From the first breath
all the way to adulthood...

1984-2004

Front page cover: "Runners", painter Dimitris Nalmpantis

Department of Physical Education & Sport Science
Democritus University of Thrace

From the first breath all the way to adulthood...

1984-2004

Komotini 2005

WORKING TEAM

Coordinator: **Costa George,** Associate Professor

Members: **Douda Helen,** Assistant Professor
Malliou Vivian, Assistant Professor
Papadimitriou Katerina, Lecturer
Kouli Olga, Instructor P/D 407
Kioumourtzoglou Efthimis, Professor

Translation: **Costa George,** Associate Professor

In the place of introduction

When the Department of Physical Education and Sport Science in the Democritus University of Thrace started, some laughed, some worried and some did not care...

Five years later and... unfortunately we "disappointed" everybody.

To the *ironic comments* ("We do not believe that you will start a University Department up there") we responded with organization, efficiency and work. The result: *a Department with its own facilities was born and has entered its adulthood with no problems*.

To *the threat* ("They will take advantage of us, they will take our jobs, our funds, our privileges") we responded with self management, planning, free development in academic and social level of each faculty member and most important with unity while we fought against real but not unsolved problems. The result: *A Department with its own character which wants discussion and cooperation, but it does not "borrow" administrative methods nor education systems*.

To people's indifference ("Why should we care about those unimportant, country, marginal types") we responded with actions, we announced our problems and touched the public. The result: *A Department which quickly became well known, and many want to visit, to teach in, even more to learn from the calm and serene atmosphere that it has developed*.

With these comments I am not trying to beautify reality, or to ignore the difficulties.

I would like to mention that, fake and pretended actions do not exist only in sports. The people in central power with big words and narcissism often overestimate their strength and undermine the power of the country side.

Whoever visits and lives in the Department of Physical Education in Thrace he/ she will quickly realize that we operate as we are in reality. Without "extras", without illusions and unnecessary fights.

Indeed, we intent to preserve what we have achieved up to now with or with out other people's recognition.

Yiannis Panousis

(Exercise & Society, Volume 1, p. 5, 1990)

From 1984 to 2004...

Twenty year later
we continue our productive path
and to everybody's demand
we present our experiences
...what ever we can fit in these pages
that follow...

Table of Contents

1. General Information

The Democritus University of Thrace was founded in June 1973 by means of Legislative Decree 87/27.7.1973 and began operating in the 1974-1975 academic year. It takes its name from Democritus, the ancient Greek philosopher who was from ancient city of Abdera in Thrace.

Administration of the Democritus University of Thrace is located in Komotini, capital city of the Region of Eastern Macedonia - Thrace. Today, the Democritus University of Thrace is comprised of two Faculties and eighteen Departments located in four cities; seven of those Departments are in Komotini, five in Xanthi, four in Alexandroupoli and two in Orestiada with a total student population of 19,000.

The Democritus University of Thrace plays a significant role in reinforcing the national and cultural identity of the area of Thrace. Thanks to the top class studies it provides, the quality of its teaching and excellent research conducted by its teaching and research staff, it has ensured a place for itself among the best universities in Greece.

The Tsanaklios Building - The Old Rector's Building

DEMOCRITUS UNIVERSITY OF THRACE

Overview

The University of Thrace began operating in 1974 based in the city of Komotini, with one independent Department, which was the Department of Law, and one Faculty, the Technical Faculty and the Department of Civil Engineering in Xanthi. In the following year, the Department of Engineering and Electrical Engineering began operating within the Technical Faculty of Xanthi. Since then, the following Departments have been founded in chronological order:

1977 the Department of Medicine was founded in Alexandroupoli (by means of Law 641/22 of July 1977), and began operating in 1985

1982 the Department of Primary Level Education and the Department of Pre-School Education were founded in Alexandroupoli (by means of Law 1268/82, Article 46). The first began operating in 1986 and the second in 1987.

1983 the Department of Physical Education and Sport Science was founded in Komotini (by means of Presidential Decree 465/83) and began operating in 1984.

University Campus

1990 the Department of History and Ethnology was founded (by means of Presidential Decree 149/90) and began operating in 1991.

1993 the following Departments were founded (by means of Presidential Decree 365/93):

1. The Department of Environmental Engineering in Xanthi which became part of the Technical Faculty of the Democritus University and began operating in 1995.
2. The Department of Greek Literature which is based in Komotini and began operating in 1995.

1994 the Department of Social Administration was founded in Komotini (pursuant to Presidential Decree 304/94) and began operating in 1996.

1998 the Faculty of Educational Sciences was founded in Alexandroupoli (by means of Presidential Decree 32/98) and included the two pre-existent Departments, those of Pre-School and Primary Level Education.

1999 the following Departments were founded:

1. The Department of Architectural Engineering which became part of the Technical Faculty in Xanthi (pursuant to Presidential Decree 208/99) and began operating in the academic year 1999-2000..
2. The Department of International Economic Relations and Development in Komotini (by means of Presidential Decree 202/99) which began operating in the academic year 1999-2000.
3. The Department of Forestry & Management of the Environment and Natural Resources and the Department of Agricultural Development in Orestiada (by means of Presidential Decree 208/99) which began operating in the academic year 1999-2000.
4. The Department of Molecular Biology and Genetics in Alexandroupoli (by means of Presidential Decree 208/99) which began operating in the academic year 2000-2001.

2000 the Department of Production and Management Engineering, based in Xanthi, was founded as well as the Department of Languages, Literature and Culture of the Black Sea Countries in Komotini (pursuant to Presidential Decree 90/2000), which began operating in the academic year 2000-2001.

Aims

The main aims of the Democritus University of Thrace are as follows:

- To generate and convey knowledge through research and teaching, and to cultivate the arts.

- To contribute to the shaping of responsible persons with a scientific, social, cultural and political awareness.
- To offer the necessary means to ensure full training of students in order to ensure their academic and professional advancement.
- To contribute to the satisfaction of the social, cultural and developmental needs of the country.

Administrative Bodies

The University's administrative bodies are the Senate, the Rectors' Council and the Rector. The Rector and the three Vice-Rectors are elected by a special electorate.

DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE

Establishment

The Department of Physical Education and Sport Science was founded in 1983 (by means of Presidential Decree 465/83) and began operating in the academic year 1984-1985.

Department of Physical Education and Sport Science

Aims

The aims of the Department of Physical Education and Sport Science are as follows:

- To promote and advance the science of Physical Education and of Sports through academic and applied teaching and research.
- To offer its students the necessary means in order to ensure their academic and professional advancement.
- To contribute to the progress of Greek Sports and at the same time to promote and disseminate sporting ideals to the Greek people.
- To contribute to an understanding of the importance of Physical Education by members of society in improving their quality of life.

Administration

Since its establishment up until 1992, professors appointed from other Departments or Faculties were responsible for administration and management of the Department. The Department became self-governing with its own elected officers in 1992-1993.

Previous Heads of Department

1986-1987
Stavros Savvidis
Professor of the Department of Civil Engineering

1987-1988
Dimitrios Papadopoulos
Professor of the Department of Electrical and Computer Engineering

1988-1992
Yiannis Panoussis
Professor of the Department of Law

1992
Asterios Liolios
Professor of the Department of Civil Engineering

1992-1994
Efthimis Kioumourtzoglou
Professor of the Department of Physical Education and Sport Science

1996-2000 & 2004 – 2005
Georgios Godolias
Professor of the Department of Physical Education and Sport Science

2000-2004
Kyriakos Taxildaris
Professor of the Department of Physical Education and Sport Science

Administrative Bodies

The Department's administrative bodies are the General Assembly, the Administrative Board and the Head of Department.

The General Assembly is comprised of:

1. Members of the teaching and research staff from the Department
2. Specialist Teaching Staff representatives
3. Specialist Technical Laboratory Staff representatives
4. Student representatives
5. Postgraduate student representatives

The Administrative Council is comprised of:

1. The Head of Department
2. The Assistant Head of Department
3. Section Directors
4. Two representatives of undergraduate students
5. One representative of postgraduate students

- One representative of the Specialist Teaching Staff and of Specialist Technical Laboratory Staff when issues related to their status are under discussion.

The Head and the Assistant Head of Department, who replaces the Head in cases where he/she is absent, unable to perform his/her duties or otherwise unavailable, are elected by the special body of electors.

Teaching Staff

In line with Law 1268/82, the staff working in Universities and consequently in the Department of Physical Education and Sport Science are comprised of teaching and research staff which includes Professors, Associate Professors, Assistant Professors and Lecturers. During the academic year 1985-1986, the first teaching and research staff member was appointed and the deployment of teaching staff from 1984 until the academic year 2004-2005 is presented in Table 1. Specialist Teaching Staff, physical education and foreign languages teachers seconded from primary and secondary education, teaching staff engaged on fixed-term contracts (Law 407/Presidential Decree 1980) and specialist technical laboratory staff also contribute to the teaching process.

YEAR	Seconded staff	Specialist Teaching Staff	Teaching Staff Engaged on Fixed-Term Contracts	Lecturers	Assistant Professors	Associate Professors	Professors
1984-1985	11	-	-	-	-	-	-
1985-1986	26	-	-	1	-	-	-
1986-1987	36	11	-	1	-	-	-
1987-1988	47	10	2	4	1	-	-
1988-1989	44	12	5	4	1	-	-
1989-1990	38	30	5	4	1	-	-
1990-1991	45	28	6	7	0	-	-
1991-1992	46	34	6	4	3	-	-
1992-1993	55	33	6	4	3	1	1
1993-1994	43	40	8	6	6	1	1
1994-1995	41	39	9	6	5	2	1
1995-1996	38	32	9	9	4	2	2
1996-1997	45	31	9	8	6	2	2
1997-1998	52	29	12	6	7	3	1
1998-1999	36	27	15	10	6	4	1
1999-2000	35	21	16	15	7	5	2
2000-2001	19	21	17	16	8	4	3
2001-2002	32	21	21	18	11	3	6
2002-2003	19	20	20	19	11	3	6
2003-2004	35	18	21	16	14	5	7
2004-2005	37	21	7	16	14	5	7

Table 1. *Deployment of Teaching Staff from 1984 until the academic year 2004-2005.*

Academic Activities of Teaching Staff

The teaching staff of the Democritus University of Thrace's Department of Physical Education and Sport Science includes 42 teaching and research staff members, 20 specialist teaching staff members and 35 seconded physical education teachers. 10.3 % of the teachers above have a postgraduate degree and 89.7% have a postgraduate degree and a Ph.D., while 83% of them participate in research programmes (Figure 1), 27.6 % have written a monograph and 89.3% have been published in foreign (Figure 2) and greek journals (Figure 3).

Indicative examples of the foreign journals (covering various fields) which have published papers by teaching staff from the Department are:

- ACHPER Healthy Lifestyles Journal
- Adapted Physical Activity Quarterly
- Annual of CESH
- British Journal of Sports Medicine
- Culture and Tradition
- Deutsche Zeitschrift für Sportmedizin
- European Journal of Applied Physiology
- European Journal of Physical Education
- European Journal of Epidemiology
- European Journal of Sport Science
- European Physical Education Review
- European Sport Management
- International Journal of Sports Medicine
- International Journal of Performance Analysis in Sport
- Isokinetics and Exercise Science
- Journal of Aging and Physical Activity
- Journal of the American Gerontological Society
- Journal of Applied Physiology
- Journal of Applied Sport Psychology
- Journal of Back and Muscleskeletal Rehabilitation
- Journal of Biomechanics
- Journal of Cardiopulmonary Rehabilitation
- Journal of Dance Research
- Journal of Educational Psychology
- Journal of Human Movement Studies
- Journal of Motor Behavior

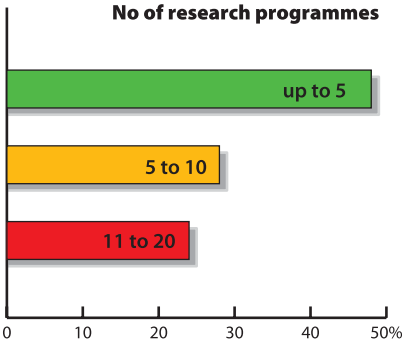


Figure 1. *Participation of teaching and research staff from the Department of Physical Education and Sport Science (Democritus University of Thrace) in research programmes.*

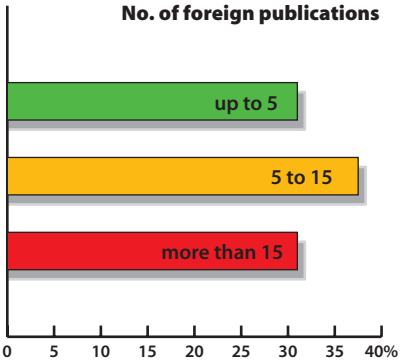


Figure 2. *Participation of teaching and research staff from the Department of Physical Education and Sport Science (Democritus University of Thrace) in foreign publications.*

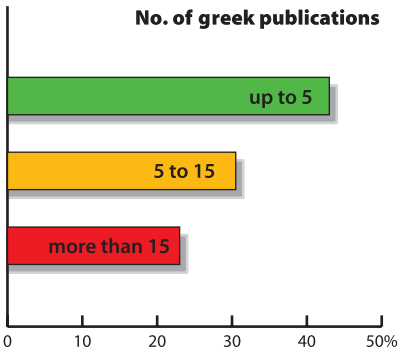


Figure 3. *Participation of teaching and research staff from the Department of Physical Education and Sport Science (Democritus University of Thrace) in greek publications.*

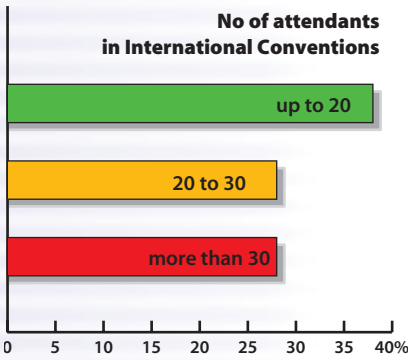


Figure 4. *Attendance by teaching and research staff from the Department of Physical Training and Sport Science (Democritus University of Thrace) at international conferences.*

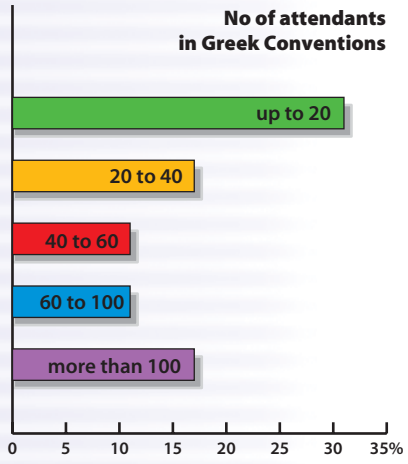


Figure 5. *Attendance by teaching and research staff from the Department of Physical Training and Sport Science (Democritus University of Thrace) at Greek conferences.*

- Journal of Sports Medicine and Physical Fitness
- Journal of Sports Science
- Journal of Strength and Conditioning Research
- Leistungssport
- Medicine and Science in Sport and Exercise
- Modern Athlete and Coach
- National Strength and Conditioning
- New Zealand Journal of Disability Studies
- Perceptual and Motor Skills
- Physical Education and Sport Pedagogy
- Preventive Medicine
- Psychology of Sport and Exercise
- Quest
- Research Quarterly for Exercise and Sport
- Studia Choreologica
- The European Sport History Review
- The International Journal of the History of Sport
- The Journal of Sports Medicine and Physical Fitness
- The Physical Educator
- World Leisure Association

Examples of Greek journals (covering various fields) which have published papers by teaching staff from the Department are:

- Sport Performance and Health (in Greek)
- Sport Science, Theory and Practice (in Greek)
- Sports, History and Philosophy (in Greek)
- Exercise & Society: Journal of Sports Science (in Greek)
- Issues in Physical Education and Sport (in Greek)
- Woman in Sports (in Greek)
- Sports Management (in Greek)
- Greek Cardiologic Review (in Greek)
- Issues in Physiatrics (in Greek)
- Heart and Vessels (in Greek)
- Modern Education (in Greek)
- Physical Training and Sports (in Greek)
- Physical Education, Sports and Health (in Greek)

In addition, 86 % of teaching staff from the Department of Physical Training and Sport Science have attended international conferences (Figure 4), while 96% have attended Greek conferences (Figure 5).

