AUTh students and staff by providing daily meals in accordance with the applicable student welfare regulations. The Dining Hall is located within the Thermi Campus, in the same area as the SPESS Thessaloniki facilities, and operates on working days during hours determined by the AUTh University Student Club.

6.8. School of Modern Greek Language

The School of Modern Greek Language of Aristotle University of Thessaloniki has been offering courses in Greek language and culture to international students and members of the Greek diaspora since 1970 and has operated under the supervision of the Faculty of Philosophy since then. The School aims to teach the Modern Greek language and culture through a variety of educational and cultural activities. The School organizes Modern Greek language courses, Greek language proficiency certification examinations, special programs, and training seminars. Information: Tel. +30 2310 997475, website: https://smg.web.auth.gr

6.9. Kalandra University Camp

The facilities of the AUTh University Camping site at Kalandra, in Possidi, Halkidiki, host members of the AUTh academic community during the summer period. Students of the JEUPS are entitled to accommodation at the University Camp. The continuously increasing number of students and

academic staff visiting the site has led to the development and gradual upgrading of permanent facilities. In recent years, significant modernization and improvement works have been carried out. These include the construction of a peripheral road, the creation of sports and recreational areas, the expansion of sanitary facilities, the reinforcement and modernization of electrical installations, the construction of additional accommodation units, the renewal of kitchen equipment, and the refurbishment of the restaurant and accommodation units. These improvements contribute to enhanced living conditions and a more comfortable and pleasant stay for campers. Information: Tel. +30 2310 995350, website: https://camping.auth.gr

6.10. The City of Thessaloniki – Transportation

Thessaloniki is the second-largest city in Greece, with more than 1,500,000 residents in its metropolitan area. It serves as the administrative and governmental center of Northern Greece and is an important hub for the wider Balkan region. The city hosts the country's second-largest port and has key infrastructure supporting trade and transportation to and from neighboring countries.

Thessaloniki is known for its vibrant atmosphere and large student population, elements that contribute to a dynamic social, cultural, and nightlife scene. It is also renowned for its gastronomy, offering a wide variety of local flavors, traditional tavernas, and seaside cafés, making it a city that "never sleeps."

Getting around the city is easy and fast, as no location is more than 30 minutes from the city center using public transportation. The Thessaloniki Urban Transport Organization (OASTH), the second largest in Greece, serves the city through an extensive bus network. In addition, the operation of the Thessaloniki Metro further facilitates the daily movement of residents and visitors.

All necessary information regarding routes, real-time bus tracking, travel duration, and optimal transportation options is available on the official OASTH website (https://www.oasth.gr), as well as on the official website of the Thessaloniki Metro https://www.thessmetro.gr.

6.11. Useful Websites

- Joint Undergraduate Program of Studies in English in Sport and Exercise Sciences for Health and Performance: https://seshp.auth.gr
- Aristotle University of Thessaloniki: https://auth.gr
- Faculty of Physical Education and Sport Science: https://pess.auth.gr
- School of Physical Education and Sport Science at Thessaloniki: https://phed.auth.gr
- School of Physical Education and Sport Science at Serres: https://phed-sr.auth.gr
- Email Service: https://webmail.auth.gr
- Electronic Secretariat: https://sis.auth.gr
- Electronic Courses (e-Learning): https://elearning.auth.gr
- Digital Governance Unit: https://it.auth.gr
- Quality Assurance Unit (MODIP): https://qa.auth.gr
- Library and Information Center: https://www.lib.auth.gr
- University Student Club: https://pfl.auth.gr
- Electronic Governance Center: https://it.auth.gr
- Center of Reeducation and Lifelong Learning (KEDIVIM): https://kedivim.auth.gr
- University Gym: https://gym.auth.gr
- "Eudoxus" Textbook Distribution Service: https://eudoxus.gr
- Academic Student ID Electronic Service: https://academicid.minedu.gov.gr

Social Media

- Facebook: Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης
- Instagram: @authuniversity
- LinkedIn: Aristotle University of Thessaloniki (AUTH)
- YouTube: Aristotle University of Thessaloniki
- Facebook: School of Physical Education and Sport Science at Thessaloniki
- Facebook: Faculty of Physical Education and Sport Science, Aristotle University of Thessaloniki