

Democritus University of Thrace
Department of Physical Education and Sport Science

The Undergraduate Program of Study Prospectus

Democritus University of Thrace
Department of Physical Education and Sport Science

The Undergraduate Program of Study Prospectus



KOMOTINI 2005

Coordinator: **Vasilios SERBEZIS**

Edited by: **Maria MICHALOPOULOS**
Evangelos ALBANIDIS

Working team members: **Vasiliki DERRI**
Vasilios GOURGOULIS
Thomas KOURTESIS
Theophilos PILIANIDIS
Anastasia BENEKA
Dimitrios GOULIMARIS
Efthimios KIOUMOURTZOGLOU

The checking of the various sector contents was done by:

George KOSTA

Yiannis FATOUROS

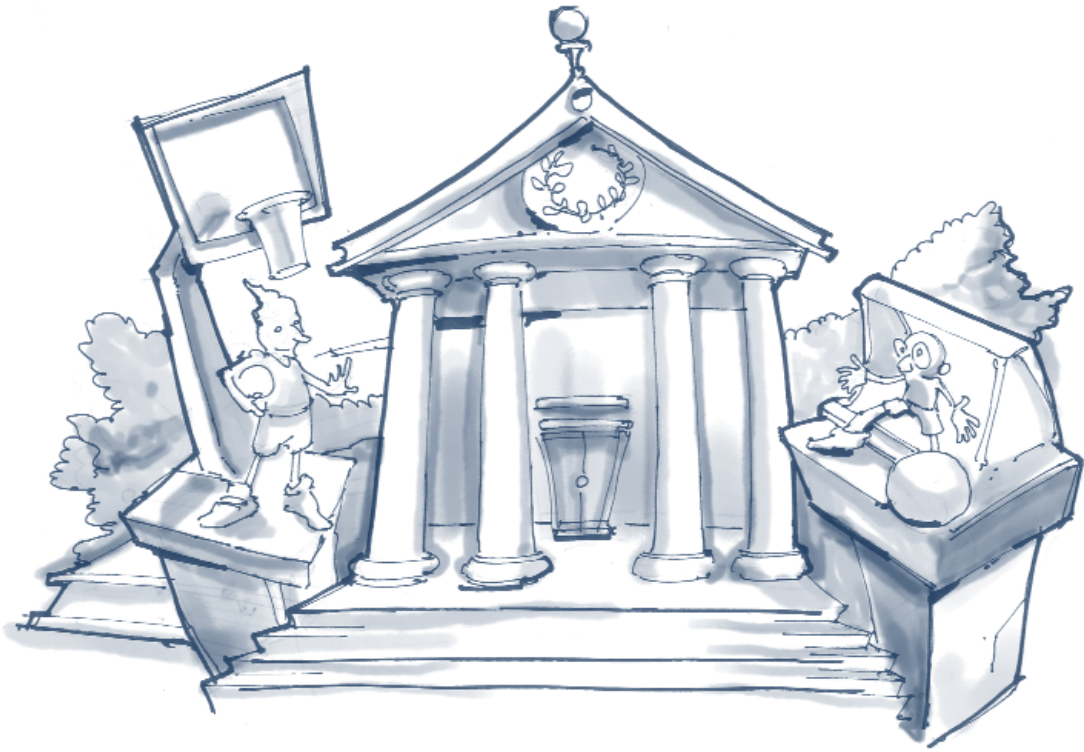
Translations: **Anastasia TSIBIRIDOU**
Eleni DANIOLOU
Alexandra VLACHOU
Rodoula TSOBANIKOLIDOU

Drawings: **Georgios DIMITRIOU**

Cover: **Christos SERBEZIS**

Lay-out: **Thomas GINOUDIS**

Print: **EKDOTIKI RODOPIS**



CONTENTS

PART 1: GENERAL INFORMATION

Democritus University of Thrace	13
Foundation –Background	13
Mission and Goals	14
Administrative Bodies	14
Department of Physical Education and Sport Science	15
Foundation	15
Mission and Goals	15
Fields of Study and Degrees	15
Department Facilities	15
Administration	16
Previous Heads of Department	17
The Students	18
Post-Graduate Studies	18
The evolution of the Undergraduate Program of Study	19
The Department’s Sectors	19
Administration Staff	21
Faculty and Staff	21
Teaching and Lab Support Staff	25

PART 2: THE UNDERGRADUATE PROGRAM OF STUDY

Mission and Goals of the Department	29
--	----

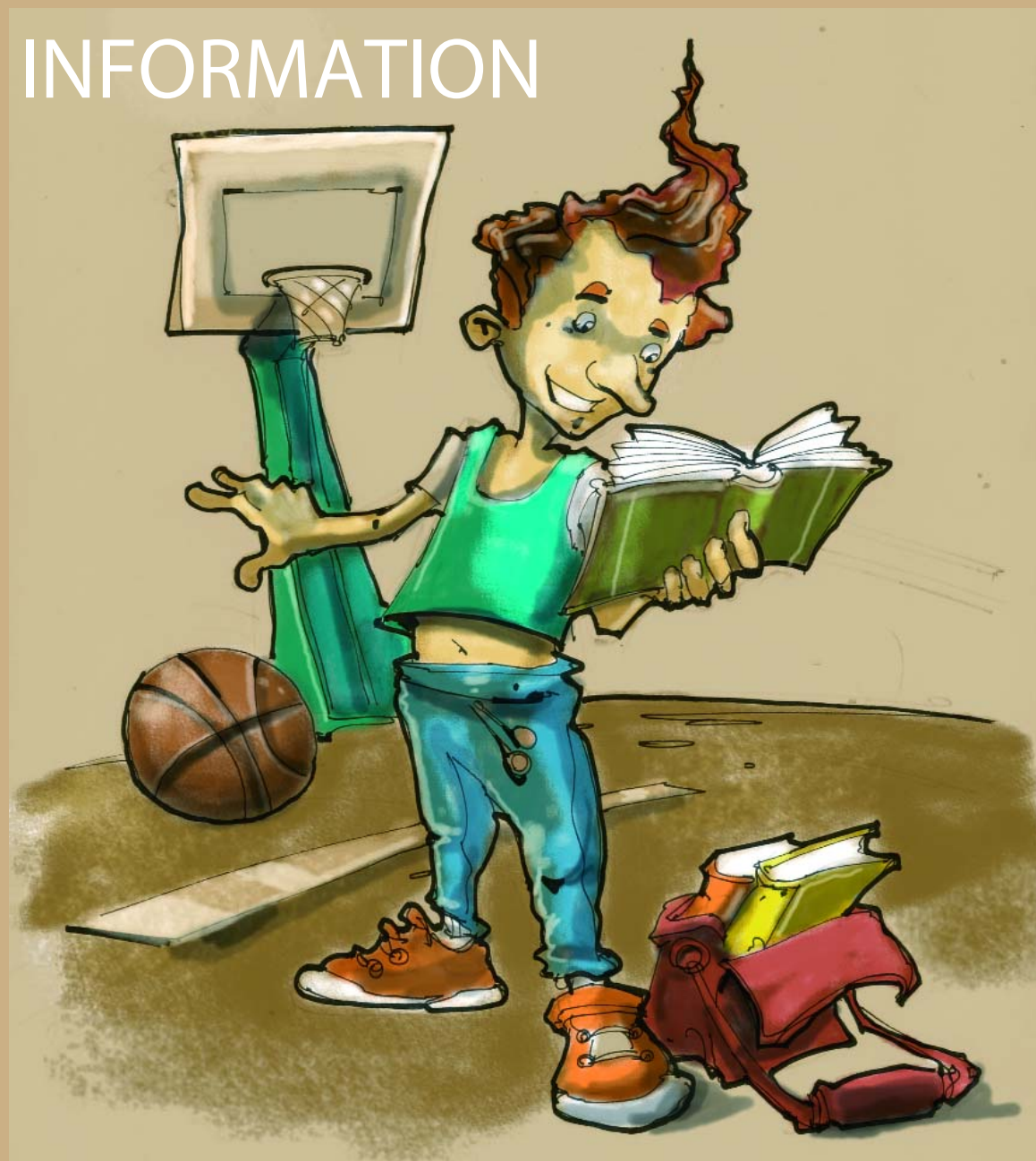
Contents and Application of the Undergraduate Program of Study	31
Courses offered	31
Concentration Studies	32
The Objectives of Concentrations and Specializations	33
Analytical Diagram of Teaching Courses	38
Courses for the area of Concentration: Sports Training Theory and Application	41
Courses for the area of Concentration: Physical Activity	61
Courses for the area of Concentration: Exercise for Special Populations	65
Courses for the area of Concentration: Dance Elective Courses	67
Course Outline	74
Core Studies	74
Concentration Studies	80
Courses for the Area of Concentrations	83
Specialization Courses	89
Elective Courses	115

PART 3: ORGANIZATION OF STUDIES

Intersarsity Partnerships	129
Library	131

PART 1

GENERAL INFORMATION



THE DEMOCRITUS UNIVERSITY OF THRACE

Foundation-Background

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 born at the 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 comprises 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.

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 Polytechnics School of

and the Department of Civil Engineering in Xanthi. In the following year, the Department of Engineering and Electrical Engineering began operating within the School of Engineering of Xanthi. Since then, the following Departments have been founded in chronological order:

- In 1977, the School of Medicine was founded in Alexandroupoli (by means of Law 641/22 of July 1977), and began operating in 1985.
- In 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 former began operating in 1986 and the latter in 1987.
- In 1983, the Department of Physical Education and Sport Science was founded in Komotini (by means of Presidential Decree 465/83) and began operating in 1987.
- In 1990, the Department of History and Ethnology was founded (by means of Presidential Decree 149/90) and began operating in 1991.
- In 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.
- In 1994, the Department of Social Administration was founded in Komotini (pursuant to Presidential Decree 304/94) and

began operating in 1996.

- In 1998 the School of Educational Sciences was founded in Alexandroupoli (by means of Presidential Decree 39/98) and included the two pre-existent Departments, those of Pre-School and Primary Level Education.
- In 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.
- In 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.

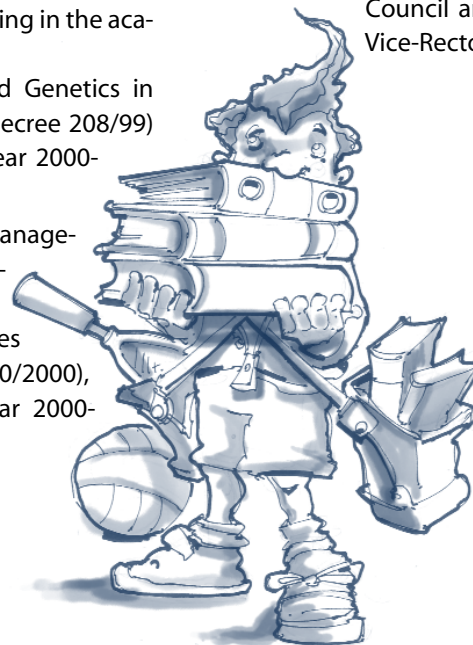
Aims and Goals

The educational mission of the Democritus University of Thrace encompasses the following main objectives:

- 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 for the 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

Foundation - Background

The Department of Physical Education and Sport Science was founded in 1983 by a Presidential Decree (number 465/83) and started operating in the academic year 1984-85.