Students

The students of the Department are divided in Undergraduates and Postgraduates. During the period 1988-2004 the total number of registered undergraduate students at the Democritus University of Thrace's Department of Physical Education and Sport Science was 6,735. The 26.3 % of the total number of students entering the Department have transferred to respective Departments in other cities in Greece, while 15.6% have not yet completed their studies. Consequently, over the course of twenty years in operation, the Democritus University of Thrace's Department of Physical Education and Sport Science has conferred a degree on 3,403 students out of a total number of 3,907, that is 87.1 % of all its students for the period (Figure 6).

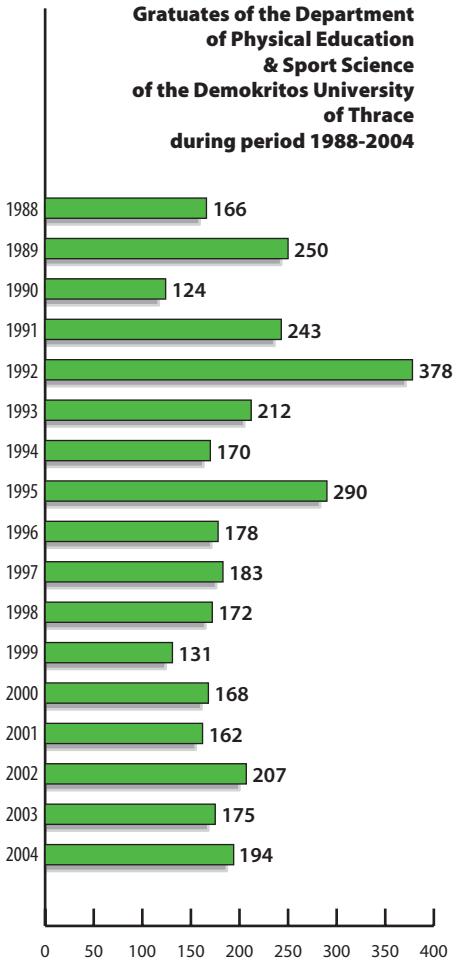


Figure 6. *Graduates of the Democritus University of Thrace's Department of Physical Education and Sport Science during period 1988-2004.*

2. Facilities

Office Facilities of P.E. Department at Agriculture School

THE DEPARTMENT'S BUILDING FACILITIES

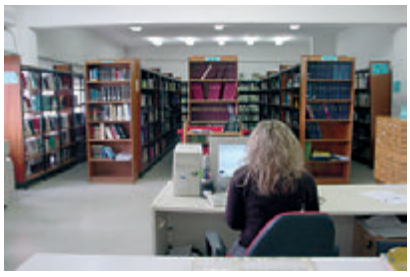
The building facilities of the Democritus University of Thrace's Department of Physical Education and Sport Science include the following buildings and sports facilities:

a. The Ministry of Agriculture has granted the Department the facilities and equipment of the Komotini Middle Agricultural School, which is located at the 7th km of the Komotini-Xanthi National Road. These facilities house offices for teaching staff, the Secretariat and Departmental Library, classrooms for theoretical subjects, computer labs and the Laboratory of Physical Education and Sports. In addition, halls for gymnastics, dance and a shooting range have been built as well as outdoor volleyball, basketball and tennis courts, jumping tracks and throwing areas.

A classroom

Computer Lab

Library



Traditional Dancing Hall

Gymnastics Hall

Shooting Range

b. The Secretariat General for Sports has granted the following facilities for use by the Department:
   - The Komotini Indoor Hall
   - The Swimming Pool
   - The Panthracian Stadium track

c. The Hellenic Army General Staff has granted 103,000 m2 of land located at the 6th Km of the Komotini – Xanthi National Road, next to the facilities of the Department, where a football pitch, a throwing area and four tennis courts have been constructed.

d. The University has leased an indoor hall measuring 4,800 m2. This has been suitably renovated and converted into a University Gymnasium which contains 2 volleyball courts, 2 basketball courts, 2 tennis courts, 1 handball court, a weightlifting hall, a gymnastics hall for both men and women, a rhythmic gymnastics hall, a dancing hall, a boxing and wrestling hall, badminton and table tennis courts and a hall equipped with an 80m long 6-lane track suitable for racing and hurdle events, covered with a rubber surface.

Univercity Sport Facilities

Basketball Court

Volleyball Court

Tennis Court

Gymnastics Hall

Indoor Athletics Hall

Rhythmic Gymnastics and Classical Ballet Hall

Weightlifting Hall

Boxing Hall

Table tennis hall

New Sporting Facilities

e. Since the academic year 1996-1997 new facilities have been in use at the campus which include the Indoor Swimming Pool and the Olympic-size stadium.

The Indoor Swimming Pool is equipped with a 25m long pool, a 25x25 m diving pool, a small pool for teaching purposes and 1,500 seats for spectators. It is also equipped with classrooms, a gym, infirmary and other auxiliary facilities in order to allow students to be fully trained while also hosting sport events.

Indoor Swimming Pool

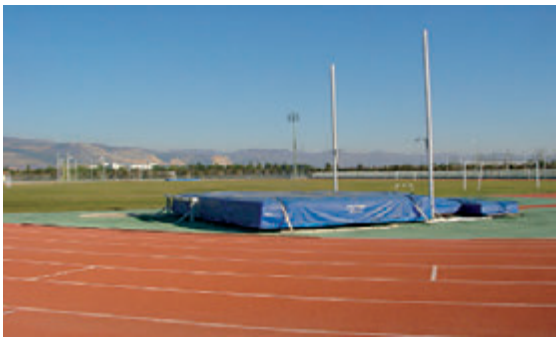
Diving Pool

The interior of the Swimming Pool

Swimmers can be monitored while actually in the pool

The Stadium is located next to the Swimming Pool complex and is equipped with a football pitch covered with turf, a 400 m long 8-lane track covered with a synthetic material and seating for 2,000 people.

f. The new indoor hall opened in 2002. It is equipped with basketball, volleyball, handball and badminton courts as well as weightlifting, wrestling, judo, aerobics and martial arts halls and can seat up to 2,500 spectators.



Football Pitch and Athletics Track

New indoor hall

Indoor hall court

Wrestling Hall

NEW BUILDING FACILITIES

The Department will soon be transferred to its new buildings (~15,000 m²) located next to the new sporting facilities on Campus (Department of Physical Education and Sport Science Block ~198,000 m²). The new building has 6 classrooms, 2 amphitheatres, cutting edge laboratory facilities, as well as offices for teaching staff and the Secretariat.

New facilities of the Department of Physical Education and Sport Science

Library Building

Rehabilitation Building

In addition, the adjacent buildings will contain the Rehabilitation Centre (512 m²) and the Departmental Library (1,008 m²) with an additional reading room for people with special needs, book store room, and computer lab.

3. Education & Research

The Democritus University of Thrace's Department of Physical Education and Sport Science (DPESS) offers a degree in Physical Education and Sport Science. Matters relating to the curriculum, the studies regulation and postgraduate studies are governed by the legal provisions in force concerning universities. The minimum duration of studies in order to obtain a degree is 8 semesters. A graduate of the DPESS is entitled to:

a. Teach physical education and sport science at all levels of education, at sport clubs and in all working and social activity environments

b. Teach courses relevant to the physical education science.

c. Use exercise as a means to enhance the physical condition and health of people of all ages, whether healthy people or people with special needs, or those with heart and other chronic diseases.

THE UNDERGRADUATE DEGREE COURSE

Since it began operating, the Democritus University of Thrace's DPESS has taken into account modern international standards in physical education and has sought to ensure better circumstances in the labour market for its graduates and has thus gradually reshaped its undergraduate curriculum. The General Assembly made the 1st change to the Undergraduate curriculum during the academic year 1990-1991. The 2nd change was made during the academic year 1993-1994, while the 3rd change in a row was implemented in 1996-1997. The 4th change was made recently by means of decision No. 287/29.06.2004 of the Department's General Assembly, as part of its ongoing effort to upgrade and modernise the curriculum and is effective as of the academic year 2004-2005.

The first undergraduate curriculum of the Democritus University of Thrace's DPESS required courses to be undertaken over 8 semesters with an elective course in each semester for the student to choose from. The student could also choose a main and secondary major during the 4 last semesters of his/her studies.

1st change to the undergraduate curriculum (1990-1991)

The 1st change to the undergraduate curriculum which was made during 1990-1991 included:

– A broader choice of electives while the teaching hours for many courses increased (e.g. Greek Dance, Music, Rhythmic Gymnastics, Mass Sport, History of Physical Education).

– Introduction of practical and laboratory classes for theoretical courses (biokinetics, ergophysiology, coaching, research techniques, measurement tests)

– Introduction of compulsory work experience in schools as part of the Methodic Didactics course.

At the same time, the requirements for main and secondary majors and dissertations became stricter.

2nd change to the undergraduate curriculum (1993-1994)

In line with the 2nd change the undergraduate curriculum was organised into 2 cycles (first and second cycle). The duration of the first cycle was set at 4 semesters and the minimum number of semesters required in order to obtain a degree was set at 8. The courses in this cycle provide basic knowledge in the subject and are introductory in nature. In order to attend and be examined in the courses comprising the second cycle, students have to have attended and passed examinations in the first cycle courses.

3rd change to the undergraduate curriculum (1996-1997)

As part of the 3rd change to the undergraduate curriculum -which was effective as of the academic year 1996-1997- all courses in the first semester (whether theoretical or practical) were made compulsory. During the second year students had to choose four courses which were required for the areas of specialisation they plan to choose in the third year.

4th change to the undergraduate curriculum (2004 -)

Since the academic year 2004-2005, the new undergraduate curriculum is in effect and is marked by many innovations based on the needs of modern sport science. The first two years of studies comprise the Basic Cycle and the following two years the Specialisation Cycle during which the students choose one of the four majors, selecting the specialisation they will follow (Figure 7).

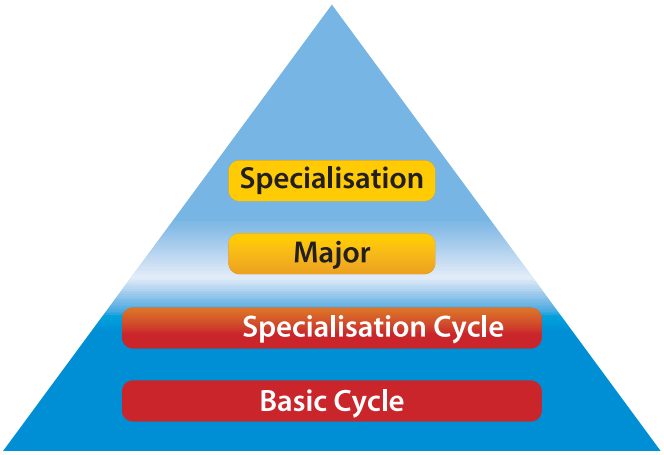


Figure 7. *Structure of the new undergraduate curriculum of the Democritus University of Thrace's DPESS*

The Basic Cycle includes practical, theoretical and laboratory courses, foreign languages (English, German) and computer courses applying multimedia adapted to the development of modern sport science. In addition, from the second year a student may choose some courses, according to his/her interests, from a list covering a wide spectrum of areas of theoretical knowledge and practical training (Figure 8).

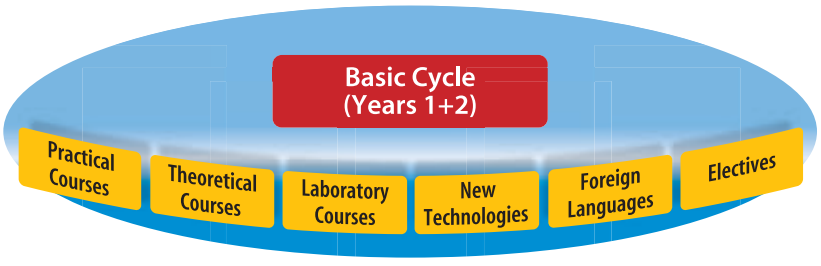


Figure 8. *Overview of the Basic Cycle of the new undergraduate curriculum of the Democritus University of Thrace's DPESS.*

During the last two years of studies, students attend common theoretical and practical courses, choosing one of the four majors: Coaching, Physical Activity, Exercise for Special Group or Dance. The aim is to choose an area of specialisation that falls within the major selected by attending the required courses, the electives (or the dissertation project) and the 'major' courses (Figure 9).

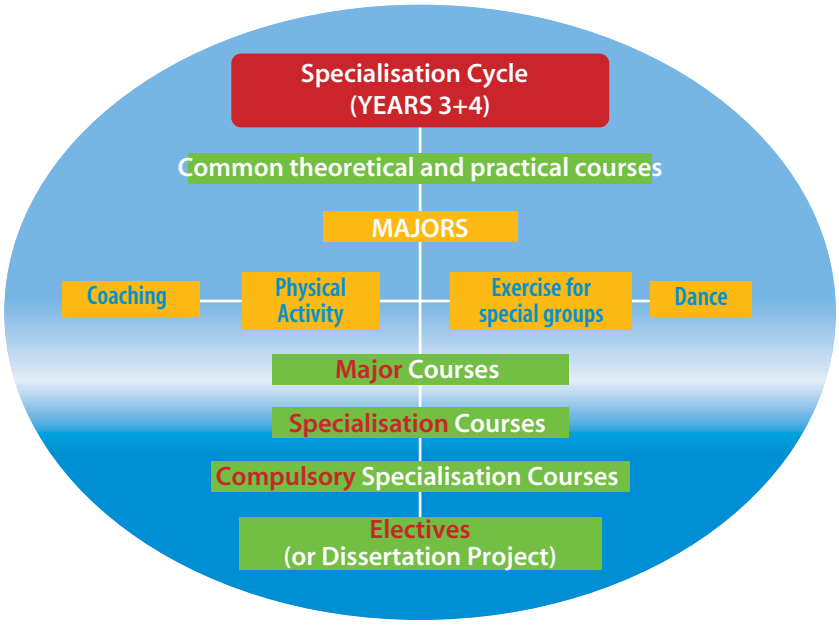


Figure 9. *Overview of the Main Cycle of the new undergraduate curriculum of the Democritus University of Thrace's DPESS.*

The inclusion of new technologies in the new undergraduate curriculum provides students with more skills. By following a special procedure, every student will have direct access to the library from his/her home. In addition, distance learning, which is part of the new undergraduate curriculum, is an innovative effort which promotes student familiarisation with new technologies, demonstrating the importance of interconnecting disciplines and enforcing the 'global' teaching of basic theoretical issues for more effective learning. Consequently, the DPESS, by offering a modern, innovative and creative undergraduate curriculum makes education more accessible for students, giving them the opportunity to seek out new data in the internet, converting them from passive receivers to active participants in the educational process, and thus laying the foundations for ongoing communication and flexible education concerning issues in modern sport science.

POSTGRADUATE COURSES

The Democritus University of Thrace's DPESS has its own government-recognised postgraduate courses of studies (Ministerial Decision No. B1/228/26.03.1993 Government Gazette 20/B/08.04.1993).

In the first year of operation of the postgraduate courses, in September 1993 (Figure 10), students were admitted on a points system based on certain criteria. This is an objective process which is still in use. The first degrees offered were those in Coaching or a Ph.D. in Physical Education.

The success of these postgraduate courses in the five years up until 1998 led to the number of courses being broadened, since apart from the degree in Coaching it was considered necessary to add other specialised postgraduate degrees (Figure 11). Acting on a proposal from the Department and with the authorisation by the Senate of the Democritus University of Thrace, and the Ministry of Education and Religious Affairs (Ministerial Decision B7/318/04.06.1998, Government Gazette 633/B/24.06.1998) students were given the opportunity to study towards a postgraduate degree in Physical Education in the majors of "Coaching", "Pedagogics", "Health and Recreation" or a Ph.D. in Physical Education.

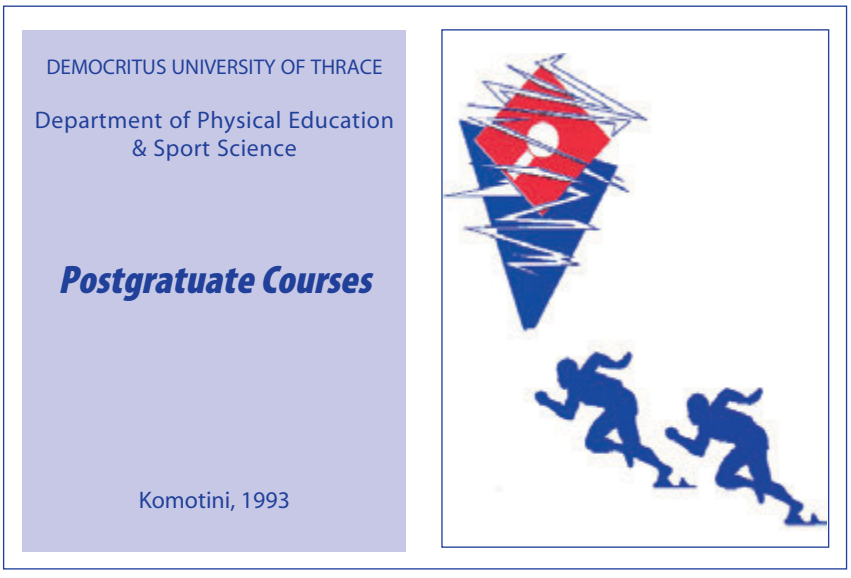


Figure 10. *The first promotional leaflet for postgraduate courses offered by the Democritus University of Thrace's DPESS published in 1993.*

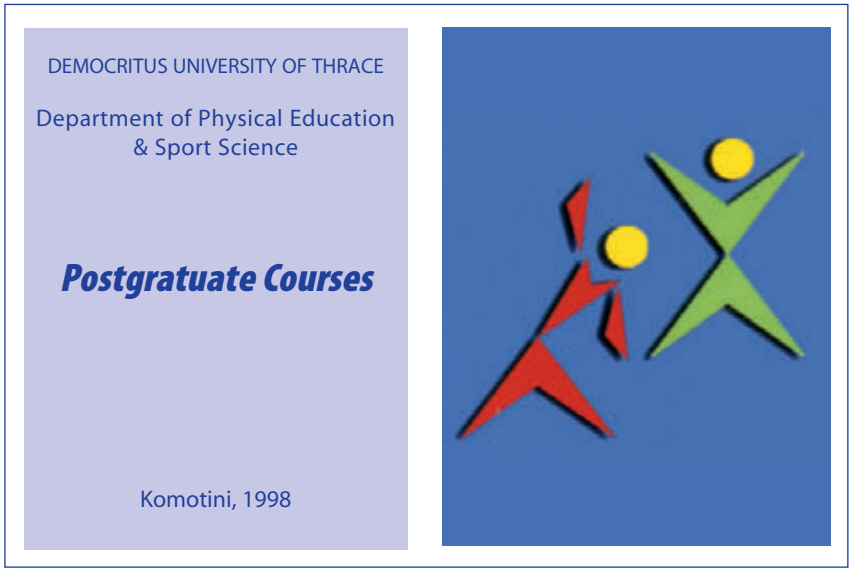


Figure 11. *The second promotional leaflet for postgraduate courses offered by the Democritus University of Thrace's DPESS published in 1998.*

At the same time, in 1998 the Interdepartmental Postgraduate Course was developed as a result of cooperation between the Departments of Physical Education and Sports Science in Thrace, Thessaloniki and Serres, and of the University of Thessaly, and is still in operation today. The Interdepartmental Postgraduate Course offers a postgraduate degree and a Ph.D. in Human Performance and Health. In particular, it offers a postgraduate degree in Human Performance and Health while certification is available for the areas of expertise: Exercise and Health, Physical Education at School, Coaching for Team Sports, Physical Activity for Special Groups.

The major development and experience of the Democritus University of Thrace's DPESS in postgraduate studies along with constantly evolving and increasing social needs led to the creation of a new and very modern postgraduate course entitled "Exercise and Quality of Life" (Ministerial Decision 43320/B7/18.06.2002, Government Gazette 825/02.07.2002) in cooperation with the University of Thessaly (Figure 12). The philosophy of the new postgraduate course reflects the most recent international standards, is based on the latest technological achievements and integrates the experience and know-how of other successful postgraduate courses. At postgraduate level in Greece it introduces the ideas of intensive studies and distance learning, supporting efforts to promote synchronous and asynchronous teaching methods. At the same time, the "Exercise and Quality of Life"

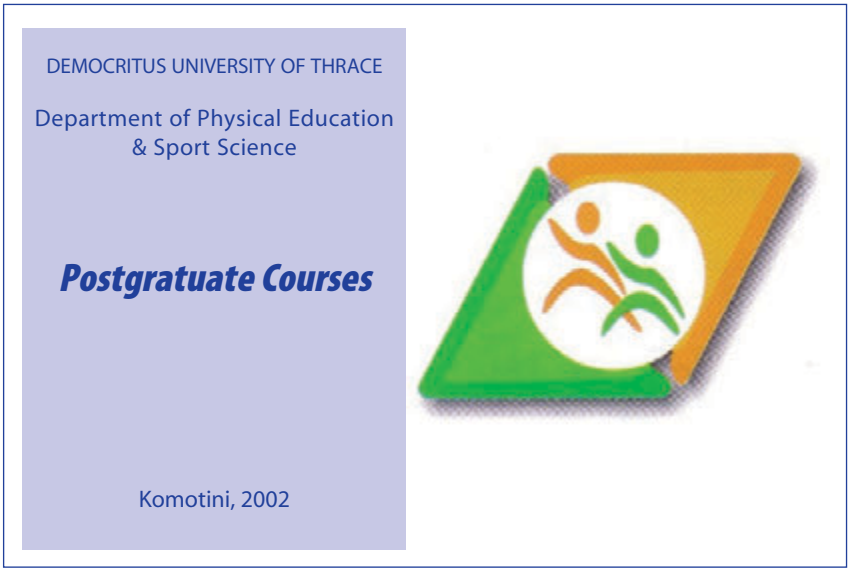


Figure 12. *The third promotional leaflet for postgraduate courses offered by the Democritus University of Thrace's DPESS published in 2002.*

postgraduate course has been designed with working graduates in mind, who wish to further their studies and research the field of sport science. Attendance requirements are four academic semesters and students can obtain a postgraduate degree in the following areas: Maximisation of Sport Performance, Prevention-Treatment-Rehabilitation, Pedagogic and Creative Learning and Physical Activity and Sport for Recreation.

PHYSICAL EDUCATION & EXERCISE LABORATORY

Establishment

The Physical Education and Exercise Laboratory of the Department of Physical Education and Sport Science was established by means of the Presidential Decree 466/91 published in the Government Gazette (172/A/13.11.91) following a decision of the General Assembly (No. 38/25.04.1990), in line with the provisions of Law 1268/82 (Article 7 (5).

Aim and Mission

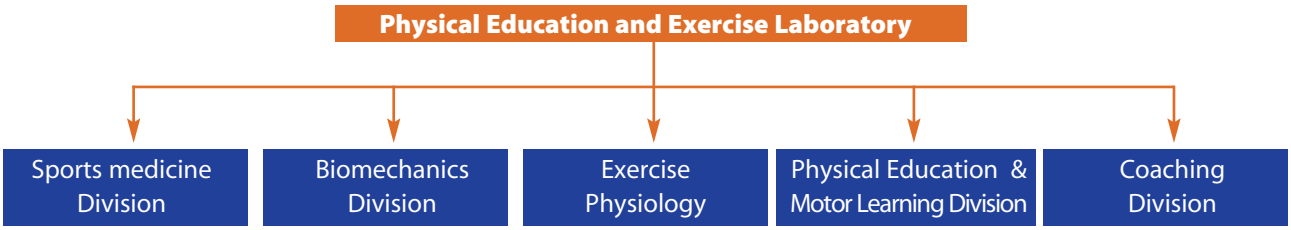
The Physical Education and Exercise Laboratory was founded in order to meet the training and research needs of the Department concerning issues relevant to sport science, and its activities are defined by its by-laws. In general the Physical Education and Exercise Laboratory has the following mission:

- To meet the teaching and research needs of the DPESS as well as the needs of other Departments of the Democritus University of Thrace at undergraduate and postgraduate level, concerning issues related to the disciplines covered by the laboratory
- To support the research activities of other laboratories at the University, to cooperate in the field of research and to exchange knowledge with other members of the teaching and research staff of other Departments of the Democritus University of Thrace, of other universities in Greece as well as foreign universities.
- To cooperate with all manner of similar research centres and academic establishments, whether Greek or foreign, as well government or international organisations.
- To organise academic lectures, one day conferences, seminars, colloquiums, congresses and other academic events.
- To publish articles and books
- To invite distinguished Greek and foreign academics to bolster the academic progress of the laboratory
- To inform society by means of seminars or annual programmes of lectures related to the academic interests of the laboratory.

Organisational structure

The Physical Education and Exercise Laboratory operates within the institutional framework governing universities, is supervised by the General Assembly and has its own by-laws. The Laboratory is run by a member of the Department's teaching and research staff, who is elected for a 3-year period and has the responsibilities designated by Law 1268/82 (Article 7 (4)). This person is also charged with making recommendations to the Department's General Assembly on the operational programme, coordinating research work, signing all laboratory documents, and selecting the necessary staff for the laboratory and is responsible for managing laboratory income.

The Physical Education and Exercise Laboratory is a stand-alone unit, which is organised into the following divisions in order to provide better services when covering training and research needs, due to the plethora of disciplines it deals with:



Sports Medicine Division

Aim: *The Sports Medicine Division is primarily involved in the field of musculoskeletal injuries and diseases. It deals with:*

- Evaluating all basic parameters taken into account during rehabilitation
- Implementing rehabilitation programmes and evaluating their results concerning the treatment of certain injuries or diseases of the musculoskeletal system

i) Evaluation methods for rehabilitation of musculoskeletal injuries and diseases

The parameters taken into account during rehabilitation from a musculoskeletal injury or disease are the mobility of the joint which suf-

fered the injury, muscle flexibility, muscle performance, proprioception and the ability to effectively perform functions. Overall evaluation of the parameters mentioned indicates the problems related to the injury and the treatment required for a quick return to action.

ii) Planning and implementing rehabilitation programmes

Planning and implementation of various rehabilitation programmes is done based on the characteristics of each case in the Laboratory, beginning when the condition of the patient is acute and concluding with his/her return to action. The aim of the research conducted in the laboratory is to compare different protocols concerning the results the protocols had on the patients condition.

Representative Publications

1. Malliou P., Gioftsidou A., Pafis G., Beneka A. & Godolias G. (2005). Proprioceptive training (balance exercises) reduces lower extremity injuries in young soccer players. *Journal of Back and Musculoskeletal Rehabilitation*, 16: 1-4.
2. Giannakopoulos K., Beneka A. & Malliou P. (2004). Isolated versus complex exercise in strengthening the rotator cuff muscle group, *Journal of Strength and Conditioning*, 18: 144-148.
3. Gioftsidou A., Ispirlidis I., Malliou P., Pafis G., Beneka A., & Godolias G. (2004). Injuries in soccer during the championship between adult and young players. *Journal of Human Movement Studies*, 46: 397-406.
4. Malliou P., Gioftsidou A., Pafis G., Beneka A., Ispirlidis I., & Godolias G. (2004). Proprioception training programs of different duration on soccer players. *Sport & Science*, 1: 161-166.
5. Malliou P., Ispirlidis J., Beneka A., Taxildaris K., & Godolias G. (2003). Vertical jump and knee extensors isomotor performance in professional soccer players related to the phase of the training period, *Isomotors and Exercise Science*, 11: 165-169.
6. Kyrialanis P., Malliou P., Beneka A., & Giannakopoulos K. (2003). Occurrence of acute lower limb injuries in artistic gymnasts in relation to event and exercise phase, *British Journal of Sports Medicine*, 37: 137-139.
7. Beneka A., Malliou P., & Benekas G. (2003). Water and land based rehabilitation for Achilles tendinopathy in an elite female runner, *British Journal of Sports Medicine*, 37: 535-537.
8. Kyrialanis P., Malliou P., Beneka A., Gourgoulis V., Gioftsidou A., & Godolias G. (2002). Injuries in artistic gymnastic elite adolescent male and female athletes, *Journal of Back and Musculoskeletal Rehabilitation*, 16, 145-151.

Biomechanics Division

Aim: *The basic aim of the Biomechanics Division is to research motion by:*

- Evaluating the kinematics of athletic movement: Evaluation of the movement characteristics of athletic techniques, external forces exerted on the athlete's body, articular forces and moments and energy transfer among the body parts of the athlete. Overall evaluation of the parameters mentioned indicates the technical problems which lead to insufficient performance and ways of improvement.
- Evaluating athlete muscular strength: Evaluation of the strength of various muscles of the athlete and suggestion of ways of improving it by means of training.
- Evaluating myoneural control of movements: Evaluation of myoneural motor skill, pre-mobility and mobility time and of the electromechanical delay of muscles of athletes and children of preschool and school age, suggesting ways of improvement through training or exercise.
- Evaluation of leg mobility problems: The evaluation of leg mobility problems of persons with Parkinson's Diseases, or who have suffered a stroke, and of children with brain paralysis is made by analyzing their pace, suggesting ways of improving it by exercise.
- Evaluation of rehabilitation programmes for leg mobility programs: Evaluation of the effectiveness of various rehabilitation programmes for leg mobility programmes by analyzing stance and pace, and suggestion of ways for improving it.

Representative publications

1. Gourgoulis V., Angeloussis N., Kalivas V., Antoniou P., & Mavromatis G. (2004). Snatch lift kinematics and bar energetics in male adolescent and adult weightlifters. *Journal of Sports Medicine and Physical Fitness,* 44, 126-131.
2. Gourgoulis V., Angeloussis N., Boli A., Antoniou P., & Mavromatis G. (2004) The importance of individual and team swimming style in 400m. *Exercise & Society: Journal of Sport Science,* 37: 46-52
3. Gourgoulis V., Angeloussis N., Kasimatis P., Mavromatis G., & Garas A. (2003). Effect of a submaximal half-squats warm-up program on vertical jumping ability. *Journal of Strength and Conditioning Research*, 17(2), 342-344.
4. Christoforidis H., Angeloussis N., Gourgoulis V., Mavromatis G., Kalivas V., &

Vezos N. (2003). Comparison of kinematic characteristics of legs during normal pace for Greek adults. *Physical Education and Sports*, 14-15, 171-181.

5. Gourgoulis V., Angeloussis N., Antoniou P., & Mavromatis G. (2002). Myo-electric and kinematic characteristics of the kicking leg in high and low ball velocity soccer kicks, *Journal of Human Movement Studies*, 43: 455-467 .
6. Angeloussis N., Gourgoulis V., Masouras K., Kabas A., Christoforidis H., Fatouros I., & Mavromatis G. (2002). Kinematic characteristics of normal pace of pre–school age children. *Exercise & Society: Journal of Sport Science,* 32: 22-29.
7. Angeloussis N., Mavromatis G., Gourgoulis V., Pollatou E., Malliou V., & Kioumourtzoglou E. (2001). Modifications of neuromuscular activity and improvement in performance of a novel motor skill. *Perceptual and Motor Skills,* 93: 239-248.
8. Gourgoulis V., Angeloussis N., Mavromatis G., & Garas A. (2000). Three-dimensional kinematic analysis of the snatch of elite Greek weightlifters. *Journal of Sports Sciences*, 18: 643-652.

Exercise Physiology

Aim: *The main aims of the Exercise Physiology Division are:*

- To study body functions during exercise and the adaptations resulting from systematic training of athletes, and individuals with cardiovascular and otherchronic diseases.

- To evaluate physical abilities and identify health and physical condition factors, as well as factors affecting aerobic and anaerobic capacity, flexibility, body composition and anthropometric characteristics, in a wide spectrum of people.

- To record and observe various factors affecting human performance, talent scouting, energy metabolism, as well as muscular power production the force velocity relationshipas well as endurance by means of laboratory tests and field measurements.

- To explain and record physiological, metabolic, biochemical and neuromuscular parameters, hormonal responses, immune system responses, electromyographic activity of human muscle.

- To evaluate different exercise programmes on lipid, lipoproteins, hormonal responses, bone mineral content and endotheliumaffecting factors as well as muscle metabolism in people suffering from obesity, cardiovascular heart disease, diabetes, osteoporosisin the elderly.