Mission and Goals

The mission of the Department of Physical Education and Sport Science encompasses the following main objectives:

- to cultivate and promote the Science of Physical Education and Sport through academic and applied teaching and research.
- to provide its graduates with adequate knowledge that will ensure their integrated proficiency for their scientific and professional career.
- to contribute to the development of sports in Greece and at the same time to cultivate and propagate the athletic ideal all over Greece.
- to raise public awareness regarding the importance of physical education as a crucial factor contributing to the improvement of people's standard of living.

Fields of Study and Degrees

1. The Department of Physical Education and Sports Science awards the relevant degree of Physical Education and Sports.
2. All issues relevant to the Academic procedures and require-

ments of the Undergraduate and Graduate programs of study are determined according to arrangements regarding relevant University Departments. The minimum numbers of semesters required for obtaining a degree is eight.

3. Graduates of the Department of Physical Education can undertake:
 - a. The teaching of Physical Education and Sport Science in every level of education, in athletic clubs and in all relevant professional and social settings.
 - b. The teaching of courses relevant to the science of Physical Education.

Department Facilities

The academic and athletic facilities used by the Department are the following:

- a. The Ministry of Agriculture has allotted the buildings and facilities of the Secondary Agricultural School of Komotini, which is located at the 7th km of the National Road Komotini - Xanthi. These premises include: the faculty offices, the Administration Office, the Library, the Laboratory of Physical Education and Exercise, lecture rooms, as well as specially designed facilities for gymnastics, dance and shooting. In the surrounding area volleyball, basketball and tennis courts are located along with an allotted area for field and track events (throws and jumps).
- b. The General Secretariat of Sports has allotted for use:

- the indoor Sports Hall of Komotini
 - the Aquatic Facilities of Komotini
 - the track of the Panthracean Stadium
- c. The General Army Staff has allotted 26 acres at the 6th km of the National Road Komotini - Xanthi, close to the Department's premises, where a Soccer pitch, the area for the field and track events and four tennis courts have been constructed.
- d. The University has rented close to the Department's premises an indoor area of 4.800 m², which has been transformed into a University Athletic Centre which contains: 2 volleyball courts, 2 basketball courts, 2 tennis courts, 1 Team Handball court, a weightlifting room, a gymnastics room for men and women, a room for competitive rhythmic gymnastics, dance room, a boxing and wrestling room, badminton courts, a track area of six lanes (length 80 m.) for sprint events and jumps, covered by elastic carpet.
- e. Two newly constructed facilities at the Campus: the Aquatic Centre and the Olympic size track and Soccer stadium have been in use since the academic year 1996-97. The Aquatic Centre has a 25 m pool, a diving pool 25x 25m, a small pool for teaching and tiers for 1500 spectators. Office rooms, lecture rooms, an infirmary room and other auxiliary halls for holding athletic events and seminars are also included. The stadium located next to the Aquatic Centre has a

lawn Soccer pitch, a 400 m track of 8 lanes with synthetic carpet and tiers for 2000 spectators.

- f. The newly constructed Indoor Sports Hall at the Campus was first used in 2002. This hall can accommodate events and practice sessions for the sports of Soccer, Team Handball, Badminton, Weightlifting, Wrestling, Judo, Aerobic and Martial arts as well as tiers for 2500 spectators.
- g. New facilities. The Department will soon move and operate on its own premises (15.000 m²) which are adjacent to the Indoor Sports Hall and the Aquatic Centre area (block of the Dpt. of P.E. and S.S. 49 acres). The new building has 6 lecture rooms, 2 amphitheatres, a state of the art laboratory area, faculty and administration offices. The Rehabilitation Centre (521 m²), the Library with an extra reading room for disabled people, a book storeroom, and a computer room will be located in adjoining independent buildings

Administration

The administration of the Department, from its foundation in 1983 up to 1992, has been carried out by appointed Professors from other Departments or University Schools, who were members of the Rector's council. In 1992-93 the first independently elected administration of the Department took over.

Previous Heads of Department



1986-1987

Stavros Savidis

Professor of the Department
of Civil Engineering



1987-1988

Dimitrios Papadopoulos

Professor of the Department of Electrical
and Computer Engineering



1988-1992

Giannis Panousis

Professor of the Law School



1992

Asterios Liolios

Professor of the Department
of Civil Engineering



1992-1994

Efthimios 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



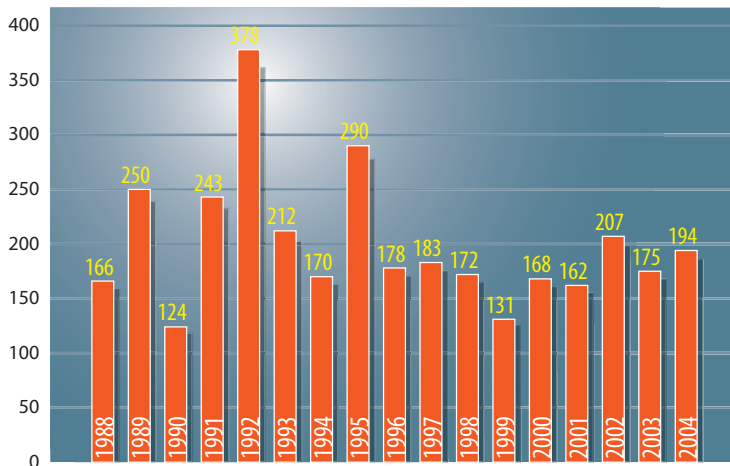
2000-2004

Kyriakos Taxildaris

Professor of the Department of Physical
Education and Sport Science

The Students

The Department has both Undergraduate and Post-graduate students. During the 20 years of its operation, the total number of students enrolled in the Department, has risen to 6735, 1777 of whom have transferred to other departments of Physical Education and SS. To date, 3403 of our students (86,8%) have graduated.



Graph 1. Number of students graduating from the Department.

Post- Graduate studies

A. The Department of Physical Education and Sports Science of the Democritus University of Thrace organised and ran a Programme of Post-Graduate Studies (P.G.S) from the academic year 1993-1994 to 2001-2002 which awarded:

1. Master of Science in Physical Education (M.Sc)
2. Doctoral Degree in Physical Education (Ph.D)

Since the academic year 2002-2003 the Departments of Physical Education and Sport Science of the Democritus University of Thrace and that of the University of Thessaly have been running an Interdepartmental Programme of Post-Graduate Studies (I.P.G.S.) on "Exercise and Quality of Life". The (I.P.G.S.) awards:

1. Master of Science in "Exercise and Quality of Life" comprising the following areas of concentration:
 - a) Maximization of Athletic Performance
 - b) Pedagogy and Creative Learning
 - c) Prevention- Intervention - Rehabilitation
 - d) Physical Activity and Athletic Recreation
2. Doctoral Degree in Physical Education (Ph.D)

B. The Departments of Physical Education and Sport Science of the Aristotle, Democritus, and Thessaly Universities have been running since September 1988 an Interdepartmental Programme of Post-Graduate Studies (I.P.G.S.), which awards:

1. Master of Science in "Human Performance and Health" comprising the following areas of concentration:
 - a) Exercise and Health
 - b) Physical Education in Schools
 - c) Athletic Training of Team Sports
 - d) Physical Activity for People with Special Needs

2. Doctoral Degree in Human Performance and Health Students with a post-graduate degree (Master) and equivalent certificates (from other countries) can be directly admitted in the doctoral program of study.

The above two (A) and (B) I.P.G.S admit: graduates of the Departments of Physical Education and Sports Science of Greece, graduates of Physical Education from other countries who have certified their Degrees as equivalent with the Greek ones and all graduates of Universities and Departments of Technological Education Institutes, according to the regulations of the 5th article, para. 12 of the law 2916/2001 (NGG 114 vol. A.), of the Greek State, or equivalent acknowledged overseas institutions of abroad.(under certain conditions)

Attendance for the Post-Graduate courses includes four (4) teaching semesters for the Master's Program and eight (8) semesters for the Doctoral Degree, including the four (4) semesters of the Master's Program.

TABLE 2

Students Enrolled and graduates of the Post- Graduate Programs

Post- Graduate Programmes	Year of Foundation	Students Enrolled	Graduates
Programme of Graduate Studies	1993	220	158
Interdepartmental Program			
"Human Performance and Health"	1998	72	51
Interdepartmental Program			
"Exercise and Quality of Life"	2003*	276*	15*
TOTAL	568	224	

*The Interdepartmental Program "Exercise and Quality of Life" is still running and the majority of the students enrolled have not yet completed their studies.

The Department has also awarded a **Doctoral Degree** to 88 scientists through its Post-Graduate programs. It should be noted that the first Doctoral Degree was awarded in 1991.

The evolution of the Undergraduate Program of Study

The General Assembly of the Department, in its effort to continually upgrade the quality of studies offered, has modified the program of study, taking into consideration the prevailing trends in the field of Physical Education worldwide as well as the best possible career prospects for its graduates.

To date the following modifications of the program of study have occurred: the first in the academic year 1990-91, the second in 1993-94, the third in 1995-96 and the fourth was decided upon during the N. 287/27-6-2004 session of the General Assembly.

The Department's Sectors

By means of Ministerial decision (FEK of publication 587/18 May 2001) three sectors have been instituted and put into function. All faculty members were allocated within the three sectors which correspond to specific subject areas. The head of the sector is elected by its members. The Departments Sectors are the following:

1. Sector of Sports Training Theory and Application

The Sports Training Sector covers the following areas of study: *Athletic Training, Coaching Biomechanics, Statistics, Exercise physiology, Exercise Physiology, Biochemistry of Exercise, Training in Individual and Team Sports, Nutrition and Athletic Performance, Motor Learning, Motor Development, Motor Control, Gymnastics, New Technologies in Physical Education and Sports, Research Techniques in Athletic Science, Test- Measurements – Assessment methods in Sports Science.*

2. Sector of Sports Management - Physical Education in Schools - Recreation

The sector of Sports Management - Physical Education in Schools - Recreation covers the following areas of study: *Sports for all and Recreation, Sociology in Sport, Organization and Sports Management, Pedagogic Sciences, Physical Education in Education, Teaching and Methodology of Physical Education and Sports, Motor Education, Assessment in Physical Education and Sports, Greek Traditional Dances, Psychology, History of Physical Education and Sports, Philosophy of Physical Education and Sports.*

3. Sector of Exercise and Health

The Sector of Exercise and Health covers the following areas of study: *Sports Rehabilitation, Muscle and Skeleton Injuries, Anatomy, Specific Diseases and Exercise, Adapted Physical Education.*

Laboratory of Physical Education and Exercise

The Laboratory of Physical Education and Exercise was founded by means of the Presidential Decree 466/1991 and assists laboratory courses in the undergraduate and post-graduate program of study as well as research programs and contents. Laboratory and field assessments contribute to the proper training of Olympic athletes. The sectors of Sports Rehabilitation, Biomechanics, Exercise physiology, Physical Education and Motor Learning as well as Athletic Training are currently in function.