Representative Publications

1. Toubekis A., Douda H., & Tokmakidis S. (2005). Influence of different rest intervals during active or passive rehabilitation on repeated sprint swimming performance. *Eur J Apl Physiol.*, Vol 93, 5-6: 694-700.
2. Smilios I., T. Pilianidis, K. Sotiropoulos, M. Antonakis, & S. Tokmakidis. (2005). Short-term effects of selected exercise and load in contrast training on vertical jump performance. *Journal of Strength and Conditioning Research*, 19(1): 135-139.
3. Tokmakidis S., Zois C.E., Volaklis K.A., Kotsa K., & Touvra A.-M. (2004). The effects of a combined strength and aerobic exercise program on glucose control and insulin action in women with type 2 diabetes, *Eur J Apl Physiol,* 92: 437-442.
4. Tokmakidis S., & Volaklis K.A. (2003). Training and detraining effects of a combining-strength and aerobic exercise program on blood lipids in patients with coronary artery disease. *Journal of Cardiopulmonary Rehabilitation*, 193-200.
5. Smilios I., Pilianidis T., Karamouzis M., & Tokmakidis S. (2003). Hormonal responses following various resistance exercise protocols. *Medicine & Science in Sports & Exercise.* 35 (4): 644-654.
6. Tokmakidis S., Kokkinidis E., Smilios I., & Douda H. (2003). The effects of ibuprofen on delayed muscle soreness and muscular performance after eccentric exercise. *The Journal of Strength and Conditioning Research*, 17(1), 53-59.
7. Douda H., Laparidis K., & Tokmakidis S. (2002). Long-term training induces specific adaptations on physique of rhythmic sports and female artistic gymnasts, *European Journal of Sport Science*, Vol 2, 3:1-14.
8. Tokmakidis S., & Volaklis K. (2000). Pre-exercise glucose ingestion at different time periods and motors of blood glucose during exercise. International *Journal of Sports Medicine*; 21: 453-457.

Physical Education and Motor Learning Division

Aim: *The main aims of the Physical Education and Motor Learning Division are:*

- To familiarise students with the research procedure and use of laboratory instruments in order to study human behaviour in motor learning and performance.
- To teach basic concepts concerning the acquisition of motor skills through experiments, and to familiarise students with a broad spectrum of research plans and problems.

- To understand various measurement techniques used to separate temporary changes during exercise from permanent changes in teaching.
- To conduct research related to the development and improvement of cognitive, perceptive and motor skills as well as the implementation of different teaching and exercise methods.
- To conduct research related to the models of effective teaching of physical education, the effectiveness of the teacher and the adequacy of the content of the lesson.
- To acquire experience in the use of psychological skills in sports and in applying and using suitable tools.

Representative Publications

1. Derri V., Kioumourtzoglou E., Petraki Ch., Angeloussis N., & Papadimitriou K. (2004). Relation between parent child physical activity. *Research Quarterly for Exercise and Sport,* 19, 631-642.
2. Michalopoulos M., Zisi V., Malliou P. & Godolias G. (2004). Habitual Activity, Muscular strength & Motor Abilities and of the Elderly. *Journal of Human Movement Studies*, 46 519-530.
3. Kioumourtzoglou E. (2003). Preparing Faculty in Greece, Quest, 95-99.
4. Zetou E., Tzetzis, G. Vernadakis N. & Kioumourtzoglou, E. (2002). Modeling in Learning two Volleyball Skills. *Perceptual and Motor Skills*, 94, 1131-1142.
5. Kioumourtzoglou, E., Kourtessis, T., Michalopoulou, M., & Derri, V. (1997). Expertise in water-polo. *Journal of Human Movement Studies*, 33, 205-228.
6. Kourtessis T., Tzetzis G., Kioumourtzoglou E., & Mavromatis G. (2001). The effects of an intensive recreation program on children with movement difficulties. *New Zealand Journal of Disability Studies*. 9, 120-139.
7. Kioumourtzoglou E., Michalopoulou M., Tzetzis G. & Kourtessis T. (2000). Ability profile of elite volleyball player. *Perceptual and Motor Skills,* 90, 757-770.
8. Kioumourtzoglou E., Kourtesis T., Michalopoulos M & Derri V. (1998). Differences in several perceptual abilities between experts and novices in basketball, volleyball and water-polo, *Perceptual and Motor Skills*, 86, 899-912.

Coaching Division

Aim: *The main aims of the Coaching Division are:*

- To research and apply the relevant data to fitness regimens for athletes or for the average person.
- To evaluate motor performance, adaptability and motor development in children of school and pre-school age as well as young athletes
- To evaluate behaviour (in terms of technique and tactics) in team and individual sports.

I. Planning of specialised training regimens

- Adaptation of specialised training regimens in relation to the age of the athlete as well as in terms of physical condition, muscular power, muscular endurance, somatotype, aerobic ability, speed, flexibility.
- Estimation and regulation of the overtraining level of athletes.
- Training regimens to improve the performance of athletes (various models)
- Planning of suitable training regimens for various ages of athletes in relation to their motor development and physical skills.

II. Evaluation of competitive behaviour

- Recording behaviour in terms of technique and tactics: A record of actions related to technique and tactics of professional and amateur teams is kept, for team as well as individual sports, by means of training in videoanalysis.
- Analysis and evaluation of behaviour in terms of technique and tactics: Statistic analysis of sports data/records in order to draw conclusions, by means of videoanalysis systems as well as statistical software

Representative Publications

1. Venetsanou F., & Kambas A. (2005). How can a Traditional Greek Dances Programme affect the Motor Proficiency of Preschool Children? *Journal of Dance Research,* (5), 2, 127-138.

2. Fatouros I.G., Jamurtas A.Z., Viliotou V., Pouliopoulou S., Fotinakis P., Taxildaris K., Deliconstantinos G. (2004). Oxidative stress responses in older

men during endurance training and detraining. *Medicine and Science in Sports and Exercise,* 36: 2065-2072.

3. Fatouros I.G., Jamurtas A.Z., Taxildaris K., Leontsini D., Marinos S., Kostopoulos, & Buckenmeyer P.J.N. (2004). Evaluation of plyometric exercise training, weight training and their combination on vertical jumping performance and leg strength. *Journal of Strength and Conditioning Research. Journal of Strength and Conditioning Research*, 14 (4), 470-476.
4. Kambas A., Antoniou P., Xanthi G., Heikenfeld R., Taxildaris K., Godolias G. (2004). Unfallverhütung durch Schulung der Bewegungskoordination bei Kindergartenkindern. *Deutsche Zeitschrift für Sportmedizin*, 20, 18-24.
5. Papadimitriou K., Pashali E., Sermaki I., Mellas S., & Papas M. (2004). The effect of the opponents' serve on the offensive actions of Greek setters in volleyball games. *International Journal of Performance Analysis in Sport*, 4, 23-34.
6. .Tsamourtzis E., Salonikidis K., Taxildaris K., Mavromatis G. (2002). Technical and tactical characteristics of winners and losers in basketball. *Leistungssport*, 1, 54-58.
7. Fatouros I.G., Taxildaris K., Tokmakidis S.P., Kalapotharakos V., Aggelousis N., Athanasopoulos S., Zeeris I., & Katrabasas I. (2001). The effects of strength training, cardiovascular training and their combination on flexibility of inactive older adults. *International Journal of Sports Medicine*, 23: 1-83.
8. Jamurtas A.Z., Fatouros I.G., Buckemeyer P., Kokkinidis E., Taxildaris K., Kambas A., Kyriazis G. (2000). Effects of plyometric exercise on muscle soreness and plasma creatine kinase levels and its comparison to eccentric and concentric exercise. *Journal of Strength and Conditioning Research*, 14 (1), 68-74.

Research activity

The Physical Education and Exercise Laboratory places great emphasis on research which it supports and promotes at undergraduate as well as postgraduate and Ph.D. level. It offers laboratory-based courses whose content is in accordance with the specialised needs of modern science, and integrates the latest developments in physical education in Greece and abroad. In addition, members of the Department's teaching and research staff conduct training and research projects, whether independently or in cooperation with other universities and organisations, promoting academic research and providing modern sport science with new data.

Since it began operating, the Physical Education and Exercise Laboratory has engaged in important research work which bolsters the Department's reputation via a plethora of original publications prepared by its teaching and research staff, along with the scientific guidance it offers to athletes of various sports on National Team as well as club level. In addition the Laboratory is involved in issues of treatment of persons with chronic diseases (cardiopathy, diabetes, nephropathy, obesity, old age etc.) by applying specialised training protocols and making evaluations and special measurements in order to improve and advance health. The research activity of the Laboratory is thoroughly presented below:

a) Cooperation with organisations and research centres

Since it began operations, the Laboratory has cooperated with other research centres in Greece and abroad such as the National Centre of Sport Research, the Sport Research Centre of Cyprus, the Institute for Biophysical and Clinical Research of Manchester Metropolitan University, the Institute for Biomechanics of the German Sport University, the Exercise Physiology Laboratory of McGill University Montreal, the University of Central Florida. It also cooperates with other organisations such as the Sport Organisation of Cyprus, the Greek Cardiology Society, the General Prefectural Hospital of Komotini, the University Hospital of Alexandroupoli, engaging in research activity and implementing organised exercise projects.

b) Scientific Support and Guidance of Athletes

During the period 1998-2000 the Laboratory cooperated with the Special Secretariat for Sports and the Departments of Physical Education and Sport Science of the Aristotle University of Thessaloniki, and those of Serres and Trikala to support the project entitled 'Scientific Support of elite athletes and regional sports club athletes'. During this period the Democritus University of Thrace DPESS Laboratory evaluated two hundred and eleven (211) athletes overall from various sports (Figure 13).

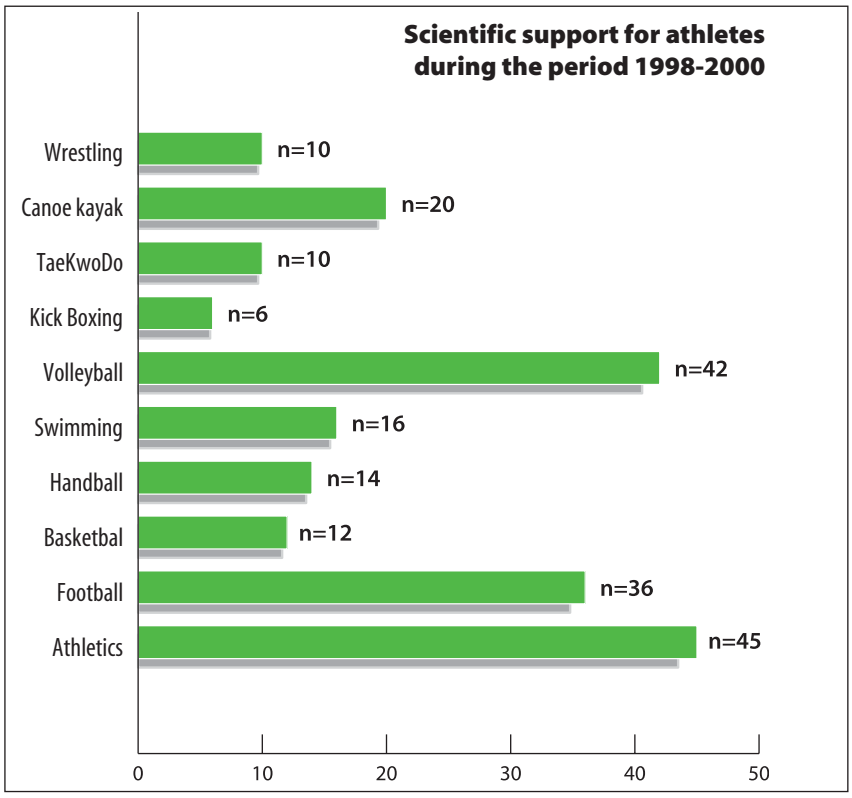


Figure 13. Evaluation of athletes from 1998 to 2000 as part of the Scientific Support of Athletes programme

c) Scientific Support and Evaluation of Athletes belonging to National Teams

The Democritus University of Thrace DPESS Laboratory participated in preparation of National Teams for the Olympic Games 2004 by conducting laboratory measurements and field tests on the playing field in order to evaluate the physical condition of athletes in the canoe kayak, wrestling, women's football and basketball national teams, as well as the men's goal-ball national team that participated in the Athens Paralympic Games. Pictures from these measurements being taken are presented below.

MEN'S GOAL BALL NATIONAL TEAM

WOMEN'S FOOTBALL NATIONAL TEAM

WOMEN'S BASKETBALL NATIONAL TEAM

d) Cooperation with Sport Federations, Unions and Clubs



The Physical Education and Exercise Laboratory has cooperated with various sport federations (the Hellenic Athletics Federation, the Hellenic Gymnastics and Rhythmic Gymnastics Federation, the Hellenic Canoe kayak Federation, the Hellenic Volleyball Federation), Sport Unions and Clubs conducting laboratory measurements and field tests on the playing field to evaluate athletes in various sports (athletics, football, basketball, volleyball, swimming, gymnastics and rhythmic gymnastics, tennis, badminton, table tennis, tae kwon do, kick boxing etc).




e) Social outreach exercise programmes

The Physical Education and Exercise Laboratory has become involved in new areas of activity relating to exercise and health issues and created new prospects for special physical exercise regimens for fit persons as well as persons with chronic diseases of all ages. Initially, activities were organised for groups of school age children featuring basketball, handball and badminton. In 1997, funds from the Community Support Framework enabled the implementation of special exercise programmes for persons suffering from cardiovascular diseases diabetes, obesity, asthma, kidney diseases, osteoporosis, pain in lumbar region and the elderly, while systematic evaluation of the participants' functional skill were made in order to improve their physical condition and health. Thus far 840 individuals in total have benefited from these programmes and have been evaluated at the Physical Education and Exercise Laboratory with specialised measurement equipment based on their individual case characteristics.

f) Research papers at undergraduate, postgraduate and Ph.D. level

The training activities of the Physical Education and Exercise Laboratory include many research dissertations and postgraduate and Ph.D. theses on issues related to the disciplines it is involved in.

Staff of the Physical Education and Exercise Laboratory

The staff of the Physical Education and Exercise Laboratory is comprised of members of Departmental teaching and research staff, whose disciplines are related to the research interests of the laboratory, as well as other members of the Department's teaching staff. Also, various activities of the Laboratory are conducted by Ph.D., postgraduate and undergraduate students, post-doctoral researchers and scientific associates (Presidential Decree 407/80 etc.) who are responsible for the activities conducted by each individual division of the laboratory in order to achieve better training and research quality.

Equipment of the Physical Education and Exercise Laboratory

The Physical Education and Exercise Laboratory owns a significant body of equipment comprised of hi-tech scientific instruments that serve the training and research needs of the Department. This equipment includes:

- **Ergospirometer:** This is used to measure oxygen uptake and resting metabolism, as well as to estimate the proportion of carbohydrates and fats that are metabolised during rest and submaximal exercise.
- **Anthropometric instruments:** These include a stadiometer, weighing scale, aesthesiometers and measuring diameters for the measurement of torso and limb circumferences in order to evaluate morphological indexes and to determinate the somatogram of the subjects being examined.
- **Precision Scale (Kern):** A special scale for weight measurement of micro amounts (mg precision) of chemical materials and tissue.
- **Screen master automatic biochemical analyzer:** This is used for quantitative analysis, mobility analysis such as enzyme mobility, fixed time analysis and multistandard assays.
- **Professional video-cameras:** These are used for video recording of sports events as well as other research activities of the laboratory.
- **Burst induction device:** This is a system that measures the electric conductance of body tissues which is used for estimation purposes of body fat and body composition.
- **Vortex or Stirrer (Velp):** These are three devices used for stirring various solutions in order to ensure that better mixing to be achieved.
- **Skinfold caliper:** This is an instrument for measuring the thickness of body skinfolds in order to estimate body fat and body composition.
- **'Bruininks-Oseretsky Test of Motor Proficiency' (BOT):** This is used for measurement and evaluation of motor performance and growth of children between 4 ½ and 14 ½ years old.
- **Test of motor proficiency for ages 4-6:** This is used for measurement and evaluation of motor performance and growth of children between 4 and 6 years old.

- **Hand dynamometer:** This is a portable instrument used to evaluate the maximum static-isometric force of the arms.
- **Equipment for treating symptoms during the acute stage of an injury**
- **Diathermies:** A BOSCH shortwave diathermy device and an ERBE microwave diathermy device. These devices achieve a rise in deep tissue temperature and multiply natural blood circulation by ten, by means of electromagnetic waves
- **Ultrasound:** An EST 301 A. ultrasound device. Ultrasound produces mechanical vibration in the tissue.
- **Ergojump system:** This is used for various jump methods in order to evaluate force, anaerobic performance, neural stimulation and elastic as well as reflex functions of leg muscles under laboratory or non-laboratory conditions.
- **Treadmill:** This is used for evaluation of aerobic power and capacity during running.
- **Cycle ergometer:** This is used for evaluation of aerobic and anaerobic capacity.
- **Wingate cycling test:** A system comprised of software and an cycle ergometer attached with sensors for evaluation of anaerobicpower.
- - **Biodex Stability System:** This system evaluates the myoneural control of a person by estimating the ability to maintain stability on an unstable surface, the stability platform, which has 8 different stability levels.
- **Computers:** These are used for recording observation data in recording and analysis systems for activities concerning technique and tactics. Each one of these systems (Vicas & Video As) has been installed on the respective computer.
- **Cybex 6000 isokinetic dynamometer (Testing and Rehabilitation System):** This is used to evaluate muscular performance of all basic muscle groups as well as for strength exercises during recovery.
- **Isometric dynamometer:** This is used in order measure the maximum isometric force of the torso and legs by means of an electronic sensor (Globus Ergo Meter)
- **Heart rate monitors (Polar):** A transmitter-receiver/timer system which records the heart rate during exercise. The data can be trans-

ferred to a computer by means of special data processing software.

- **Freezer unit:** This is used for cooling serum or plasma specimens or other tissues up to -80° C.
- **Kinaesthiometer (Lafayette Instruments Co., Lafayette, IN):** This device evaluates control over movements through a procedure where the subject, who is in a sitting position, is asked to stretch out a limb to a certain angle (termination point) and then return it to its initial position (0°).
- **Rowing ergometer (Concept II):** This is used for the evaluation of aerobic and anaerobic performance of rowers and athletes in similar sports.
- **Magnetic stirrers:** These are two devices used for simultaneous stirring and heating of solutions.
- **pH counter:** This is used for estimating the acidity and alkalinity of a solution of certain volume.
- **Evaluation instruments for mobility and flexibility**
  - Electronic goniometer
  - Flexometer (Sit and reach)
- **Exercise instruments for recovery after an injury**
  - Isokinetic ergobicycle Cybex Metabolic Systems
  - Arm-ergobicycle, Technogym Top XT, cross training
  - Ergorunning Technogym Run XT, cross training
  - Free weights
- **Blood pressure meter (with wheels, as well as stable):** This is used for measuring arterial pressure in state of relaxation as well as during exercise.
- **Rhythm plates connected to a Lafayette Instruments metronome:** This evaluates kinetic rhythm when the subject has to synchronise his movements on the plates in line with the sound stimuli received.
- **A 1.20x1.20 m target with concentric circles:** This evaluates the aiming abilities of the subject when trying to hit as close to the centre as possible and win the highest points.
- **Electromyography system:** This system includes four pairs of surface electrodes, an amplifier, an analog/digital card and a computer with the necessary software. The system is used in order to record the electrical activity of muscles during movements.

- **Movement recording and kinematic analysis system:** The recording and kinematic analysis system records all athletic movements independent of their speed, calculating the kinematic parameters of the movement (space, time, velocity, acceleration)
- **Motor analysis – dynamographing system:** This system includes a piezo-electric pressure sensitive floor, analog/digital card and a computer with the necessary software. The system records the reaction of the floor and its torque in three dimensions as well as the coordinates of the pressure point.
- **Foot pressure measurement system:** This system includes two pairs of different sized soles, equipped with mechanical pressure sensors, a regulation system, analog/digital card, and a computer with the necessary software. The system records and analyzes the pressure on the feet during stasis and motion.
- **Myoneural evaluation system (Muscle Lab, Model PFMA 3010e, Ergotest A.S, Langensund, Norway):** This system records the velocity of movements, the force and power produced by the load shift of free weights along with recording the electromyographic activity of muscles in motion and change of angle of the body parts. There can also be measurements of tachydynamic performance, isometric force, muscular endurance and jumping performance.
- **Newtest photocell and pressure sensitive floor system:** This system includes six photocells, a special pressure sensitive floor, microcomputer and printer for estimation of speed, vertical jump, ability to store elastic power, flexibility, time of reaction and limb muscular strength.
- **Timing system:** This system includes six photocells and an electronic timer which records the duration of movements and estimates their average speed.
- **Remote controls:** These devices are used in order to show a sports event at different speeds and multiple replays so that the recording of phases and actions becomes possible.
- **Professional tripods (with wheels):** These are used for supporting the camera for proper video recording and quick movement to other parts of the field when necessary.
- **Laboratory bath:** This is used in biochemical analysis to increase the temperature of reactants to a level suitable for measuring

metabolite concentration.

- **Spectrophotometer:** This is used for measuring metabolite and enzyme concentration in various tissues of the body.
- **Portable centrifuge, Lab Ware K-30:** This is used for separating blood into a red precipitate mainly containing red cells and a yellow floating fluid called serum or plasma depending on the method of blood collection. Centrifugation may last from 1 to 15 minutes (1,000-6,000 rpm)
- **Centrifuge:** This device includes the main body of the centrifuge and a head with space for 16 blood sample tubes, separating plasma from blood cells, as well as a head for centrifugation of microhaematocrit for haematocrit measurement.
- **Photometer ELISA ELX- 800 universal Microplate Reader:** This is a biochemical analyser for estimation of hormones and biomolecules using the ELISA method
- **Refrigerator:** This is used for preserving reactants.
- **Cooled centrifuge from Hettich Zentrifugen:** This is used for separating material or mixtures with a maximum density of 1.2 kg/dm3. It is cooled and it can maintain a stable temperature during the whole centrifugation procedure.
- **AV MASTER:** This is a montage system used for selection of pieces of recorded sport events due to be analysed (conversion into digital format) and combining them when necessary.
- **Bassin Anticipation Timer (Lafayette Instruments):** This device evaluates the ability to synchronise human movement with moving stimuli.
- **Electric Depth Perception Tester (Takei Scientific Instruments, Tokyo, Japan):** This device evaluates the perception of depth when watching a bar move forward or backward with a speed of 50 mm/sec. The subject has to push a button as soon as he/she realises that the specific bar is aligned with the other two. The error is recorded as the absolute distance from each bar, aligned or not.
- **Long pin insertion tester:** This device evaluates the dexterity of wrist and fingers.
- **Monitors:** These show images-phases due to be analysed.
- **Line tracking device:** This device evaluates the speed and precision of movement of wrist and fingers

- **Stability platform (Lafayette Instruments):** This evaluates dynamic equilibrium.
- **Vicas & Video As:** These are two electronic systems used to record and analyse actions of sport events concerning technique and tactics.
- **Professional video:** This is used in montage for digitalisation and reception of images from analog tape before copying of edited images-phases again to analog tape.
- **High standard Video:** This is used for image reproduction on a monitor. Every Video device is connected with an electronic system for recording and analysing action concerning technique and tactics (Vicas & Video As).
- **Vienna Test System:**
  - **Reaction test software:** This software evaluates the simple reaction time to an optical or sound stimuli as well as discrimination and choice reaction time.
  - ***Continuous attention software:*** This software evaluates reaction time in a state of attention, and the number of right answers.
- **Whole Body Reaction Timer (Tukei Instruments):** This device evaluates the movement of the athlete's body in four directions in response to an abrupt appearance of optical stimuli on a special table. Reaction time and duration of movement per direction are recorded.

FINANCED PROGRAMMES

During its twenty years in operation, the Department of Physical Education and Sport Science at the Democritus University of Thrace has primarily sought to implement innovative initiatives, to modernise its curriculum, to generate new knowledge and in general to advance scientific research. In order to fulfil its aims, the Department has been actively involved in submitting proposals to various organisations and has received financing from several programmes whose budget is in excess of €3,500,000. Today these programmes are a significant source of income and are used to advance certain sectors of modern sport science and research (Figure 14). In this regard, the DPESS has a significant body of work under its belt which has been prepared both independently as well as in cooperation with other higher education institutions in Greece and abroad, with research centres and public sector organisations, in line with the principles laid down by the Department's Research Committee. In the course of its operation, the DPESS has been involved in a plethora of programmes from 1988 onwards which have been funded by organisations such as the European Union, the Hellenic Ministry of Education and Religious Affairs, the General Secretariat for Research and Technology, the General Secretariat for Sports, the Greek Soccer Pool and Lottery Organisation, the University Research Committee, sport centres and public sector agencies (Figure 15). In addition, the Department has participated in an active manner in various Leonardo Da Vinci and Commenious programmes.

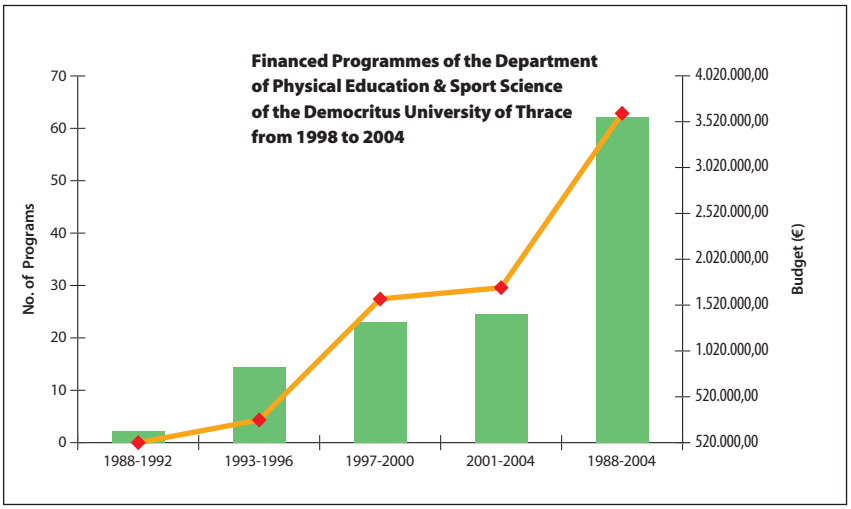


Figure 14. *Presentation of funded programs adopted by the DPESS of the Democritus University of Thrace during period 1988-2004.*

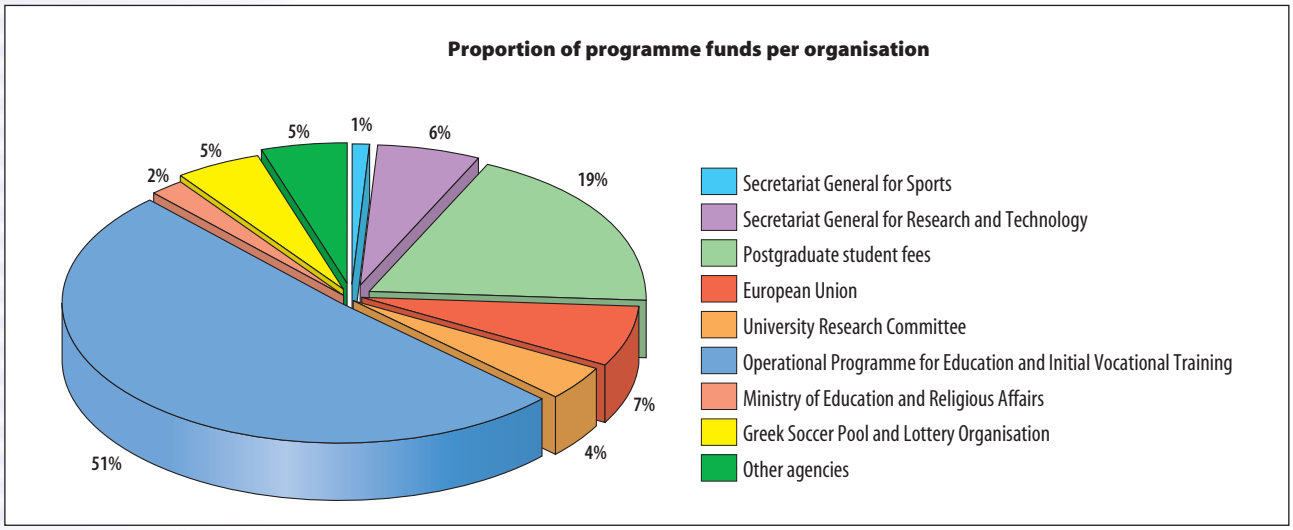


Figure 15. *Proportion of programme funds per organisation, received by the DPESS of Democritus University of Thrace during period 1988-2004.*

For example, with aid from the Community Support Framework (Operational Programme for Education and Initial Vocational Training) the Library was modernised, equipment used to cover the teaching and research needs of the Department supplemented, the supplementary education curriculum implemented, student practical training programmes adopted, the postgraduate curriculum revised, distance learning introduced and the undergraduate curriculum enriched with the introduction of innovative teaching methods and modern IT methods.

INTERVARSITY PARTNERSHIPS

One of the main aims of the university community is to develop substantive contacts between students of various universities. Some of the benefits offered by intervarsity partnerships are knowledge of various systems of study acquired through studying in those systems, cooperation on real problems faced by students, and the acquisition of life experiences. To this end, following the example set by visiting professor and teaching staff exchange programmes, increasing numbers of student exchanges between universities have been organised. Relations between various European universities have become systematised and have increased in number thanks to European and international student exchange programmes. The main such programmes involve students travelling to another country in Europe, outside of Greece, for a period of between three months and one academic year. During their studies abroad, students have to attend courses and exams similar to those taken during the same at their Greek university so that these courses can be accredited when they return. At the same time, students may write a dissertation project abroad, where agreement is reached with a supervising professor belonging to the relevant Department.

SOCRATES

SOCRATES is the European Commission Action Programme on cooperation in the sector of education. It is an umbrella programme encapsulating and continuing the activities of older education and training programmes such as ERASMUS, LINGUA, EURYDICE, ARION and COMENIUS.

Apart from the 25 Member States of the European Union, other countries participating in the SOCRATES programme are Iceland, Lichtenstein and Norway (in the context of the European Economic Area), as well as Bulgaria, Romania and Turkey.

ERASMUS

The tertiary education oriented section of SOCRATES is called ERASMUS and it is an updated and evolved version of the action programme on university student exchanges. The programme offers scholarships for studies in Europe to thousands of university students, while at the same time promoting the European dimension of studies in Greece for these students that do not participate in the exchange programmes.

The creation of intervarsity partnership programmes to exchange students (for three months to one year) and teaching staff (for one to eight weeks), the organisation of short-term intensive courses for teachers and students and the joint development of curricula, are some of the activities that the ERASMUS programme involves. More information concerning the SOCRATES/ERASMUS programmes are available on the European Commission site:

http://europa.eu.int/comm/education/socrates.html

What does ERASMUS offer students?

ERASMUS enables students, by means of scholarships, to study for a 3-month to 1-year period at a university of another Member State. This part of their studies is fully accredited under the European Credit Transfer System (ECTS).

The ERASMUS programme is open to all manner of tertiary education institutions and it applies to all branches and levels of studies, including doctoral theses.

Students who intend to live and study abroad can learn about new cultures and a different academic environment, make new friends, improve their skills in a foreign language and gain full accreditation of their studies when they return to the Democritus University of Thrace. The ERASMUS programme offers them the opportunity to make this dream come true. Moreover, the question of scholarships aside, students do not have to pay tuition fees!

The ERASMUS Programme at the DPESS (Democritus University of Thrace)

The Department of Physical Education and Sport Science has been involved in the programme since it began as a student exchange programme via the old Intervarsity Cooperation Programmes and has developed a significant, ever expanding partnership network with European universities. The universities cooperating with the DPESS in the context of the programme and in relation to the exchange of teaching staff and students are presented in Tables 2 to 4.