ADMINISTRATION STAFF

FACULTY AND STAFF

NAME - TITLE E-MAIL	AREA OF STUDY	TEACHING ACTIVITY-COURSES
1 George Godolias Professor ggodolia@phyed.duth.gr	<i>Sports Medicine focusing on Injuries and Diseases of the Motor system</i>	Sports injuries, Diagnostic and therapeutic modalities in rehabilitation, Cardiovascular disease and exercise, Special diseases and exercise
2 Kioumourtzoglou Efthimios Professor kioumour@phyed.duth.gr	<i>Team Sports focusing on Motor Learning</i>	Motor Learning, Pedagogy, Assessment Methods in Physical Education, Leadership in Physical Education , Research Methods
3 Mavromatis George Professor gmavroma@phyed.duth.gr	<i>Data Analysis in Physical Education focusing on Biomechanics</i>	Statistics in Physical Education, Risk Management in Athletic facilities
4 Taxildaris Kyriakos Professor ktaxilda@phyed.duth.gr	<i>Athletic Training</i>	Athletic Training in theory and Practice, Principles of Planning and Guiding Training
5 Tokmakidis Savvas Professor stokmaki@phyed.duth.gr	<i>Exercise Physiology</i>	Ergophysiology, Sports Physiology, Clinical Exercise Physiology, Cardiovascular Diseases and Exercise, Chronic Diseases and Exercise.
6 Harahousou- Kambitsis Yvoni Heleni Professor yharahou@phyed.duth.gr	<i>Sports for All</i>	Sociology of Sports, Fundamentals of Leisure time and recreation, Recreation in Aging, Sports for all (adults) Therapeutic Recreation
7 Kosta George Associate Professor gkosta@ phyed.duth.gr	<i>Leisure and Recreation Management</i>	Sport Tourism, Leisure and Recreation, Sport for all, Fitness Centres and Fitness Management, Administration of Summer Sport Camps, Entrepreneurship in Sports, Outdoor and Extreme Sports
8 Laios Athanasios Associate Professor alaios@phyed.duth.gr	<i>Special Coaching focusing on Basketball</i>	Basketball, Sport Management, Sport Marketing, Public Relations in Sports, Economy and Sports
9 Laparidis Konstantinos Associate Professor lapco@phyed.duth.gr	<i>Specified Training Theory focusing on Basketball</i>	Nutrition and Sport Performance, Biochemistry, Nutrition and Health, Basketball.

10	Mantis Konstantinos Associate Professor kmantis@phyed.duth.gr	Tennis	Acquisition of teaching skills and improvement of individual performance, Acquisition of coaching skills and organizing tennis tournaments, Practice in teaching and training in tennis, Acquisition of basic and special skills in ski, Sport in Hotels.
11	Michalopoulou Maria Associate Professor michal@phyed.duth.gr	Skill Learning in Physical Activity and Sports	Motor Learning, Teaching and Learning Sport Skills Volleyball Exercise in Older adults Physical Growth and Maturation in Physical Activity.
12	Serbezis Vasileios Associate Professor vserbezi@phyed.duth.gr	Special Coaching focusing on the Systematic Didactics of Greek Dance	Method and Dance Teaching, Prosody Metrics, The technique of the Greek Traditional Dance, Folk Dance Expression, Dance Performance
13	Agelousis Nikolaos Assistant Professor nagelous@phyed.duth.gr	Biomechanics focusing on Myoelectrical Models in Physical Education	Biomechanics, Sport Biomechanics, Special Diseases and Exercise, Motor Control and Performance
14	Albanidis Evangelos Assistant Professor valbanid@phyed.duth.gr	History of Physical Education	History of Physical Education, Philosophy –Ethics, Olympic and Athletic Education, Modern Olympic Games, History of Dance-Aesthetic
15	Panagiotis Antoniou Assistant Professor panton@phyed.duth.gr	New Technologies in Physical Education and Sport	New Technologies in physical Education, New Technologies in Sport, Swimming, Badminton
16	Gargalianos Dimitrios Assistant Professor dgargali@phyed.duth.gr	Sports Management	Sports Management, Sports Public relationships, Sports Facilities
17	Gourgoulis Vasilios Assistant Professor vgoyrgoy@phyed.duth.gr	Sports Training focusing on the Analysis of Technique of Athletic Movements	Technique of swimming styles, Series of methods and exercises for teaching swimming, training in childhood and adolescence
18	Derri Vasiliki Assistant Professor vaderri@phyed.duth.gr	Teaching Physical Education focusing on Elementary School	Elementary Physical Education, Cognitive and Social Skill Development, Physical Activity in Schools and Local Organizations.
19	Douda Hellen Assistant Professor edouda@phyed.duth.gr	Rhythmic Gymnastis	Rhythmic Gymnastics, Methodology of Rhythmic Gymnastic Exercises, Choreography preparation in Gymnastics, Biological adaptations of Dance
20	Charalambos Kougioumtzidis Assistant Professor	Orthopaedics Traumatology, First Aid	Anatomy, First Aid

21	Kourtesis Thomas Assistant Professor tkourtes@phyed.duth.gr	<i>Motor coordination focusing on Developmental Coordination disorders</i>	Technique in swimming, Methods & exercises for teaching swimming, Development of motor coordination in childhood, Physical activity for children of moderate & low ability
22	Mavidis Alexandros Assistant Professor amavidis@phyed.duth.gr	<i>Tennis focusing on Abilities Diagnosis</i>	Acquisition of basic skills-Basic strokes, Acquisition of special skills at tennis-special strokes, Principles of “differentiation” at teaching and training sports, Beach tennis.
23	Paraskevi Malliou Assistant Professor pmalliou@phyed.duth.gr	<i>Sports Injuries Rehabilitation</i>	Musculoskeletal diseases and exercise, Special diseases and exercise, Adapted strength training, Biological adaptations and overuse syndromes in dance
24	Anastasia Beneka Assistant Professor ampeneka@phyed.duth.gr	<i>Physical Rehabilitation</i>	Sports injuries and rehabilitation, Counseling in rehabilitation, Assesment and Design of rehabilitation programs, Special diseases and exercise.
25	Pilianidis Theophilos Assistant Professor thpilian@phyed.duth.gr	<i>Specific Training of Athletics</i>	Track and Field Athletics, Methodology in runs, jumps and throws, Application of training theory in runs, Jumps, Throws and Combined Events During developing period, Search selection of athletic talents
26	Athanailidis Ioannis Lecturer athan@phyed.duth.gr	<i>Organization of Education in Tennis</i>	Introduction in tennis. Mini tennis, The acquisition of The teaching ability in tennis, acquisition of training ability,
27	Amoutzas Kyriakos Lecturer	<i>Physical Education focusing on Winter Sports</i>	Introduction to skiing, basic skills development on skiing, basic skills acquisition on skiing descent, teaching ability development on skiing
28	Giannakopoulos Konstantinos Lecturer kgiannak@phyed.duth.gr	<i>Gymnastics</i>	Gymnastics, Functional Gymnastics, Exercise with Resistance
29	Goulimaris Dimitris Lecturer dgoulima@phyed.duth.gr	<i>Management of Greek Traditional Dance</i>	Management of Cultural Events, Dance therapy, Dances and Cultures of the World, Special Dance’s Issues, IHistory and Aesthetics of Dance, Creative Dance
30	Grigoropoulos Panagiotis Lecturer pgregoro@phyed.duth.gr	<i>Swimming focusing on Psychosomatic Demands</i>	Technique of Water Polo, Series of Methods and Exercises for Teachinf Water Polo, Training of Physical Conditioning in Water Polo
31	Zetou Eleni Lecturer alzet@phyed.duth.gr	<i>Motor Learning in Volleyball</i>	Teaching sport skills, Individual technique and tactic in volleyball, Volleyball in childhood-mini volleyball, Organization and management Sports and cultural events, Team
32	Kampas Antonios Lecturer akampas@phyed.duth.gr	<i>Sports Training focusing on Motor Development</i>	Training Methods for the improvement of physical abilities for (Theorie and Practice), Contact Games wrestling and Judo in athletic schools, Training practice for wrestling

33	Karypidis Alexandros Lecturer akaripid@phyed.duth.gr	<i>Specific Training focusing on Basketball</i>	Player's combined moves in Basketball, Team offensive and defensive tactics, combined press defense and offense, Organization and Coaching of a Basketball Team
34	Kasampalis Athanasios Lecturer akasampa@phyed.duth.gr	<i>Specific Training focusing on Volleyball</i>	Organizing and designing practice selection of complex drills, Annual training and competition plan in Volleyball,
35	Kirialanis Paschalis Lecturer pkiriala@phyed.duth.gr	<i>Artistic Gymnastics focusing on Sport Injuries</i>	Basic elements of Artistic Gymnastics, Methodology and Techniques of the Basic Exercises in Artistic Gymnastics, Prevent of Injuries in Sports, Acrobatic gymnastics in the Athletic Festivals, Trampoline.
36	Martinidis Konstantinos Lecturer kmartini@phyed.duth.gr	<i>Sports Training focusing on Pole vault</i>	Track and Field Athletics, Methodology in runs, jumps and throws, Application of training theory in runs, Introduction to Weight lifting, Resistance Exercises for muscle strengthening
37	Mpatsiou Sofia Lecturer smpatsio@phyed.duth.gr	<i>Adapted Physical Education</i>	Pupils with Special Needs, People with Special Needs and Exercise, Exercise in People with Chronic Diseases, Physical Activity and Recreation for People with Special Needs, Paraolympic Sports
38	Papadimitriou Aikaterini Lecturer kapadim@phyed.duth.gr	<i>Sports Training focusing on the analysis of the tactics and technical performance elements in team sports</i>	State of the art methodology in analyzing and evaluating athletic performance, Mini basketball, Basketball in developmental stages.
39	Tsamourtzis Evangelos Lecturer etsamour@phyed.duth.gr	<i>Sports Training focusing on Basketball Coaching</i>	Offensive and defensive team tactic in Basketball, New technologies in Basketball, Combination, Press defenses and offenses, Team organization and coaching
40	Fatouros Ioannis Lecturer ifatouro@phyed.duth.gr	<i>Biochemistry of Exercise</i>	Biochemistry of Exercise, Exercise Biochemistry and Nutrition for Healthy Populations, Biochemistry of Exercise and Nutrition, Personal Training Resistance Training
41	Bebetsos Evangelos Lecturer empempet@phyed.duth.gr	<i>Applied Sport Psychology Focusing on Badminton</i>	<i>Psychology, Sport Psychology, Applied Sport Psychology, Badminton</i>