Countries	Cooperating Universities	Web-sites
BELGIUM	Katholieke Universiteit Leuven	www.kuleuven.ac.be
CZECH REPUBLIC	Charles University in Prague	www.cujli.cz
FRANCE	Université de Picardie Jules Verne	www.u-picardie.lr
FINLAND	University of Jyvaskyla	www.jyu.filínU
	Lahti Polytechnic	www.lptfi
GERMANY	German Sport University of Köln	www.dshs-koeln.de
	Universität Osnabrück	www.uos.de
NORWAY	Sogn og Fjordane College	www.histno
POLAND	Academia Wychowania Fizycznego Poznan	www.awf.poznan.pl
SPAIN	Universidad de Malaga	www.uma.es
UNITED KINGDOM	Loughborough University	www.lboro.ac.uk
PORTUGAL	Universidade Técnica de Lisboa	www.utl.pt
ROMANIA	University Valahia of Targoviste	

Table 2. *Universities cooperating with the DPESS (Democritus University of Thrace) in Intervarsity Cooperation Programmes.*

RECEIVED 1997/98	SENT 1997/98
UNITED KINGDOM: 5	UNITED KINGDOM: 5
GERMANY: 1	
SPAIN: 1	
TOTAL : 7	**TOTAL: 5**

RECEIVED 1998/99	SENT 1998/99
SPAIN: 1	-
TOTAL: 1	-

RECEIVED 1999/00	SENT 1999/00
POLAND: 2	SPAIN: 3
FINLAND: 2	POLAND: 2
SPAIN: 2	FRANCE: 2
	DENMARK: 1
	FINLAND: 2
TOTAL: 6	**TOTAL: 10**

RECEIVED 2000/01	SENT 2000/01
CZECH REPUBLIC: 3	CZECH REPUBLIC: 2
POLAND: 2	FINLAND: 2
	GERMANY: 1
	POLAND: 2
	SPAIN: 2
TOTAL: 5	**TOTAL: 9**

ω 2001/02	SENT 2001/02
CZECH REPUBLIC: 4	SPAIN: 2
POLAND: 1	POLAND; 2
BELGIUM : 1	CZECH REPUBLIC: 2
FINLAND: 1	FINLAND: 2
	FRANCE: 2
TOTAL: 7	**TOTAL: 10**

RECEIVED 2002/03	SENT 2002/03
CZECH REPUBLIC: 3	FINLAND: 1
POLAND: 3	CZECH REPUBLIC: 3
FINLAND: 2	FRANCE: 2
BELGIUM: 1	GERMANY: 2
TOTAL: 9	**TOTAL: 8**

RECEIVED 2003/04	SENT 2003/04
CZECH REPUBLIC: 3	CZECH REPUBLIC: 3
POLAND: 2	POLAND: 1
FINLAND: 2	FRANCE: 2
	FINLAND: 1
TOTAL: 7	**TOTAL: 7**

RECEIVED 2004/05	SENT 2004/05
PORTUGAL: 1	CZECH REPUBLIC: 3
CZECH REPUBLIC: 3	PORTUGAL: 3
POLAND: 2	FINLAND: 2
	GERMANY: 1
	FRANCE: 1
	POLAND: 2
TOTAL: 6	**TOTAL: 12**

Table 3. *Exchange of students in the Department in intervarsity partnerships during period 1997-2004.*

Academic Year	Professors Received	Professors Sent
2003 - 2004	1 Lahti Polytechnic (FI)	1 Lahti Polytechnic (FI)
	1 Sogn og Fjordane College (N)	
	1 University of Jyväskylä (FI)	1 University of Jyväskylä (FI)
	1 Sports University of Köln (DE)	1 Université d'Amiens (FR)
		1 University of Loughborough (UK)
		1 Academy of P.E. of Poznan (PL)
2002 - 2003	1 Sports University of Köln (DE)	2 Université d'Amiens (FR)
	2 Charles University of Prague (CZ)	1 Sports University of Sofia (BG)
2001 - 2002	1 Charles University of Prague (CZ)	1 Charles University of Prague (CZ)
	1 Academy of P.E. of Poznan (PL)	1 Lahti Polytechnic (FI)
	1 Lahti Polytechnic (FI)	1 Sports University of Köln (DE)
	1 Sports University of Köln (DE)	1 Odense Universiteit (DK)
2000 - 2001	2 Charles University of Prague (CZ)	2 Sports University of Köln (DE)
	2 Lahti Polytechnic (FI)	2 Academy of P.E. of Poznan (PL)
		1 Odense Universiteit (DK)
1999 - 2000	1 Lahti Polytechnic (FI)	1 Université d'Amiens (FR)
	1 Academy of P.E. Poznan (PL)	1 Lahti Polytechnic (FI)
1998 - 1999	1 Univerdidad de Lleida (ES)	1 Université d'Orléans (FR)
	1 Université d'Amiens (FR)	1 Odense Universiteit (DK)
1997 - 1998	1 Université d'Orléans (FR)	1 Université d'Orléans (FR)

Table 4. *Exchange of teaching staff in the Department in intervarsity partnerships during period 1997-2004*

Information:

- The University's International Relationships Office (Administration Building, Komotini, Tel. 25310 39084, e-mail: intrela@duth.gr).

4. Services

LIBRARY

Overview

The Library of the Democritus University of Thrace's Department of Physical Education and Sport Science was initially housed in a small room on the first floor of the central building of the Department, but it soon became clear that the space was inadequate as both the Library's contents and number of users grew. In 1988, having obtained the necessary funds, the library was transferred to the ground floor of the building to a space which has now grown to 340 m². However, during the academic year 2004-2005 the library will once again be transferred, this time to the Department's new premises and will occupy a building measuring 1,008 m².

New Library Facilities

In 1997 the Library's stock of books began to be gradually enhanced as part of the PROMETHEUS programme, the Programme to Computerise and Revise the Services and Aims of the Democritus University of Thrace Libraries funded by the Operational Programme for Education and Initial Vocational Training which encouraged the reformation and modernisation of academic libraries. This led to the hiring of more personnel, the acquisition of additional books and academic journals, better organisation of the library's sections, and new services for users. In addition, support from the Operational Programme for Education and Initial Vocational Training made it possible to adopt a new classification system, create a main catalogue, better organise lending services and install anti-theft devices and barcode systems. The library is equipped with a powerful server connected to DUTHNET, and software that enables full cooperation with the libraries of other universities in Greece ensuring the participation of the Democritus University of Thrace in the development of the national library catalogue.

Aim and Mission

The aim of the library is to support undergraduate and postgraduate studies, as well as the basic and applied research of members of the DPESS. The library was established to provide its users with direct access to all available information, and to operate as a modern information centre on issues concerning sport science and to offer the potential of carrying out bibliography searches of international databanks either via on-line connections or via information available on CD-ROM. It is the mission of the Library to collect, process and disseminate information related to the disciplines of physical education, and to train its users in the use of new technologies and the proper choice of information sources.

Facilities

Today the Library has two large rooms containing bookshelves and showcases which contain:

Bookshelves

i. Books classified according to the LC classification and thematic index system (Library of Congress Classification), which is the same for all University Libraries of the Democritus University of Thrace.
ii. The journals of current and past years, bound in volumes per year.
iii. Ph.D. and postgraduate theses, as well as undergraduate dissertations.
iv. Educational CD-ROMs, videotapes, music CDs and cassettes.

In addition, special showcases contain the Ionas Ioannidis Bequest, a collection of rare books on philosophy, history and teaching methods of physical education, as well as a significant catalogue of international bibliography and articles on physical education.

In its effort to meet needs related to traditional dances, gymnastics and rhythmic gymnastics, and classical ballet, the Library has created a separate department called the Music Library which contains records, cassettes and CDs from Greek and foreign discography. Students with projects of this kind may use the Music Library, under the supervision of a member of academic staff.

Students may use the Library Reading Room in order to study during Library opening hours. In addition, a special room is equipped with 6 computers which offer direct access to the books in the Departmental Library and the other Libraries of the Democritus University of Thrace by running keyword searches.

Teaching Materials

Since opening, the Library of the DPESS has acquired 14,600 books, 200 journal titles, 88 Ph.D. theses, 224 postgraduate theses and 796 dissertations. In addition, it has a large collection of videotapes, educational CD-ROMs, music CDs and cassettes. The Library's teaching materials mainly cover the disciplines of sport sociology, sport physiology, motor education, motor development, sports and medicine, exercise and chronic diseases, injuries in sports (prevention – diagnosis – treatment), sports and nutrition, biomechanical analysis of athletic movements, exercise biochemistry, teaching methods and physical education theory, ergophysiology, Greek traditional dances, modern and classical dance, folklore, history of physical education, mass sports, sports and recreation, exercise for senior citizens, measurements and evaluation, sport organisation and administration, coaching of various team and individual sports, multimedia in physical education, statistics, research techniques, philosophy of sports, physical education for the disabled, etc.

Services

The DPESS Library provides services via the Democritus University of Thrace Central Library which primarily focus on:

- Searching the Central Library thematic catalogue
- Searching the Central Library alphabetic catalogue
- Searching the Central Library journal catalogue
- Searching the relevant catalogues of all other academic libraries in Greece
- On-line connection to Kluwer (500 journals – full text)
- On-line connection to Plenum Academic Press (250 journals – full text)
- On-line connection to Academic Press (180 journals- full text)
- On-line connection to MCB (140 journals- full text)
- On-line connection to Springer Verlag (480 journals- full text)
- On-line connection to Wilson Omni Megafile (2,500 journals- full text)
- On-line connection to Elsevier (1,160 journals- full text)
- On-line connection to First Search OCLC, (12 bibliographic databases, abstracts and retrieval of full text)
- Lending service, in the case where the user requires more than the previous services, through the data base of the National Documentation Centre.

Reading Room

Computer Lab

In general, the Virtual Library options available via on-line connections ensure 365 day a year, 24 hour a day access to international databases in order to search for bibliography through computer networks. More specifically, the services provided by the Library focus on:

Bibliography searches: The Library has a subscription to the SilverPlatter service offering the ability to search for articles in international academic journals. Users can print article abstracts, copy them to disk, or use the Library photocopier in order to copy pages of books and journals.

Database access: The Library is part of the Greek Academic Libraries Partnership, along with 36 other educational institutions in Greece. This partnership has resulted in the development of the Hellenic Academic Libraries Link (HEAL-Link) which aims to develop the journal

collection in printed as well as electronic form of academic libraries that participate to the Partnership by ensuring cooperation between the institutions. By Greek standards, the project mentioned is a major breakthrough in more wide-ranging cooperation between all Greek academic libraries. In addition, the Democritus University of Thrace has entered into agreements with large publishing houses (Springer Verlag, OCLC, Elsevier & Academic Press, MCB, Wilson Omnifile etc.) that allow access to the their catalogues of academic journals. More databases, such as Wiley, Oxford University Press, Blackwell Publishers, Taylor & Francis Lippincott, AIP, SCI, are soon due to be available. All those who visit www.lib.duth.gr have access to the databases mentioned.

Access to on-line journals: All users are able to search and access full texts of electronic journal articles kept by the Library.

Useful sites: The main site of the University's Central Library contains a list of useful links, such as these for libraries of other Greek universities and technological educational institutes, research centres, institutes, organisations, library science resources etc. which can be used for search purposes

Grey' bibliography database: This service is intended for persons who wish to post their papers to the ARTEMIS system database. The installation of ARTEMIS on Central Library servers enables dissertations, theses, internal reports and all intellectual works produced by the University in general to be posted to the database in electronic format. In addition, the ARTEMIS system has a 'search and retrieve' function for the full text of hosted documents accessible from any point on the internet.

Opening Hours

Having grown and developed as a provider of academic information concerning sport science, the DPESS Library is in a position to serve all members of the academic community. The Library offers its lending services to the teaching staff and students of the Department and is open from Monday to Thursday, from 9:00 to 13:00 and from 14:00 to 17:45, while on Friday opening hours are from 9:00 to 13:00. The library's opening hours apply throughout the whole academic year, apart from holidays during which time it remains closed. It should be noted that while the "Exercise and Life Quality" postgraduate course is being run the Library also remains open from 8:00 to 16:00 on Saturdays and Sundays when intensive lessons are taught so as to meet the needs of postgraduate students.

"SPYROS LOUIS"
The DPESS Students' Union

"Spyros Louis", the DPESS Students' Union, was founded in 1985. The aim of the union is to bring the Department's students together in order to examine and solve problems that may arise and advance the level of education provided so that graduate physical education scientists make a substantial contribution to the development and promotion of sports overall. This is the reason why the union is engaged in an ongoing effort to develop the necessary infrastructure, to improve studies, to take measures to ensure career development for graduates and their professional rights, as well as to ensure problem-free cooperation between the teaching and research staff of the Department.

All students of the Department, from registration until graduation, are enrolled as members of the union. As members of the union, all students have equal rights and obligations. They may participate in the discussions, voting and decisions of the General Assembly and any other activities of the union. They can make any suggestions they consider will help in achieving the aims of the union, by means of a written or oral application to the union's management bodies, the General Assembly of members and the 7-member Council. They can also elect, or be elected.

Representatives of the Students' Union participate in the General Assembly of the Department of Physical Education and Sport Science, presenting problems concerning students and seeking to achieve the best possible solution. Its representatives also participate in committees, such as the Student Issues Committee, appointed by the General Assembly of the Department.

The Students' Union is also represented on the University Senate and student representatives may participate in discussions and decisions taken to solve possible problems concerning issues of the university community as a whole.

5. Academic activities

EXERCISE & SOCIETY: Journal of Sports Science

Note

One might be tempted to characterise the publication of yet another journal concerning physical education as a mere matter of routine or as a luxury, but for us this is a simple necessity, an outlet for all those who seek to express themselves or present their work.

Against a general background of institutions and values in crisis, the sporting ideal is yet another value that is in deep crisis. It is thus the duty of the people involved in sports to intensify their efforts in order to enhance sports and ensure that this crisis is overcome.

These concerns led to the idea of establishing this academic journal which has two aims: to highlight the social dimension of sports, and to present the potential of a Department of Physical Education and Sport Science in the domain of physical education.

The new journal is "open" to anyone who wishes to present research papers, edited dissertations, or abstracts thereof, to share concerns, exchange views, express objections as well as new trends and proposals concerning the development of physical education in Greece.

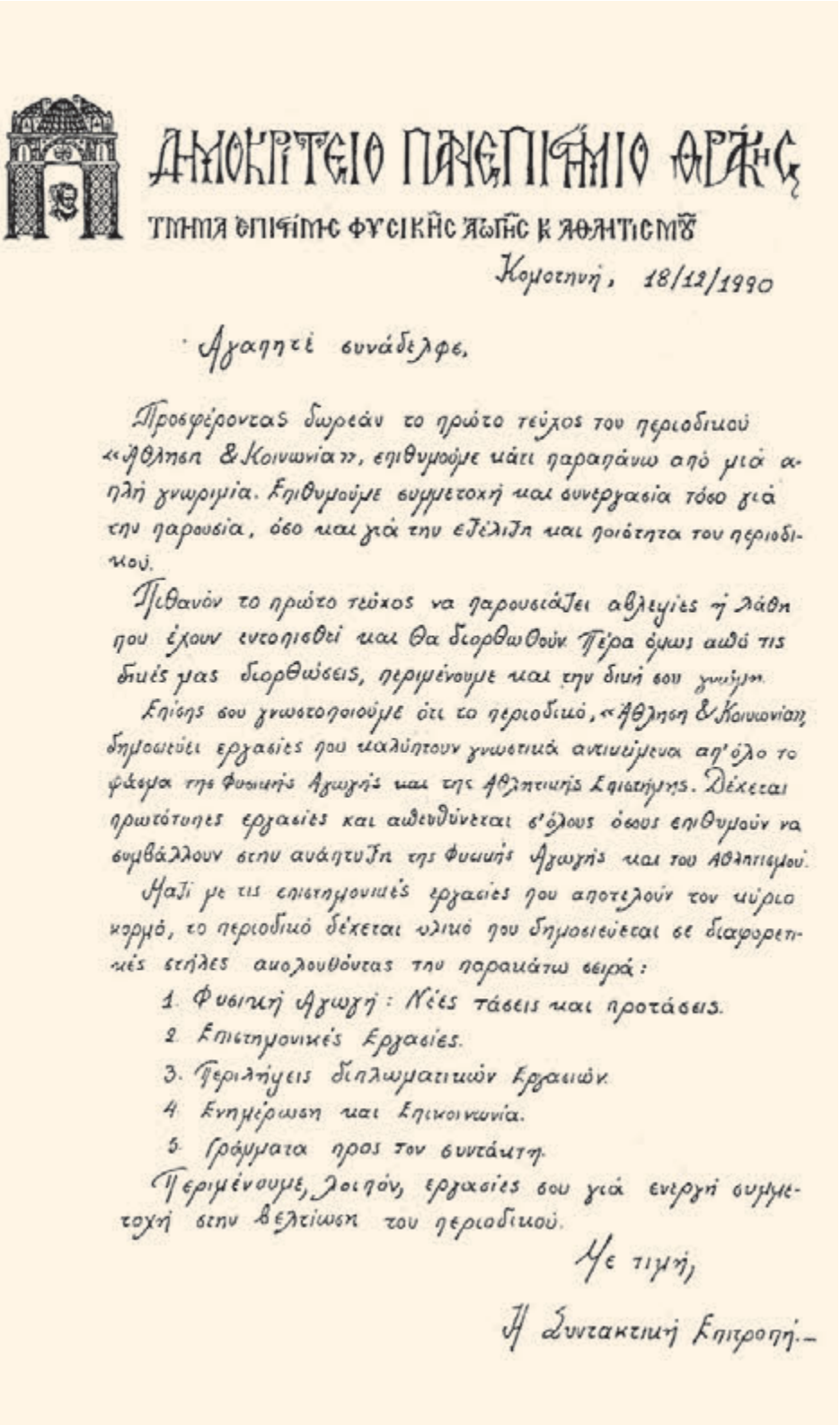
Publication of the journal was made possible after financing problems were resolved by Professor and the Head of the Department of Physical Education and Sport Science, Mr. Yiannis Panousis, who is a true supporter of physical education, and after many hours of work by the editorial team.