TEACHING AND LAB SUPPORT STAFF

A/A	NAME	AREA OF STUDY
1	Alexiou Anastasios	Physical Education
2	Volaklis Konstantinos	<i>Chronic Diseases and Exercise</i>
3	Ispirilidis Ioannis	<i>Soccer</i>
4	Kechagias Dimitrios	<i>Tae kwon Do</i>
5	Kodostathis Apostolos	<i>Track and Fields</i>
6	Masias Andreas	<i>Volleyball</i>
7	Mavridis Geoege	<i>Basketball</i>
8	Mitiletsis Manolis	<i>Track and Fields</i>
9	Michailidis George	<i>Boxing</i>
10	Moustakidis Athanasios	<i>Volleyball</i>
11	Bakirtzis Christos	<i>Water Polo</i>
12	Barbas Ioannis	<i>Wrestling</i>
13	Papadopoulos Stamatis	<i>Soccer</i>
14	Papas Nicolaos	<i>Soccer</i>
15	Roca-Mavridou Stella	<i>Rythmic Gymnastics</i>
16	Tachtalis Theocharis	<i>Swimming</i>
17	Tectonidis George	<i>Volleyball</i>
18	Trigonis Ioannis	<i>Sports Recreation and Leisure</i>
19	Rapti-Leontsakou Evaggelia	<i>German Language</i>
20	Tsimpiridou Anastasia	<i>English Language</i>
21	Fragatzi Evdoxia	<i>English Language</i>

TABLE 1.

Deployment of Faculty and Teaching Staff from 1984 until the academic year

YEAR	Teaching Staff						
	Seconded staff	Special Teaching Staff	Engaged on Fixed-Term Contracts	Lecturers	Assistant Professors	Associate Professors	Professors
84-85	11	0	0	0	0	0	0
85-86	26	0	0	1	0	0	0
86-87	36	11	0	1	0	0	0
87-88	47	10	2	4	1	0	0
88-89	44	12	5	4	1	0	0
89-90	38	30	5	4	1	0	0
90-91	45	28	6	7	0	0	0
91-92	46	34	6	4	3	0	0
92-93	55	33	6	4	3	1	1
93-94	43	40	8	6	6	1	1
94-95	41	39	9	6	5	2	1
95-96	38	32	9	9	4	2	2
96-97	45	31	9	8	6	2	2
97-98	52	29	12	6	7	3	1
98-99	36	27	15	10	6	4	1
99-00	35	21	16	15	7	5	2
00-01	19	21	17	16	8	4	3
01-02	32	21	21	18	11	3	6
02-03	19	20	20	19	11	3	6
03-04	35	18	21	16	14	5	7
04-05	37	21	7	15	14	5	6

PART 2

THE UNDERGRADUATE PROGRAM OF STUDY



MISSION AND GOALS OF THE DEPARTMENT

The mission of the Department is the development, promotion, spread and application of knowledge related to athletics, competitive sports, physical activity and health. The students have the chance to acquire leadership, communication and team skills, through the interactive processes and challenges embedded in the learning processes and research opportunities of the educational environment of our department.

Our Department also endeavors to equip graduates with the professional proficiency and maturity that are consistent to the requirements of the job market as this is shaped in Greece.

The promotion of an active lifestyle comprises an additional objective in whose context active living conditions and behaviors are adopted, as students themselves have the chance to develop their physical abilities and athletic skills

Specifically the aims of the department are:

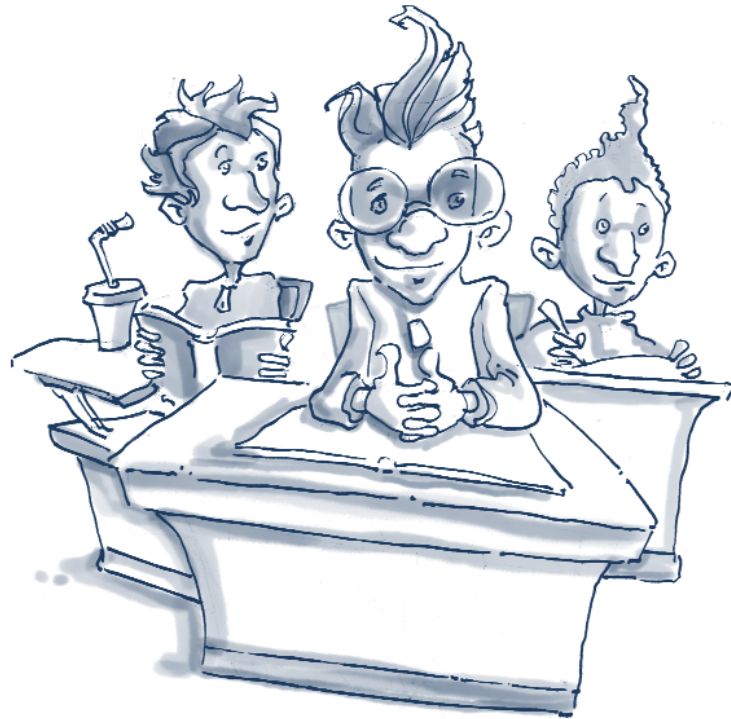
- A. To provide learning and practical experiences and the acquisition of skills related to the area of physical education and sport science in general, as well as to further specialized domains.
- B. To provide stimuli for further development and enhancement of graduates' knowledge and skills in order to render them capable of smoothly adjusting to a job market full of challenges and continual change.
- C. To help students acquire the abilities and knowledge needed in order to serve at any local as well as national academic and professional organization related to athletic activity.
- D. To provide knowledge and experience which will familiarize stu-

dents with technological advances rendering them capable of handling all forms and sources of information made available in continuous education settings.

How to achieve the above goals and aims

- A. By including basic courses which intend to provide a wide range of knowledge and practical-laboratory experience. Any later attempt for specialization during their course of studies will be pursued on this basis
- B. By offering students specialized courses in order to help them acquire specialized knowledge, skills and experiences relevant to their area of specialization. As a result, students will become efficient to deal with any special cases they will have to face in the course of their future professional occupation.
- C. By providing courses which intend to help students fully understand the form and structure of activity courses - consisting popular forms of structured exercise and physical activity.
- D. By sampling experiences of the practical application of theory obtained via leadership in a working environment under targeted supervision
- E. By supporting the learning process which includes the use of contemporary teaching methods, incorporating new technology, interaction and cooperative learning.
- F. By presenting the new trends springing up in the fields of research and information worldwide, as well as by providing challenges for continuing education and exploitation of knowledge and experience available.

- G. By providing students with opportunities to familiarize with procedures and scopes of scientific research as this is supported by creativity and technological and socio-cultural development.
- H. By providing elective courses, which enable students to acquire skills knowledge and experience related to additional subjects, thus expanding their future professional options.
- I. By continually evaluating and upgrading the program of study thus checking its quality and effectiveness by recording the degree of students' satisfaction and their absorption in the job market.



CONTENTS AND APPLICATION OF THE UNDERGRADUATE PROGRAM OF STUDY

The present program of study, which was decided upon by the General Assembly of the Department on its 287/29-06-2004 session is an amendment of the previous undergraduate program of study, taking into account not only contemporary international trends in the field of Physical Education and Sport Science, but also the need to assure the Department's graduates of better career prospects.

This undergraduate program of study resulted from the systematic research by the Department's faculty members and concerns of the students who started their studies in the academic year 2004-2005. The program of study includes two major parts:

The Core Studies concern the first four semesters (1st, 2nd, 3rd and 4th) including core courses providing knowledge relevant to the themes of sport science, with the aim of offering students the theoretical background and expertise, via practice essential to move to the next stage of their studies.

The Concentration Studies extend in the last four semesters (5th, 6th, 7th and 8th). All students choose a concentration offered by the program of study and attend the relevant courses. In the context of this concentration, students choose an additional specialisation and attend the required courses. They acquire specialised knowledge, practical experience and skills required for the Concentration and specialisation of their choice. At the same time, students have the chance to considerably develop their analytical and research potential and keep in touch with the advances in the field of their specialization.

The **Areas of Concentration** provided by the New Undergraduate Program of study are four:

1. Sports Training Theory and Application
2. Physical Activity
3. Exercise for Special Populations
4. Dance

Courses Offered

The Undergraduate program of study includes:

- Theoretical courses
- Laboratory classes
- Special courses (Computers and Foreign Language)
- Activity courses
- Elective courses

From the above courses, the theoretical ones are held through lectures and students are not required to attend them. On the contrary, students have to attend laboratory classes, special and activity courses as well as the electives.

NON-ATTENDANCE: For those courses where attendance is compulsory, students are allowed not to attend 20% of the total number of lectures taught in every semester without formal excuse and 20% of them justified by official medical documents provided by a state body which are deposited together with an application form they complete at room 215 within 15 days from the day of their absence.

Detailed description of the program of study:

1st year of studying: It includes all categories of courses. Electives are offered only during the 2nd year. For this reason at the end of 2nd semester all students have to register for the elective courses that they wish to attend in the 3rd semester. They can choose from the respective list of courses (p.59) within a deadline designated by the Department.

2nd year of Studying: It includes all categories of subjects. During the 3rd Semester and within a deadline designated by the Department, students are obliged to register for the elective courses they intend to attend during the 4th Semester, choosing from the respective list of electives (p 62).

ATTENTION: Students wishing to follow a speciality during the Concentration studies are obliged to attend the required courses set by the respective speciality and get a mark of at least seven (7). That is why, out of the four elective courses that every student will choose altogether during the 3rd and the 4th semester of the core studies, one must be a required subject for the speciality he/she wishes to follow in the 5th to 8th semester in the Concentration studies.

NOTE: In order to set up a group attending an elective course, at least 8 students have to choose it.

Concentration Studies

The Concentration Studies include:

- Theoretical, activity courses as well as a foreign language course, which are common for all concentrations. Students are only obliged to attend the activity courses and the foreign language courses.
- Theoretical and activity courses common to all concentrations, whose content provide students with the knowledge essential to engage in various fields of physical activity and Sports. From the above courses, only the activity ones are obligatory for students as regards attendance.
- Concentration courses, which vary according to the concentration chosen by each student. Students are obliged to attend them.
- Specialization Courses, which vary according to the speciality chosen by each student. Students are obliged to attend them
- Required Specialization Courses (one) included in every specialization, which students are obliged to attend.
- Elective courses, which students can choose from the list of optional Subjects (attendance is obligatory) or a Dissertation students choose to undertake.

ATTENTION: Students have to choose the Concentration and Specialization they wish to attend at the end of 4th Semester and within a definite deadline. For a specialization group to be set up, at least 8 students have to choose it.

In brief, the decisions and choices as regards courses students have to make during their course of studies are as follows:

Semester of Studies	What to choose	When to choose
2nd	2 elective courses for the 3rd Semester	16-31 May
3rd	2 elective courses for the 4rd Semester	10-20 January
4th	Concentration -Specialization 1 elective course for the 5th Semester	16-31 May
5th	Elective courses for 6th, 7th and 8th Semester or a senior designed project	10-20 January
7th	Choice of Senior designed project course	10-20 January

REMINDER: A mark of at least seven (7) in the required elective course for a particular specialization is a pre-requisite for a student attending this specialization

Where to register

- All registration forms can be obtained at the Department's reception and are lodged with the secretariat from 10: 30 am to 12: 30 pm
- All the above deadlines are STRICT and NO late registrations will be accepted!

The Objectives of Concentrations and Specializations

1. Area of Concentration **Sports Training Theory and Application**

The Sports Training sector of the Department of Physical Education and Sport science of the Democritus University of Thrace has as its objectives the study, teaching and preparation of students to fully comprehend the role of the coach at all levels (for instance: **a.** athletics in childhood and adolescence, e.g. sport academies, junior level athletics, etc. and **b.** elite athletes in all sports). These goals will be attained through thorough understanding and mastering of:

1. the kinesiological and anatomical adaptations induced by the training process
2. the importance of psychological factors when designing and applying training programs.
3. the learning adaptations induced by the training process
4. designing training programs for the development of athletes' muscular strength and power
5. designing training programs for the development of athletes' cardiovascular endurance
6. designing training programs for the development of athletes' agility
7. the development and evaluation of technical and tactical planning in various sports.
8. designing training programs for children and adolescents by applying specific overload principles and procedures for the development of athletic skills
9. the process of detecting and selecting talented young athletes.

Objectives of specializations:

Sports Training Theory and Application

Basketball, Volleyball, Team Handball, Soccer, Swimming, Water Polo, Artistic Gymnastics, Rhythmic Gymnastics, Tennis, Badminton, Track and Field Athletics, Skiing, Weightlifting, Shooting, Wrestling, Boxing, Tae-Kwon-Do, Judo.

The objective of each specialization is the acquisition of knowledge for performing the technique of the specific sport, the ability to analyze it through the demonstration of elements of biomechanical motion analysis, the ability to detect and correct any errors, the mastering of the methodology of teaching a particular technique, the analysis of basic tactical elements of each sport, the acquisition of knowledge on the development of physical abilities and motor control of the body, the acquisition of knowledge on special issues or topics for each sport such as psychology, nutrition, sport injuries, management of human resources as well as students' practical involvement in teaching and training of the specific sport.

2. Area of Concentration: **Physical Activity**

The objectives of this sector include students' acquisition of a vast knowledge and experience in education, epidemiology, biophysics and socio-cultural sciences which related to the application of physical activity aiming at good health and recreation. Another parallel objective is the acquisition of skills for the continuous seek of Knowledge and the demonstration of leadership ability in a rapidly changing environment. The graduates of this specialization will be able to deal with new social challenges in the job market and especially the challenges in the vast area of physical activity and recreation. The syllabus will also promote and develop the educational principles of the profession through pedagogic methods, creativity, composition, evaluation and the spread of knowledge and practical application

The graduates should

- acquire knowledge relevant to the comprehension of physical activity and the promotion of health in society.
- Maintain a high level of body health and develop knowledge and skills to promote physical activity as a means of maintaining good health.
- Acquire knowledge and skills of effective leadership action,

co-operation and communication in the broad field of physical education and activity.

- Acquire knowledge and experiences for the planning and application of intervention programs aiming at recreation.
- Acquire the proper basis of knowledge and learning and self-action skills for their life long education.

More specifically they should:

- recognize and evaluate the growth traits of those who exercise in all age groups
- Plan and apply intervention programs (educational, recreational of physical activity) using the most modern teaching methods with a view to develop kinetic creativity, level at physical activity, and fitness resulting in the promotion of health
- Cooperate with bodies and organizations informing them about the relevant modern trends and practices and evaluating the programs related to the various goals and needs of different age groups.

Objectives of specializations: *Physical Activity*

a) *Sport Tourism and Recreation*

This specialization aims at familiarizing students with the science of athletic recreation. Through lectures students acquire the basic knowledge about leisure management, recreation planning and the new trends in the field of exercising in modern society. By means of practical subjects, students learn to realize recreation programs and sport activities funded by local authorities, organize mass recreation programs, athletic camps, outdoor activities for companies, athletic activities in the workplace, work in hotels as animators, in gyms and with the elderly.

b) *Physical Activity in Childhood and Adolescence*

This specialization equips students with the required knowledge to plan and realize intervention programs of exercise and physical activity with young people under 18. They will also be able to eval-

uate the results of these programs by assessing the young subjects' kinetic, cognitive, emotional and social attitude. Students will acquire knowledge and experience in order to reliev appropriate intervention programs of physical activity in the pre-school, school, outside school environment and the Organization of Local Community, suitable for the age level of children and adolescents aiming at developing their kinetic, cognitive and social skills.

c) Sport Management

This specialization aims at familiarizing students with the main activities and traits of Management in the field of sport and its application regarding the principles of organization planning, managing, staff recruitment and control. An additional aim is to inform students about sport facilities, sport management and sponsoring, sport founding and the general structure, organization and function of sport.

3. Area of Concentration: Exercise for Special Populations

The objectives of this area of concentration include

- the acquisition of knowledge regarding disorders of cardiovascular, metabolic, respiratory and muscular-skeletal system (causes-symptoms-treatment possibilities by means of exercise)
- learning techniques and methods of preventing and rehabilitating these disorders
- developing skills of planning and applying exercise programmes with a view to not only preventing such disorders, but also intervening in order to achieve rehabilitation.
- the acquisition of knowledge and experience regards the individual differences leading to the various growth or acquired kinetic cognitive and emotional problems, aiming at the modified application of physical activity and exercise.
- learning approaches of evaluating kinetic abilities and physical fitness parameters of the various groups of people with special needs.

- developing skills of planning and applying exercise programmes aiming at improving the kinetic abilities and physical fitness parameters of people with special needs.

Objectives of Specializations: Exercise for Special Populations

a) Rehabilitation training of muscular-skeletal injuries and disorders

This specialization aims at familiarizing students with the most frequently occurring muscular-skeletal injuries and disorders among athletes and the majority of ordinary people. Specifically, prevention measures of such injuries, their causes, symptoms as well their treatment by the team's rehabilitation trainer are analyzed. Students learn how to evaluate an injury, plan and apply a rehabilitation programme to help the injured athlete return to his/her athletic activity and how this particular programme is modified when applied to ordinary people.

b) Exercising people with chronic disorders-disabilities

The aim of this specialization is to provide students with essential knowledge and experience in the benefits and adaptations exercise causes to chronic patients and disabled people. In particular, the most serious disorders of the cardiovascular-skeletal system are analysed and how they can be faced by specialized exercise programmes. Moreover, the features and nature of special diseases such as cancer, spinal cord disorders, Parkinson disorder e.t.c. are analysed.

4. Area of concentration: Dance

This area of concentration aims at studying and doing research into all dance categories (folk, classical and contemporary) as well as teaching students to comprehend the role of a dancing master on a theoretical and practical level. Students, through theoretical and practical subjects, learn the following:

1. The background of dance through centuries
2. The appropriate music for each kind of dance and its proper use.

3. Dance kinesiology and semantics.
4. Social Anthropology
5. Teaching methods to be used according to the age and expertise of dancers.
6. Particular skills assisting dancing performance
7. Biological adaptations the organism sustains during dancing
8. Dance kinesiology and abuse syndromes which may occur due to excessive dance practice.
9. Proper planning and organisation of daily or hourly dance classes.
10. The performance of dance routines and the organisation of dance events in general.

Objectives of Specialisation: Dance

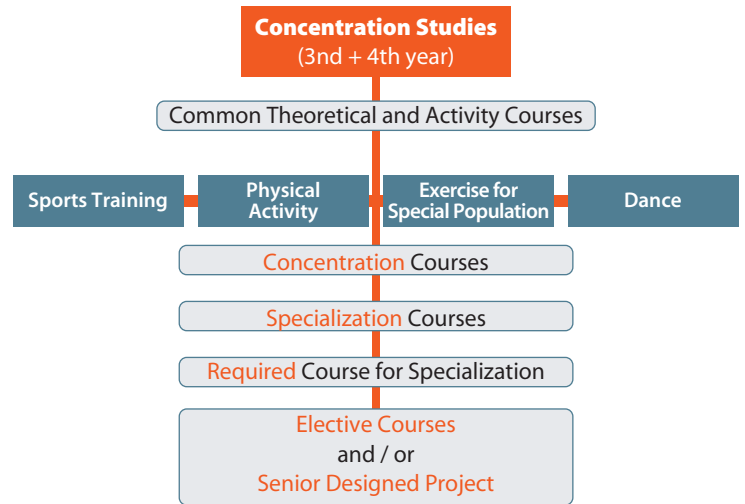
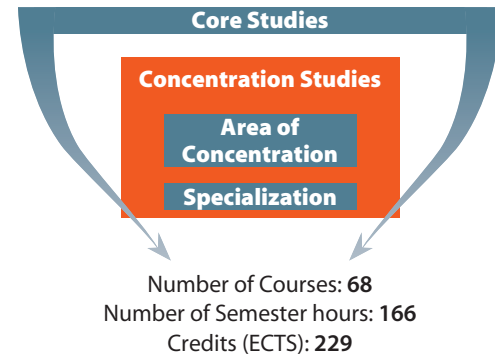
Greek Folk Dances – Classical Ballet – Modern Dance

Students are taught about the proper technique of overall as well as specific dance movements, through the structural analysis of the special methodology of each kind of dancing, the specific skills which should be improved and the potential problems, which are due to either wrong movements or excessive practice. Moreover, students learn to appreciate the artistic dimension of dancing and how to plan a choreography with a view to presenting each kind of dance on stage and on screen.