We hope that this effort will generate positive results so that "Exercise & Society" can fill a gap in knowledge and contribute to physical education in Greece finding its rightful path.

Efthimis Kioumourtzoglou

(Exercise & Society, Vol 1, p.3, 1990)

In the beginning...



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ

ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΦΥΣΙΚΗΣ ΑΓΩΓΗΣ & ΑΘΛΗΤΙΣΜΟΥ

Κομοτηνή, 18/12/1990

Αγαπητέ συνάδελφε,

Προσφέροντας δωρεάν το πρώτο τεύχος του περιοδικού «Άθληση & Κοινωνία», επιθυμούμε κάτι παραπάνω από μιά απλή γνωριμία. Επιθυμούμε συμμετοχή και συνεργασία τόσο για την παρουσία, όσο και για την εξέλιξη και ποιότητα του περιοδικού.

Πιθανόν το πρώτο τεύχος να παρουσιάζει αβλεψίες ή λάθη που έχουν εντοπισθεί και θα διορθωθούν. Πέρα όμως από τις δικές μας διορθώσεις, περιμένουμε και την δική σου γνώμη.

Επίσης σου γνωστοποιούμε ότι το περιοδικό, «Άθληση & Κοινωνία» δημοσιεύει εργασίες που καλύπτουν γνωστικά αντικείμενα απ' όλο το φάσμα της Φυσικής Αγωγής και της Αθλητικής Επιστήμης. Δέχεται πρωτότυπες εργασίες και απευθύνεται σ' όλους όσους επιθυμούν να συμβάλλουν στην ανάπτυξη της Φυσικής Αγωγής και του Αθλητισμού.

Μαζί με τις επιστημονικές εργασίες που αποτελούν τον κύριο κορμό, το περιοδικό δέχεται υλικό που δημοσιεύεται σε διαφορετικές στήλες ακολουθώντας την παρακάτω ειρά:

1. Φυσική Αγωγή: Νέες τάσεις και προτάσεις.
2. Επιστημονικές Εργασίες.
3. Περιλήψεις διπλωματικών Εργασιών.
4. Ενημέρωση και Επικοινωνία.
5. Γράμματα προς τον συντάκτη.

Περιμένουμε, λοιπόν, εργασίες σου για ενεργή συμμετοχή στην βελτίωση του περιοδικού.

Με τιμή,

Η Συντακτική Επιτροπή.-

Overview

"Exercise & Society: Journal of Sports Science" was "born" in 1990, after a meeting of teaching staff when the suggestion for the establishment of a working group was made. This suggestion found favour among members of teaching staff of the Department who shared a willingness to work, responsibility and love for the task they had undertaken. They dedicated many hours to matters related to texts, figures, correction, structure, shape, illustration…The first issues required many hours of work, great care and some times last minute rewriting, changes, and additions to the texts, tables, figures…The same applied to correspondence, collecting together the papers, dispatching them to reviewers, checking reviews, comments and corrections, the choice and order of articles, designation of thematic units, communication with the publishing house and finally printing, distribution and subscriptions.

Year by year this unknown journal of the Department of Physical Education and Sport Science of the Democritus University of Thrace grew and was classified among the periodical state publications (National Library: ISSN 1105-655X) and was listed by the Cologne databank, the Sports Information Centre (SIRC) in Ottawa Canada, SPORTS DISCUS and other databanks mentioned in the journal site. In addition, its special tribute issue marking one hundred years of the Olympic Games adorns the showcases of the Olympic Museum of Lausanne, while the International Olympic Academy Library also receives copies. It can be found in the university libraries of Greece and abroad, in libraries of various organisations (National Research Foundation, Mediterranean Research Foundation), in the Greek Parliament, the Athens Academy, the General Secretariat for Sport, the Hellenic Olympic Committee, sport federations of Greece, municipal libraries (e.g. Orestiada), while the aim of direct access via on-line connection will soon be achieved.

Over the period 1990 - 2004, "*Exercise & Society: Journal of Sports Science*" has published 37 issues featuring remarkable tributes, academic papers, thousands of notices from the proceedings of the international conference organised by the Department. 45% of all academic papers received are accepted following a rigorous review process by a panel comprised of 120 and more reviewers. It has thus undoubtedly made a major contribution to the development of sport

science. This effort has also been supported by readers, hundreds of writers, reviewers and associates with their creative and substantive contribution. Sakkoulas Publications, Salto Publications, Alphabeto, Rhodopis Press, Paschalidis Medical Publications and University Studio Press have all offered their support resulting in an improvement in the journal's quality over time.

Mission

"Exercise & Society: Journal of Sports Science" is aimed at all those interested in physical education and sports. It publishes papers that cover disciplines from the whole spectrum of physical education, exercise and sport science.

Sections

"Exercise & Society: Journal of Sports Science" receives papers that can be published under the following sections:

New trends and proposals: This section features new trends in physical education, exercise and sports as well as proposals based on day-to-day practical issues which seek to advance sport science. This column also contains short notes, opinions, comments and suggestions featuring new perspectives on the development and progress of physical education and sports.

Academic papers: This is the main section of the journal and takes up most space. It only contains original unpublished research papers or documented reviews covering the whole spectrum of physical education and exercise issues. These papers are subjected to meticulous peer review.

Practical issues: This section contains papers that combine research data and practical implementation, or papers based on the experience and observations of the authors derived from implementation of these methods. These papers are subjected to meticulous peer review.

Letters to the editor: This section contains opinions and comments from readers concerning papers published in the journal. The column also publishes the author's view when this is considered necessary.

Information

General information relating to the journal, such as how to contact the editorial team, guidelines for authors, the content of back issues and subscription can be found on the Department's website (www.phyed.duth.gr) in the section entitled 'Journal'.

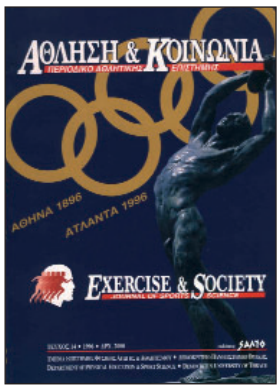
Selected back issues of
'EXERCISE & SOCIETY: Journal of Sports Science'
from 1990 to 2004

Issue 1 (1990)
Sakkoulas Publications

Issue 2 (1990)
SALTO Publications

Issue 4 (1992)
SALTO Publications

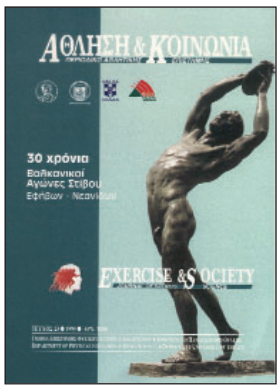
Issue 12 (1995)
Special tribute
SALTO Publications



Issue 14 (1996)
Special tribute
SALTO Publications

Issue 16 (1997)
SALTO Publications

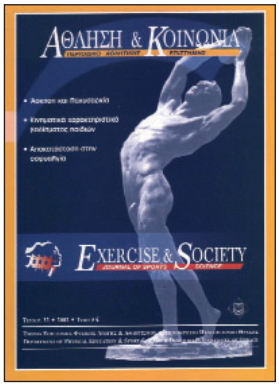
Issue 19 (1998)
Rhodopis Press



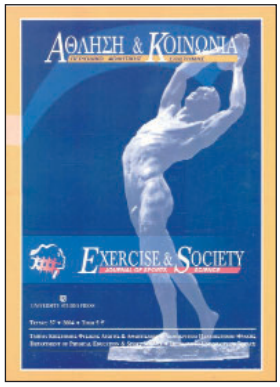
Issue 23 (1999)
Special tribute
Rhodopis Press

Issue 27 (2001)
Rhodopis Press

Issue 30 (2002)
Paschalidis
Medical Publications

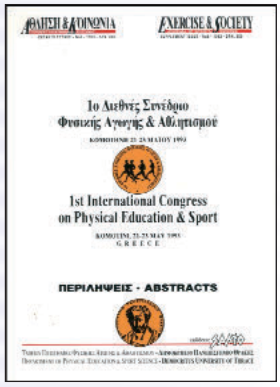


Issue 32 (2002)
Paschalidis
Medical Publications



Issue 37 (2004)
University Studio Press

CONGRESS PROCEEDINGS FROM THE INTERNATIONAL CONGRESSES OF PHYSICAL EDUCATION & SPORT



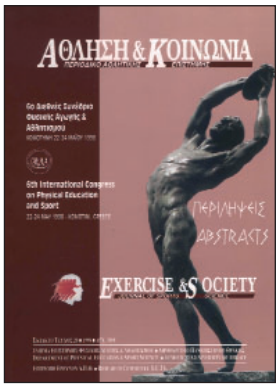
Issue 6 (1993)
SALTO Publications

Issue 9 (1994)
Alphabeto

Issue 11 (1995)
Alphabeto

Issue 15 (1996)
Alphabeto

Issue 17 (1997)
Rhodopis Press

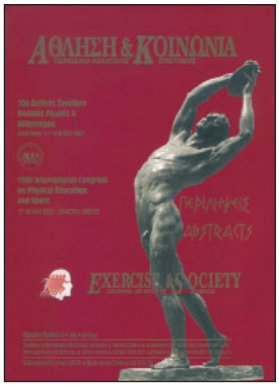


Issue 20 (1998)
Rhodopis Press

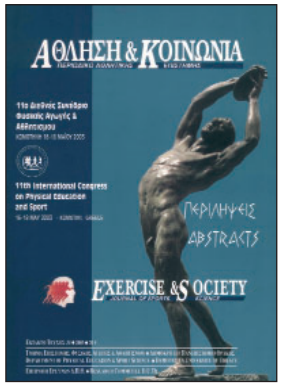
Issue 22 (1999)
Rhodopis Press

Issue 25 (2000)
Rhodopis Press

Issue 28 (2001)
Rhodopis Press



Issue 31 (2002)
Rhodopis Press



Issue 34 (2003)
Rhodopis Press

Issue 36 (2004)
Rhodopis Press

Over period 1990-2004, "Exercise & Society: Journal of Sports Science" has cooperated with many "anonymous" reviewers of academic papers, whose unbiased opinions have ensured the quality of journal and in many cases have authors improve their papers.

Nikolaos Angelousis
Evangelos Albanidis
Konstantinos Alexandris
Georgios Abatzidis
Michalis Anastasiadis
Athanasios Anastasiou
Panagiotis Antoniou
Adamantios Arabatzis
Theodoros Avgerinos
Andreas Avgerinos
Ioannis Afthinos
Efstratios Vamvakoudis
Ioannis Vlachopoulos
Konstantinos Volaklis
Emmanuel Varvounis
Ioannis Vrabas
Dimitrios Gargalianos
Thomas Gianakis
Konstantinos Gianakopoulos
Sotiris Giatsis
Georgios Godolias
Dimitrios Grekinis
Georgios Grouios
Marios Goudas
Dimitrios Goulimaris
Vasilios Gourgoulis
Theoharis Dalakouras
Georgios Dasios
Asterios Deligiannis
Alkis Dervitsiotis
Vasiliki Deri
Nikolaos Digelidis
Georgios Doganis
Athanasios Dokas
Stavros Douvis
Helen Douda
Christina Evangelinou
Athanasios Zakas
Evrydiki Zachopoulou
Ioannis Zervas
Eleni Zetou
Magda Zografou
Ioannis Theorodakakis
Nikolaos Theodorakis
Vasilios Kakos
Antonios Kampas
Christos Kabitsis
Panagiotis Karakatsanis

Michalis Karamouzis
Maria Karantaidou
Georgios Kartalis
Athanasios Kasabalis
Spyros Kelis
Eleftherios Kelis
Iraklis Kollias
Konstantina Kosmidou
Christos Cotzamanidis
Haralambos Kougioumtzidis
Harilaos Kouthouris
Evangelia Kouidi
Thomas Kourtesis
Athanasios Koustelios
Ioannis Koutentakis
Konstantinos Koronas
Paschalis Kirialanis
Georgios Kosta
Alexandra Lailoglou
Athanasios Laios
Konstantinos Laparidis
Alexandros Mavidis
Paraskevi Maliou
Konstantinos Mantis
Maria Maridaki
Ourania Matsouka
Georgios Mavromatis
Haralambos Michailidis
Maria Michalopoulou
Vasilios Mougios
Konstantinos Mouzakis
Konstantinos Bagiatis
Vasilios Baltzopoulos
Panagiotis Baltopoulos
Sophia Batsiou
Loukia Beze
Alexandros Bekiaris
Evangelos Bebetsos
Anastasia Beneka
Nikolaos Bergeles
Grigorios Bogdanis
Dimitrios Nikolaidis
Konstantinos Nikolaidis
Dimitrios Panagiotakopoulos
Alexandra Panagiotidou
Ekaterini Papadimitriou
Sophia Papadopoulou
Athanasios Papaioannou
UEvangelos Papakiriakou
Zisis Papanikolaou
Eva Pavlidou
Onoufrios Pavlogiannis
Paroula Peraki
Stelios Perakis
Athina Pitsi
Elizana Polatou
Konstantinos Prokovas
Theofilos Pilianidis
Georgios Rodogianis
Ioannis Serafimidis
Theofanis Siatras
Maria Sidiropoulou-Doka
Elias Smilios
Dimitrios Soulas
Kyriakos Taxildaris
Georgios Tzetzis
Haralambos Tzorbatzoudis
Athanasios Tzoulis
Athanasios Tsamourtas
Nikolaos Tsigilis
Georgios Tsitskaris
Efstratia Tsitskari
Alexandros Tsopanakis
Theodoros Toganidis
Konstantinos Tokmakidis
Savvas Tokmakidis
Eleftherios Tsarouchas
Anastasia Tsetsoni
Vasilios Tsimaras
Athanasios Tsiokanos
Ioannis Fatouros
Anna Fachantidou-Tsakiroglou
Ivoni Harachousou-Kampitsi
Konstantinos Haritopoulos
Dimitrios Hasiotis
Athanasios Hatzimichail
Vasilia Hatzitaki
Konstantinos Hatzopoulos
Konstantinos Chrisanthopoulos
Maria Psichountaki

CONGRESSES

International Congress on Physical Education and Sport

The first International Congress on Physical Education and Sport was an idea that was born and elaborated within the Department of Physical Education and Sport Science and became reality in May 1993; an idea which has no precedent not only in Komotini, but also in the whole Greece. The zeal, responsibility, and tireless and synchronised efforts of all those who participated in this project has resulted in its continuance to this very day. 12 International Congresses on Physical Education and Sport have been organised since then, while the 13th Congress is now being organised for May 2005.

These annual academic meetings feature lectures by eminent foreign academics concerning issues of physical education and exercise, notices, round tables and training seminars with high delegate attendance levels. Over the last 12 years more than 14,000 delegates in total have participated in the annual International Congresses in Komotini.