Table 4: Course Codes

Kind of Courses	Course Code
Activity courses	111 up to 189
Theoretical Courses – Foreign Language - Laboratory Classes – Practicum - Senior Designed Project	211 up to 289
Concentration Courses	311 up to 348
Specialization Courses	401 up to 589
Elective Courses (Prerequisite – Required – Elective Courses)	001 up to 099



ANALYTICAL DIAGRAM OF TEACHING COURSES

Core Studies

First Year

1st Semester				2nd Semester			
Code	Course	h/w	ECTS	Code	Course	h/w	ECTS
111	Swimming	4	3	121	Track and Field Athletics	4	3
112	Basketball	4	3	122	Soccer	4	3
113	Gymnastics	4	3	123	Volleyball	4	3
211	Foreign Language I	2	2	221	Foreign Language II	2	2
212	History of Physical Education and Sport	2	4	222	New Technologies in Physical Education	2	4
213	Sociology of Sports	2	4	223	Sport Psychology	2	4
214	Anatomy	2	4	224	Pedagogy	2	4
215	Physiology	2	4	225	Sport Management	2	4
216	Motor Learning	2	4	226	Biomechanics	2	4
9		24	31	9		24	31

Second Year

3d Semester				4th Semester			
Code	Course	h/w	ECTS	Code	Course	h/w	ECTS
131	Greek Folk Dances	4	3	0..	3rd Elective Course	2	2
132	Team Handball	4	3	0..	4th Elective Course	2	2
133	Artistic Gymnastics	4	3	241	Foreign Language VI	2	2
0..	1st Elective Course	2	2	242	Early Childhood Physical Education	2	4
0..	2nd Elective Course	2	2	243	Physical Education for Secondary School Students	2	4
231	Foreign Language III	2	2	244	Students With Special Needs in School	2	4
232	Exercise Physiology	2	4	245	Theory of Training	2	4
233	Elementary physical Education	2	4	246	First Aid	2	4
234	Sport Injuries	2	4	247	Laboratory class: Assessment of Athletic Performance	2	4
				248	Preschool, Elementary and Secondary Physical Education Lab	2	4
9		24	27	10		20	34

Concentration Studies

Third Year (General Model of the Undergraduate program of study)

5th Semester				6th Semester			
Code	Course	h/w	ECTS	Code	Course	h/w	ECTS
251	Foreign Language V	2	2	261	Foreign Language VI	2	2
252	Research Methods	2	4	262	Statistics in Physical Education	2	4
253	Exercise in Health and Fitness Clubs – Management – Operation – Equipment	2	4	263	Corporate Fitness and Municipal Recreation	2	4
151	Resistance Training	4	3	161	Alternative Forms of Exercise - Aerobics	4	3
3..	1st Concentration Course	2	4	3..	3rd Concentration Course	2	4
3..	2nd Concentration Course	2	4	3..	4th Concentration Course	2	4
4.. – 5..	1st Specialization Course	4	6	4.. – 5..	2nd Specialization Course	4	6
0..	Required Course for Specialisation	2	2	0..	6th Elective Course *	2	2
0..	5th Elective Course	2	2	265	Laboratory Class of Scientific Approach on Senior Designed Project*	2	2
9		22	31	8		20	29

Fourth Year (General Model of the Undergraduate program of study)

7th Semester				8th Semester			
Code	Course	h/w	ECTS	Code	Course	h/w	ECTS
271	Foreign Language VII	2	2	281	Foreign Language VIII	2	2
272	Evaluation in Physical Education	2	4	282	Entrepreneurship and the Sport Market	2	4
273	Elementary Physical Education Practicum	2	2	283	Secondary Physical Education practicum	2	2
3..	5th Concentration Course	2	4	3..	7th Concentration Course	2	4
3..	6th Concentration Course	2	4	4.. -5..	4th Specialization Course	4	6
4.. – 5...	3rd Specialization Course	4	6	4.. – 5..	Specialization Practicum	2	2
0..	7th Elective course *	2	2	0..	8th Elective course *	2	2
275	Laboratory Class for Presentation and Analysis of Data Using Computers *	2	2	285	Senior Designed Project*	2	2
7		16	24	7		16	22

Area of Concentrations	Specialization
Sports Training Theory and Application	1. Basketball 2. Volleyball 3. Soccer 4. <i>Team Handball *</i> 5. Swimming 6. Water Polo 7. Artistic Gymnastics 8. Rhythmic Gymnastics 9. Tennis 10. Badminton 11. Track and Field Athletics 12. Winter Skiing 13. <i>Weight Lifting *</i> 14. <i>Shooting *</i> 15. Tae Kwon Do 16. Wrestling 17. Judo 18. <i>Boxing *</i>
Physical Activity	1. Sports Tourism and Recreation 2. Physical Activity in Developmental Age 3. <i>Sports Management *</i>
Exercise for Special Populations	1. Sports Rehabilitation Training 2. Exercise for People with Chronic Diseases & Disabilities
Dance	1. Greek Folk Dance 2. Classical Ballet 3. <i>Modern Dance *</i>

** Inactive Specialization*

Courses for the Area of Concentration: **Sports Training Theory and Application**

Third Year

5th Semester		6th Semester	
Code	Course	Code	Course
311	Sports Biomechanics	313	Sports Physiology
312	Teaching and Learning of Sport Skills	314	Exercise Biochemistry

Fourth Year

7th Semester		8th Semester	
Code	Course	Code	Course
315	New Technologies in Sports	317	Nutrition and Sport Performance
316	Principles of Planning and Guiding Training		

SPECIALIZATION COURSES FOR THE AREA OF CONCENTRATION SPORTS TRAINING THEORY AND APPLICATION

Specialization Courses: Basketball

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		051	Basketball I – The Game and its Systems

Required Course for Specialization

Ε' Εξάμηνο		ΣΤ' Εξάμηνο	
Code	Course	Code	Course
012	Mini Basketball-Basketball for Young Athletes		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
401	Basic Training and Individual Technique	402	Combined Offensive Movements of 2, 3, 4 Players

7th Semester		8th Semester	
Code	Course	Code	Course
403	Team Offensive and Defensive Tactics	404	Combination, press defenses and offenses. Team organization and coaching
		405	Specialization Practicum

Specialization Courses: Volleyball

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
001	Volleyball I		

Required Course for Specialization

5rd Semester		6th Semester	
Code	Course	Code	Course
013	Volleyball in childhood		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
406	Individual technique and tactics in Volleyball	407	Team tactics in Volleyball

7th Semester		8th Semester	
Code	Course	Code	Course
408	Organizing and designing practice selection of complex drills	409	Annual training and competition plan in Volleyball
		410	Specialization Practicum

Specialization Courses: Soccer

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
002	Specific Methodology of Acquiring Soccer Skills		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
014	Soccer Training During Childhood and Adolescence		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code.	Course
411	Team Tactics	412	Special Topics in Soccer Tactics

7th Semester		8th Semester	
Code.	Course	Code	Course
413	Physical Conditioning in Soccer	414	Special Issues in Soccer
		415	Specialization Practicum

Specialization Courses: Team Handball *

Prerequisite Course for Specialization

4th Semester

Code	Course	Code	Course
		052	Team Team Handball I

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
015	Mini Team Handball		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
416	Individual Offensive and Defensive Technical Skills and Goalkeeper Skills	417	Individual Offensive and Defensive Tactical Skills and Team Tactics
7th Semester		8th Semester	
Code	Course	Code	Course
418	Defensive Team Tactics – Physical Conditioning in Team Handball	419	Complex Defensive Formations-Team Offensive Tactics
		420	Specialization Practicum

* *Inactive Specialization*

Specialization Courses: Swimming

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		053	Swimming I (Breastroke – Butterfly)

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
011	Water Polo I		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
421	Technique of Swimming Styles	422	Series of Methods & Exercises for Teaching Swimming

7th Semester		8th Semester	
Code	Course	Code	Course
423	Competitive Swimming Training and Planning from Childhood to Maturity	424	Specific Issues in Swimming Training
		425	Specialization Practicum

Specialization Courses: Water Polo

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
011	Water Polo I		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
018	Water Life Saving		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
426	Basic Techniques of Water Polo	427	Methodological Series of Exercises for Teaching the Basic Techniques of Water Polo

7th Semester		8th Semester	
Code	Course	Code	Course
428	Physical Conditioning in Water Polo	429	Tactics – Strategy of Water Polo
		430	Specialization Practicum

Specialization Courses: Artistic Gymnastics

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		054	Introduction to Competitive Artistic Gymnastics

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
019	Trampoline		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
431	Basic Elements of Artistic Gymnastics	432	Methodology and Techniques of Basic Exercises in Artistic Gymnastics

7th Semester		8th Semester	
Code	Course	Code	Course
433	Methodology, Techniques and Combinations of Basic Exercises in Artistic Gymnastics during the Period of Specialization	434	Theory and Practice in Artistic Gymnastics during the High Performance Period
		435	Specialization Practicum

Specialization Courses: Rhythmic Gymnastics

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
003	Rhythmic Gymnastics		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
020	Choreography Preparation in Rhythmic Gymnastics		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
436	Methodology of Rhythmic Gymnastics Exercises	437	Technical Preparation and Code of Points

7th Semester		8th Semester	
Code	Course	Code	Course
438	Planning an Individual Competitive Routine	439	Planning a Group Exercise Routine
		440	Specialization Practicum

Specialization Courses: Tennis

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
004	Introduction to Tennis		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
016	Mini Tennis		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
441	Acquisition of Basic Skills - Basic Strokes	442	Acquisition of Special Skills in Tennis - Special Strokes

7th Semester		8th Semester	
Code	Course	Code	Course
443	Acquisition of Teaching Skills and Improvement of Individual Performance	444	Acquisition of Coaching Skills and Organizing Tennis Tournaments
		445	Specialization Practicum

Specialization Courses: Badminton

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
005	Badminton I		

Required Course for Specialization

5rd Semester		6th Semester	
Code	Course	Code	Course
017	Motor Control & Performance		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
446	Theory – Practice of Basic Badminton Skills	447	Methodological Exercise Series of Technique Instruction (Theory – Practice)

7th Semester		8th Semester	
Code	Course	Code	Course
448	Training Methods for Improving Physical Abilities (Theory – Practice)	449	Specific Technical Objectives – Evaluation Methods (Theory – Practice)
		450	Specialization Practicum

Specialization Courses: Track and Field Athletics

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
006	Track & Field Athletics (I)		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
021	Detection and Selection of Athletic Talents		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
451	Technique in Runs, Jumps and Throws	452	Methodology in Runs, Jumps and Throws

7th Semester		8th Semester	
Code	Course	Code	Course
453	Application of Training Theory in Runs, Jumps, Throws and Combined Events During Developmental Period	454	Application of Training Theory in Runs, Jumps, Throws and Combined Events for Elite Athletes
		455	Specialization Practicum

Specialization Courses: Winter Skiing

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
007	Introduction to Winter Skiing		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
021	Detection and Selection of Athletic Talents		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
456	Training Basic Skiing Technique	457	Acquisition of Special Skill Technique in Downhill Skiing

7th Semester		8th Semester	
Code	Course	Code	Course
458	Training the Students to Teach Skiing – Special Issues in Skiing	459	Improvement of Individual Skiing Technique Coaching Skills-Special Issues in Skiing
		460	Specialization Practicum

Specialization Courses: Weight Lifting *

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code.	Course
		055	Introduction to Weightlifting

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code.	Course
022	Resistance Training for Muscle Strengthening		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
461	Methodology in Teaching the Techniques of Olympic Lifts	462	Physical Conditioning in Weightlifting

Ζ' Εξάμηνο		Η' Εξάμηνο	
Code	Course	Code	Course
463	Training Periodization in Weightlifting	464	Special Topics in Weightlifting – Resistance Training
		465	Specialization Practicum

* Inactive Specialization

Specialization Courses: Shooting *

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		056	Introduction to Sport Shooting

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
023	Air – Rifle Shooting		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
466	Technique of Air Guns	467	Technique of Fire Guns

7th Semester		8th Semester	
Code	Course	Code	Course
468	Coaching and Teaching Methodology in Shooting Events	469	Planning-Regulations
		470	Specialization Practicum

* Inactive Specialization

Specialization Courses: Tae Kwon Do

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		063	Introduction to Tae Kwon Do

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
022	Resistance Training for Muscle Strengthening		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
471	Methodological Development of the Technique in Tae Kwon Do	472	Technical – Tactical Approach to Competitive Tae Kwon Do

7th Semester		8th Semester	
Code	Course	Code	Course
473	Competitive Tae kwon do – Special Training Issues	474	Tae kwon do Competition Issues
		475	Specialization Practicum

Specialization Courses: Wrestling

Prerequisite Course for Specialization

3rd Semester		4th Semester		Κωδ.
Code	Course	Code	Course	
008	Introduction to Wrestling			

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
022	Resistance Training for Muscle Strengthening		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
476	Methodology in Learning Technique of Greco-Roman Wrestling	477	Physical Conditioning-Technique and Tactics in Wrestling

7th Semester		8th Semester	
Code	Course	Code	Course
478	Contact Games for Wrestling in Athletic Schools	479	Competitive Greco-Roman Wrestling
		480	Specialization Practicum

Specialization Courses: Judo

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		064	Introduction to judo

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
022	Resistance Training for Muscle Strengthening		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
481	Methodology in Learning the Basic Techniques of Judo	482	Methodology in Learning Special Techniques of Judo

7th Semester		8th Semester	
Code	Course	Code	Course
483	Contact Games-Judo in Athletic Schools	484	Competition Adaptation in Judo. Specific Training Issues
		485	Specialization Practicum

Specialization Courses: Boxing *

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		057	Introduction to boxing

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
022	Resistance Training for Muscle Strengthening		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
486	Basic Technique in Boxing	487	Teaching Methods of Boxing Techniques – Special Issues in Boxing

7th Semester		8th Semester	
Code	Course	Code	Course
488	Acquisition of Technical and Tactical preparation in Boxing	489	Physical conditioning in Boxing - Periodization in Boxing
		490	Specialization Practicum

* Inactive Specialization

Courses for the Area of Concentration: Physical Activity

Third Year

5th Semester		6th Semester	
Κωδ.	Course	Κωδ.	Course
321	Physical Activity and Health Promotion Intervention Programmes	323	Technological applications for parents and teachers
322	Fundamentals of Leisure Time and Recreation	324	Philosophy-Ethics

Fourth Year

5th Semester		6th Semester	
Code	Course	Code	Course
325	Biochemistry and Nutrition in Physical Activity and Health	327	Leadership in Physical Education and Education
326	Recreation in Aging		

SPECIALIZATION COURSES FOR THE AREA OF CONCENTRATION PHYSICAL ACTIVITY

Specialization Courses: Sports Tourism and Recreation

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
009	Sport Leisure and Recreation		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
024	Personal Training		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
501	Therapeutic recreation in older people	502	Outdoor activities – adventure pursuits

7th Semester		8th Semester	
Code	Course	Code	Course
503	Sport tourism and recreation	504	Sports for all (adults)
		505	Specialization Practicum

Specialization Courses: Physical Activity in Developmental Age

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		058	Social and cognitive skill development

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
025	Physical Activity for Children with Moderate and Low Ability		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
506	Physical activity in schools and in local organizations	507	Growth maturation and Physical activity

7th Semester		8th Semester	
Code	Course	Code	Course
508	Organization & operation of summer camps	509	Development of motor coordination in childhood
		510	Specialization Practicum

Specialization Courses: Sports Management *

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		062	Communication and Public relations

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
026	Organization and Administration of Sport and Cultural Events		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
511	Management of Sport Organizations	512	Sport Marketing

7th Semester		8th Semester	
Code	Course	Code	Course
513	Public Relations in Sports	514	Sports facilities
		515	Specialization Practicum

* Inactive Specialization

Specialization Courses: Exercise for Special Populations

Third Year

5th Semester		6th Semester	
Code	Course	Code	Course
331	Exercise Biochemistry & Sport Nutrition	333	Exercise for older Adults
332	Clinical Exercise Physiology	334	Diagnostic & Therapeutic Modalities in Rehabilitation

Fourth Year

5th Semester		6th Semester	
Code	Course	Code	Course
335	Counseling during Rehabilitation	337	Physical Activity & Recreation for People with Disability
336	New Technologies in Health		

**SPECIALIZATION COURSES FOR THE AREA OF CONCENTRATION
EXERCISE FOR SPECIAL POPULATIONS**

Specialization Courses: Sports Rehabilitation Training

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		059	Adapted Water Exercise

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
027	Adapted Strength training		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
541	Musculoskeletal Diseases & Exercise	542	Sport Injuries and Rehabilitation

7th Semester		8th Semester	
Code	Course	Code	Course
543	Assessment & Design of Exercise Rehabilitation Programs	544	Injury Prevention in Sports
		545	Specialization Practicum

Specialization Courses: Exercise for People with Chronic Diseases & Disabilities

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		059	Adapted Water Exercise

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
077	Adapted Strength Training		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
546	Musculoskeletal Diseases & Exercise	547	Cardiovascular Disease & Exercise

Ζ' Εξάμνο		Η' Εξάμνο	
Code	Course	Code	Course
548	People with Special Needs & Exercise	549	Selected Diseases & Exercise
		550	Specialization Practicum

Courses for the Area of Concentration: **Dance**

Third Year

5th Semester		6th Semester	
Code	Course	Code	Course
341	Special Dance's Issues	343	Method and Dance Teaching
342	Music for Dance	344	Biological Adaptations and Overuse Syndromes in Dance

Fourth Year

5th Semester		6th Semester	
Code	Course	Code	Course
345	History and Aesthetics of Dance	347	New Technologies and Dance
346	Management of Cultural Events		

SPECIALIZATION COURSES FOR THE AREA OF CONCENTRATION DANCE

Specialization Courses: Greek Folk Dance

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
		060	Introduction to Folk Dance

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
028	Prosody Metrics		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
571	The Technique of the Greek Traditional Dance	572	Folk Dance Methodology

7th Semester		8th Semester	
Code	Course	Code	Course
573	Folk Dance Expression	574	Dance Performance
		575	Specialization Practicum

Specialization Courses: Classical Ballet

Prerequisite Course for Specialization

3rd Semester		4th Semester	
Code	Course	Code	Course
010	Introduction in classical Ballet		

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
029	Dance Therapy		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
576	Classical Ballet Technique	577	Methodology of Classical Ballet

7th Semester		8th Semester	
Code	Course	Code	Course
578	Physics of Classical Ballet	579	Choreography of Classical Ballet
		580	Specialization Practicum

Specialization Courses: Modern Dance *

Prerequisite Course for Specialization

3d Semester		4th Semester	
Code	Course	Code	Course
		061	Introduction to Modern Dance

Required Course for Specialization

5th Semester		6th Semester	
Code	Course	Code	Course
030	Dance and Cultures of the World		

Specialization courses

5th Semester		6th Semester	
Code	Course	Code	Course
581	Technique of Modern Dance	582	Methodology of Modern Dance

7th Semester		8th Semester	
Code	Course	Code	Course
583	20th Century's Dances	584	Chorography of Modern Dance
		585	Specialization Practicum

* *Inactive Specialization*

Electives Courses

(Prerequisite – Required – Elective courses)

The Prerequisite courses are also offered as elective courses

- either in the Fall Semester (F) (3rd, 5th, 7th Semester),
- either in the Spring Semester (S) (4rd, 6th, 8th Semester).

The required courses are also offered as elective courses only during the Fall Semester (F) (3rd, 5th, 7th).

The prerequisite and required courses of the inactive specializations are being offered as elective courses up until the activation of the respective specialization.

Course Code	Course	Prerequisite Course for Specialization	Required Course for Specialization	Elect Sem.
001	Volleyball I	Volleyball		
002	Special Methodology of Soccer Skills	Soccer		F
003	Rhythmic Gymnastics	Rhythmic Gymnastics		F
004	Introduction to Tennis	Tennis		F
005	Badminton I	Badminton		F
006	Track & Field Athletics (I)	Track and Field Athletics		F
007	Introduction to Winter Skiing	Winter Skiing		F
008	Introduction to Wrestling	Wrestling		F
009	Sport Leisure and Recreation	Sports Tourism and Recreation		F
010	Introduction in classical Ballet	Classical Ballet		F
011	Water Polo I	Water Polo	Swimming	F
012	Mini Basketball- Basketball for Young Athletes	Basketball		F
013	Volleyball in childhood	Volleyball		F
014	Soccer Training During Childhood and Adolescence	Soccer		F
015	Mini Team Handball	Team Handball		F
016	Mini Tennis	Tennis		F
017	Motor Control & Performance	Badminton		F
018	Water Life Saving	Water Polo		F
019	Trampoline	Gymnastics		F
020	Choreography Preparation in Gymnastics	Rhythmic Gymnastics		F

Course Code	Course	Prerequisite Course for Specialization	Required Course for Specialization	Elect	Sem.
021	Detection and Selection of Athletic Talents		Track and Field Athletics Winter Skiing		F
022	Resistance Training for Muscle Strengthening του Μυϊκού Συστήματος		Weight Lifting Tae Kwon Do Wrestling Judo Boxing		F
023	Air – Rifle Shooting		Shooting		F
024	Personal Training		Sports Tourism and Recreation		F
025	Physical Activity for Children with Moderate and Low Ability		Physical Activity in Developmental Age		F
026	Organization and Administration of Sport and Cultural Events		Sports Management		F
027	Adapted strength training		Sports rehabilitation training Exercise for people with chronic diseases & disabilities		F
028	Prosody Metrics		Greek Folk Dance		F
029	Dance Therapy		Classical Ballet		F
030	Dance and Cultures of the World		Modern Dance		F
031	Introduction to Sport Marketing			*	F
032	Small-sided soccer (5 x 5)			*	F
033	Neurophysiologic Principles of Human Movement			*	F

Course Code	Course	Prerequisite Course for Specialization	Required Course for Specialization	Elect	Sem.
034	Creative Dance			*	F
035	Olympic and Athletic Education			*	F
036	Sport Animation in Hotels			*	F
037	Paralympic sports			*	F
038	Economics in Sport			*	F