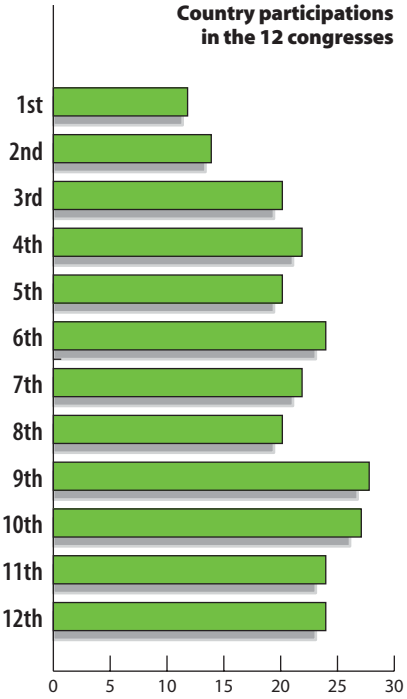


Figure 16. *Number of countries that participated to the 12 International Congresses on Physical Education and Sport*

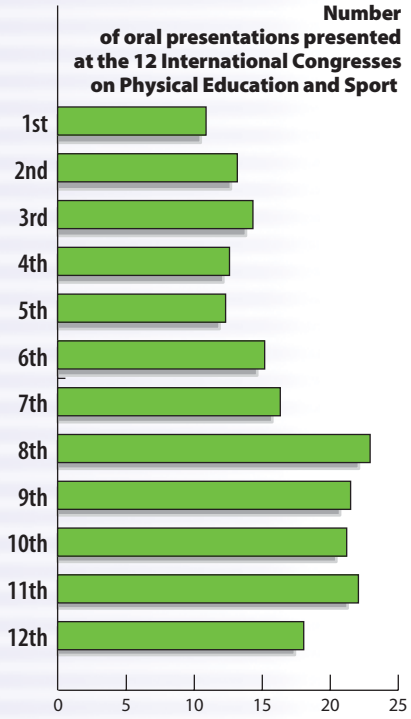


Figure 17. *Number of oral presentation which were presented at the 12 International Congresses on Physical Education and Sport .*

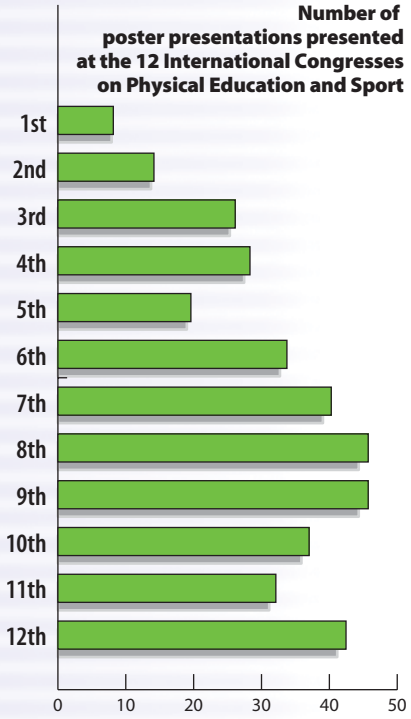


Figure 18. *Number of oral presentation which were presented at the 12 International Congresses on Physical Education and Sport .*

The constant improvement of the quality of these international congresses is manifested by the increasing number of delegates from various countries of the world (Figure 16). Delegates come from the whole spectrum of physical education science, in particular from the areas of physical education in school education, recreation sports in leisure time, issues concerning coaching and achievement of high performance, sports for the disabled, modern rehabilitation methods and other health related issues.

4,000 papers (Figure 7) and 1,800 notices (Figure 8) have been presented overall at the 12 International Congresses on Physical Education and Sport. In addition, more than 55 round tables and 50 training seminars have been held.

Since the Department was established its students have given meaning to the term volunteerism. More than 2,500 students of the Department of Physical Education and Sport Science have volunteered to help host these 12 congresses. The active contribution of our students begins many months before the commencement of the congresses, continues with secretarial and technical support during the congress, and concludes with the impressive opening and closing ceremonies.

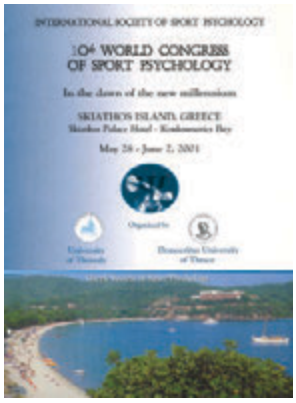
Lastly, one should not omit to mention the volunteer work of the teaching and administrative staff of the Department of Physical Education and Sport Science over all these years. Our efforts continue with the organisation of the next International Congress!...

International Congress of the European Committee for Sport History

The Department of Physical Education and Sport Science of the Democritus University of Thrace organised the 8th International Congress of the European Committee for Sport History from 25 to 28 September 2003 at Ancient Olympia on the subject of "The Ancient and Modern Olympic Games: Their Political and Cultural Dimensions". It welcomed 220 delegates from 22 countries from all 5 continents. This daring project –given that the Department is located 1,200 km from Ancient Olympia- was realised with the help of a large number of colleagues and students from the Department.

The Congress was held at the facilities of the International Olympic Academy, with simultaneous interpretation into Greek, English and French. The Congress' academic proceedings included 2 parallel meetings, 62 notices, one round table, 4 guest speakers, as well as the presentation of 20 papers. The Congress also included presentations of the idea of the Olympic Truce and the leading figures involved in the Cultural Olympiad 2004 made by guest speakers. The complete proceedings of the Congress have since been published and contain 57 papers, which have been reviewed by the Scientific Committee. In addition to its academic dimension, several cultural events were held during the course of the Congress such as an art exhibition, an Olympic stamp exhibition, tours and art nights.

Athletic Psychology World Congress



The Department of Physical Education and Sport Science of the Democritus University of Thrace along with the respective Department in Thessaly and the Athletic Psychology Society organised the 10th Athletic Psychology World Congress from 28 May to 2 June 2001 in Skiathos on the subject of "Sport and Exercise Psychology at the Dawn of the New Millennium". The Congress welcomed 590 delegates from 69 countries and it included keynote addresses from guest speakers and 615 papers, while the preparations for the 12th World Congress, which will take place from 4 to 9 September 2007 in Halkidiki, have already begun.

International Congress on Athletic Psychology

The Department of Physical Education and Sport Science along with the Athletic Psychology Society organised the 1st International Congress of Athletic Psychology from 1 to 3 November 1996 in Komotini on the subject of "Athletic Psychology: New Trends and Application". The Congress welcomed 250 delegates from various countries, and it included 6 keynote addresses from guest speakers and 52 papers covering the following issues: Stimulation, Social Psychology, Performance, Measurements and Evaluation, Motor Control and Learning, and Special Issues.

SPORT EVENTS

It is a firm belief of the Department of Physical Education and Sport Science, that along with promoting academic research, the principles of fair play and the competitive spirit have to be advanced and to this end a plethora of sport events have been organised by the Department. These events – whether they be championships, sport meetings or just one day events – have been marked by their flawless organisation and high levels of volunteerism, while in cases of international participation they have also been a means of strengthening the bonds between athletes and the countries which they represented.

2nd University Sports Meeting

The University Sports Meetings are the largest sports events in tertiary education and contribute to the development of sports within universities. To this end, the DPESS organised the 2nd University Sports Meeting, which was held in three cities – Komotini, Xanthi, Alexandroupoli – from 2 to 8 May 1993. The athletics, basketball, swimming and rhythmic gymnastics events were held in Komotini; chess, water polo, football and tennis in Xanthi, while table tennis, shooting, and volleyball events were held in Alexandroupoli. Fifteen universities from all over Greece and a total of 880 students participated in the meeting.

Balkan Track Event Championship for Teenagers

The 30th Balkan Track Event Championship for Teenagers is one of the most important athletic events in the sport and enables young Balkan athletes to strengthen the bonds between their countries. This event, which was embraced by the fans of track sports, took place on 24-25 July 1999 at university facilities in Komotini, on the initiative of the late Mayor of Komotini, Mr. Georgios Papadrielis, with the contribution of the DPESS, and the cooperation of the Hellenic Athletics Federation. 650 athletes from Greece, Albania, FYROM, Bulgaria, Turkey, Moldavia, Yugoslavia, Bosnia-Herzegovina and Romania participated.

1st International Graeco-Roman Wrestling Tournament for Teenagers

On 23-24 February 2002, the 1st International Graeco-Roman Wrestling Tournament for teenagers took place in the new university indoor hall belonging to the DPESS. Athletes from Albania, Bulgaria, Georgia, Yugoslavia, the U.S.A., Japan, Cyprus, Moldavia and Greece participated in the event.

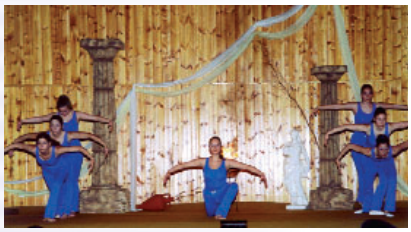
Balkan Badminton Championship

The Balkan Badminton Championship took place from 16 to 20 July in the new university indoor hall of the DPESS. It was divided into 2 categories for men and women (under 19s and under 13s). The participants were athletes from six Balkan countries, namely Bulgaria, Romania, Turkey, Yugoslavia, Moldavia and Greece.

Balkan Gymnastic Games

The Balkan Gymnastics Games for teenagers took place on 13-14 December 2003 in the new university indoor hall of the DPESS. Male athletes from Albania, Bulgaria, Romania, Serbia-Montenegro, Turkey and Greece participated while women athletes came from Albania, Bulgaria, Moldavia, Romania, Turkey and Greece.

General Gymnastics Events



The Department of Physical Education and Sport Science has put together a team of 25 students taking elective courses or specialising in Gymnastics, Rhythmic Gymnastics and Classical Ballet which is actively involved in presenting general gymnastics routines and choreographies related to the Olympic Games and sports in general (their works include “Olympic Truce: A Call for Peace”, “The City is… Athens”, “Ode to the Defeated Athlete”, “Tell them to start off for Olympia”), and which has participated in several events in Greece and abroad.

AWARDS FOR OUTSTANDING PERSONALITIES

Award Ceremony for Olympic Victors

During its twenty years of academic presence, the Department of Physical Education and Sport Science of the Democritus University of Thrace has made a cultural contribution to the activities of the border region of Thrace. Among other things, of note are the ceremonies conferring awards on outstanding personalities in the academic and sports world. During these ceremonies, which are flawlessly organised, distinguished persons are awarded honorary plaques, commemorative degrees and souvenirs, and are given the opportunity to step onto the podium and utter heartfelt words, and illuminate the ceremony with their presence and enforce the spiritual role of the Department in the border region of Thrace.

Award being conferred on Nikos Kaklamanakis

Without doubt, one of the best ceremonies was the award ceremony for all Olympic Victors up to and including the Olympic Games of Atlanta. The ceremony took place during the 5th International Congress on Physical Education and Sport on 16 May 1997.

The award ceremony was a token of honour and recognition of the great Greek athletes and persons who had distinguished themselves in the world sports community and honoured Greece at the Olympic Games up to and including 1996. These athletes, as symbols of constant effort, success and acknowledgement, have left their unfading mark on the Thracian land.

Award being conferred on Petros Galaktopoulos

Handprint of Ioannis Melissanidis

Olympic Victor Avenue

In recognition their performance in the Olympic Games, the University has dedicated a main road on campus to them near the Rector's Building which has been named "Olympic Victor Avenue". By leaving their handprints and signatures on the base of special marble columns, individually placed and carrying the name of each one of the athletes, the Olympic Victors have made their own mark on the history of the Democritus University of Thrace.

Signature of Stelios Minakis

Awards being conferred on Olympic Champions

In a particularly moving ceremony, Alexandros Taxildaris received an award for having come second in swimming at the Athens 2004 Paralympic Games. As a real champion in life he rightfully gained, by means of his courage and performance, the recognition, respect and love of all of us not only for his success but above above all for his effort to draw strength, willpower, persistence and faith in life from the difficult circumstances of life itself.

Award being conferred on Alexandros Taxildaris

Award being conferred on Gianna Angelopoulou-Daskalaki

The President of the Organising Committee for the Olympic Games "Athens 2004", Mrs. Gianna Angelopoulou-Daskalaki, also made a great impression as keynote speaker at the opening ceremony of the 10th International Congress on Physical Education and Sport organised by the Democritus University of Thrace DPESS on 17 May 2002 in Komotini. She was given a painting entitled "Stefani Eleas" (The Olive Wreath) by the well known Thracian artist Giannis Mitrakas.

Karel Wendl

Outstanding figures from academia, distinguished Greek and foreign scientists, journalists, researchers and university professors have illuminated several events organised by the Department during its twenty years in operation with their presence. Among the persons honoured by the Department are the Director of Olympic Studies and of the Research Centre of the International Olympic Committee, Karel Wendl, the President of Olympic Games Committee Mr. Antonios Tzikas, the Rector of the University of Thessaly, Professor Konstantinos Bagiatis, the professor of cardiology of the University of Athens,

Antonios Tzikas

Mr. Pavlos Toutouzas, the professor of criminology of the Department of Communication and Media Studies of the University of Athens, Mr. Giannis Panousis, the distinguished journalist and sport historian, Mr. Petros Linardos, the professor of ergophysiology, Mr. Luc Leger from MacGill University, Canada, as well as the late professor of biokinetics and athletic physiology, Mr. Carmelo Bosco from the Kuortane University of Finland.

Giannis Panousis

Luc Leger

Pavlos Toutoutzas

Petros Linardos

Konstantinos Bagiatis

Carmelo Bosco

SOCIAL OUTREACH

The Department of Physical Education and Sport Science of the Democritus University of Thrace is not only focused on its educational and research role, but also extends its activities to cover issues related to the local community, cooperating widely with several local organisations such as the General Prefectural Hospital of Komotini, local old people's homes, the Special School, the Prefecture of Rhodopi Cardiopath Association, as well as various sport and youth organisations. These activities relate to running mass sports programmes for fit people, persons with chronic diseases, or special needs, as well as organising one day meetings to provide information on exercise and health issues while the Department is also actively involved in blood donation initiatives.

Student Work Experience Scheme

Exercise and Heart Disease

Exercise and Kidney Disease

Exercise and Obesity

Fully aware of the beneficial impact of exercise on all bodily functions, using funds from the Community Support Framework, since 1997 the DPESS has been running a pioneering student work experience scheme covering fit individuals as well as persons in special categories facing certain health problems. These schemes cover all age groups, from preschool age to old age, and offer specialised forms of exercise to fit people and persons suffering from obesity, high blood pressure, heart diseases, diabetes, asthma, osteoporosis and back pains, as well as persons with special needs. These schemes have been run in the Municipalities of Komotini, Xanthi, Alexandroupoli and Sappes, as well as in the villages of Kallisti, Neo Sidirohorio, Thrilorio, Rhoditis and Agii

Exercise and Osteoporosis

Exercise and Back Pain

Exercise and Old Age

Theodori, with the participation of more than 700 citizens in each period. It should be mentioned, that in the context of implementing these various schemes, partnerships have developed with several organisations such as the General Prefectural Hospital of Komotini which resulted in rehabilitation programmes for persons with heart diseases, the Kidney Clinic of the Democritus University of Thrace Medical School for persons with chronic kidney failure, old people's homes and the Special School, in order to improve the health and quality of life of citizens.

One day meetings

The Komotini-based DPESS has cooperated with the Municipal Youth and Sports Organisation in hosting five academic one day meetings between 2000 to 2004 in order to inform the local community on issues of sports and health.

- **2000:** 1st Academic One Day Meeting on mass sport programmes in local government
- **2001:** 2nd Academic One Day Meeting on mass sport programmes in local government
- **2002:** 3rd Academic One Day Meeting on mass sport programmes in local government
- **2003:** 4th Academic One Day Meeting on mass sport programmes in local government and badminton and wrestling demonstration
- **2004:** 5th Academic One Day Meeting on mass sport programmes in local government and goal-ball, badminton and dance aerobic demonstration in the Komotini Indoor Hall

Given its focus on organisational and administrative issues in sports, the DPESS has also held one day meetings in order to provide briefings about issues related to organisation and administration of sport venues and events.

2000: "Sydney 2000: Experience of the Democritus University of Thrace DPESS – Athens 2004: The Prospects"

2001: "Olympic Venues for 2004. Will we be ready? Have we thought of everything?"

2002: "Euro 2008 – Greece – Turkey candidates for co-hosting the event"

2004: "Prevention and handling of violence at sports venues"

Activities in Applied Physical Education

The DPESS's interest in the disabled finds expression in sports programmes and events established in order for these persons to integrate into society as a whole.

As part of the student work experience schemes, students in the Applied Physical Education specialisation undertake to train mentally retarded individuals from the Prefecture of Rhodopi Special Child Care Association (Agii Theodori) every evening. In addition, during the period 1999-2001, students from the Department also participated in organising track events for the mentally retarded of the region of Eastern Macedonia and Thrace. The events where held in Xanthi, Komotini and Drama. Students cooperated with local organisations in Komotini and Xanthi, in order to inform and raise interest among the public about the disabled while also demonstrating and teaching Paralympic sports.

Blood Donation

On the first Wednesday of every December, students specialising in Mass Sports and Recreation at the DPESS organise a "Blood Donation Day", producing on average 50 pints. In this way, they provide services to society and awareness of social solidarity and volunteerism issues are raised.

From the first breath all the way to adulthood...
1984 - 2004

It was a long road thus far, a difficult road...

Giannis Ritsos

We were all together tirelessly unfolding
our time...
We sang silently about the days to come
burdened down with colourful visions...

Manolis Anagnostakis

... we have not yet lived
our most beautiful days...
the most beautiful sea
we have not yet sailed...

Nazim Hikmet

THE BOOK

"DEPARTMENT OF PHYSICAL

EDUCATION AND SPORT SCIENCE,

DEMOCRITUS UNIVERSITY OF

THRACE

1984-2004

FROM THE BREATH ALL THE WAY

TO ADULTHOOD"

DESIGNED IN JUNE 2005

IN THESSALONIKI

BY THOMAS GINOUDIS

AND PRINTED IN KOMOTINI

BY COSTAS PAPAZOGLOU