Course Code	Course	Prerequisite Course for Specialization	Required Course for Specialization	Elect Sem.
051	Basketball I – The Game and its Systems	Basketball		S
052	Team Handball I	Team Handball		S
053	Swimming I (breaststroke – butterfly)	Swimming		S
054	Introduction to Competitive Artistic gymnastics	Gymnastics		S
055	Introduction to Weightlifting	Weight Lifting		S
056	Introduction to Sport Shooting	Shooting		S
057	Introduction to Boxing	Boxing		S
058	Social and Cognitive Skill Development	Physical Activity in Developmental Age		S
059	Adapted Water Exercise	Sports rehabilitation training Exercise for people with chronic diseases & disabilities		S
060	Introduction to Folk Dance	Greek Folk Dance		S
061	Introduction to Modern Dance	Modern Dance		S
062	Communication and Public relations	Sports Management		S
063	Introduction to Tae kwon do	Tae Kwon Do		S
064	Introduction to judo	Judo		S
070	New technologies in Basketball			* S

Course Code	Course	Prerequisite Course for Specialization	Required Course for Specialization	Elect Sem.
071	Beach Volleyball			* S
072	Beach Team Handball			* S
073	Training in childhood and adolescence			* S
074	Scuba Diving			* S
075	Exercise in Water			* S
076	Acrobatic gymnastics in the athletic festivals			* S
077	Methodology of differentiation in teaching and training			* S
078	Basic Skills in Badminton			* S
079	Airgun Pistol			* S
080	Exercise and Environmental Effects			* S
081	Functional Gymnastics			* S
082	Functional Development of the Motor System			* S
083	Rhythmic Gymnastics and Sports for All			* S
084	and Sports for All			* S
085	Theatrical Dancing Activity			* S
086	Modern Olympic Games			* S
087	Modern Methods of Analyzing and Improving Game Behaviour			* S
088	Beach Tennis			* S
089	Risk Management In Sports Facilities			* S
090	Rhythmical Movement Education			* S

COURSE OUTLINE

CORE STUDIES

Courses of 1st Year

111 Swimming ECTS 3

Aim of the Course: Theoretical approach and Performance in practice in freestyle and backstroke technique / Starts and turns, respectively / Breaststroke and butterfly kicks

112 Basketball 3

Aim of the Course: - Learning the basic principles of the individual basketball techniques.

- Theory and practice of a large number of exercises, focusing on the basics.
- Teaching methods (analysis-synthesis) for the simple and combined elements of the basic skills
- Basic principles of the coaching process
- Offensive and defensive philosophy of the game. Basic teaching techniques and principles are taught through theory and practice.

113 Gymnastics 3

Aim of the Course: The understanding of the basic concepts in respect to the function of gymnastics exercises and the applications of gymnastics in physical education and sports. The ability of the students to perform all gym-

nastic exercises easily and to apply the proper exercise programs in each case (physical education, sports for all, competitive sports).

211 Foreign Language I – English 2

Aim of the Course: Development of oral skills through exchange of ideas expressed on various subjects included in the taught texts together with the discussion of various structural and grammatical points met with therein. Pre-intermediate level.

211 Foreign Language I – German 2

Aim of the Course: Structure, vocabulary and translation through texts aiming to teach the German language at the beginner level-oral and written speech.

212 History of Physical Education and Sport 4

Aim of the Course: The aim of the course is to give students information on the historical development of physical education and sport in the Greek world from Minoan time till the beginning of 20th century. We examine athletic festivities in Minoan Krete, the Mycenaean period and the Homeric epics. This course also covers the organization and the program of pan Hellenic sacred games, the role of exercise in the education of youth, the participation of women in sport and the attempts of the revival of ancient games as well as the organization of the Olympic Games of Athens in 1896.

213 **Sociology of Sports** **4**

Aim of the Course: The aim of this subject is to give a) a historical background of the organization of sport, the current status of sport, b) the relationship among sport and other social institutions, such as family, economy, education, politics, religion, media and law b) the social organization, team-sport behavior, social interaction in various sports, c) political and social-cultural parameters that affect sport and sport experiences, d) social processes, such as socialization, competition, cooperation, conflict and social stratification in sports.

214 **Anatomy** **4**

Aim of the Course: The aim of the course is to describe the main anatomical systems of the human body with emphasis on the muscular and the skeletal system.

215 **Physiology** **4**

Aim of the Course: Human physiology studies the function of the cells, the tissues, the systems and the functional systems of human organism along with the mechanisms that regulate their operations. Furthermore, physiology examines the interaction of an organism with the environment under various conditions. The objective of course is to teach the students the basic principles of physiology and particular emphasis is given in certain subjects, which are basic for the science of physical education and sports (i.e. cardiovascular system, respiratory system, metabolism, kinetic system).

216 **Motor Learning** **4**

Aim of the Course: Upon the completion of this course students will be able to apply all basic motor learning principles concerning the perceptual models of human action, the cognitive strategies and feedback provision during teaching motor skills. Students will be able to guide humans to higher levels of performance - and learning in real life situations.

121 **Track and Field Athletics** **3**

Aim of the Course: With the completion of the course, students will be familiar with the technique and methodology of track & field events so that they become adequate to teach the basic technique of the events at all the stages of the educational scheme. During the course they will improve their physical condition as well as the required skilfulness for the execution of the relevant techniques

122 **Soccer** **3**

Aim of the Course: The aim of the course is the acquisition of basic skills required in soccer. Moreover, this course is designed to provide students with knowledge that concerns the proper teaching methods of soccer technique. At the end of the course, the students will possess all the basic techniques in soccer and the ability to work out teaching sessions of basic skills required in soccer.

123 Volleyball 3

Aim of the Course: Upon the completion of the course the students will have acquired knowledge related to the history, the basic regulations, playing style, the basic elements of volleyball technique, teaching methodology of volleyball tactic in offence and defence, the basic elements of volleyball technique and the offence and defence volleyball tactics, how to teach the 6:0 and 4:2 formation and how to create a teaching unit, aimed the skill learning. They could also be able to perform the volleyball tactics they know, in offence and defence, master the basic elements of volleyball technique, play the volleyball game with 6:0 and 4:2 formation, officiate a volleyball game and coach a school volleyball team.

221 Foreign Language II – English 2

Aim of the Course: Development of oral skills through exchange of ideas expressed on various subjects included in the taught texts together with the discussion of various structural and grammatical points met with therein. Pre-intermediate level.

221 Foreign Language II – German 2

Aim of the Course: Developing the skills of the pronunciation and spelling of the German language at the beginner level through texts, as well as analyzing basic structural items in these texts.

222 New Technologies in Physical Education 4

Aim of the Course: This course aims to familiarize students with the field of Physical Education.

By the time the courses finishes, students will be able to know and acknowledge the use of New Technologies with respect to Physical Education and Sport, to use New Technologies in order to improve the course quality to know the existing forms and kinds of software-related to Physical Education, evaluate it and utilize it efficiently within the courses to search information on the internet concerning to Physical Education and Sport to use the e-mail as a communicational means and to organize the course of Physical Education using the WebQuest method.

223 Sport Psychology 4

Aim of the Course: After the end of the course students will understand the psychological factors affecting human behavior and also, will comprehend the initial target of the application of sport psychology knowledge, in sport and physical activity contexts.

224 Pedagogy 4

Aim of the Course: The purpose of this course is to provide students with applicable knowledge so that they acquire a broad understanding of the basic parameters of pedagogy and get to know its latest tendencies. Students will comprehend, and thus will be able to incorporate in their teaching issues concerning the development of children and teenagers, their adjustment and behavior at school, the student - teacher interaction and the forms of communication on a team and on a personal level, the current pedagogical issues in question and the effective approaches on teaching and evaluation.

225 Sport Management 4

Aim of the Course: The aim of this course is to provide students with a general grounding in sports management issues. Students are taught and informed about the key functions of scheduling, organisation, management and control and how they can be applied to teams, gyms, sports associations and coaches. Another aim of the course is to provide students with information about the structure, organisation and operation of amateur and professional sport in Greece, sport sponsorship deals, the income and expenses of sports associations and teams and how to prepare proper curriculum vitae.

226 Biomechanics 4

Aim of the Course: To provide students with basic scientific knowledge regarding the application of mechanical laws and principles in human locomotion and sport performance. By the completion of this course, students should be able to understand the impact of basic mechanical laws and principles on human motion and on the structure and function of the human body, the relationships between mechanical laws and principles and movement techniques, in order to improve performance effectiveness, mechanical interaction between the human user and the equipment and safety and how to prevent injuries caused by the forces acting onto the human body

Core Studies**Courses of 2nd Year****131 Greek Folk Dances ECTS 3**

Aim of the Course: The purpose of this course is to make students understand the fundamental scientific principles of dance science. Another goal of the course is to teach students 32 Greek folk dances that are included to the annual academic program (curriculum) in the elementary and secondary education.

132 Team Handball 3

Aim of the Course: The aim of the course is to provide the students the basic knowledge and skills related in the game of Team Handball, and some simple tactical approach needed for teaching Team Handball in elementary and secondary schools. The course also aims in introducing the history of team Team Handball and its' basic regulations as well as officiating a game..

133 Artistic Gymnastics 3

Aim of the Course: Acquisition of basic skills and knowledge for teaching a class of artistic gymnastics to all stages of education (pre school-elementary and high school).

By the end of the course the students will be able to teach methodical the right technique of the basic gymnastics elements to all stages of education using the right structure of support technique avoiding injuries.

231 Foreign Language III – English 2

Aim of the Course: Study and analysis of athletic terminology texts with the aim of familiarizing the students with the specific terminology of the English Language at advanced level, both in written and oral communication. Intermediate level.

231 Foreign Language III– German

Aim of the Course: Developing skills for oral communication through the discussion about ideas and issues included in texts and analyzing and explaining any structural difficulties at an intermediate level.

232 Exercise Physiology 4

Aim of the Course: The purpose of this course is to provide the basic knowledge on the functional ability of the human body during exercise. In addition, the physiological mechanisms which affect athletic performance as well as the physiological adaptations induced by systematic exercise and improve the physical condition will be examined.

233 Elementary Physical Education 4

Aim of the Course: The current course aims to provide students with a knowledge base of the most contemporary issues in elementary physical education. The nature of the multifaceted development of children, b) the effective planning of the physical education lesson/program, based on short- and long-term educational objectives and on students' developmental characteristics and needs, c) the contemporary methods of effective teaching, transfer and evaluation of cognitive, motor and affective learning, and d) the role of physical education in lifetime exercise and health promotion are among the issues that will be developed.

234 Sport Injuries 4

Aim of the Course: ΣThe aim of the course is to introduce the students to the most frequent sports injuries in upper and lower limbs and familiarize them with exercise rehabilitation programs that are usually applied. More specific, each session contains topics concerning possible mechanisms of injury, causes of injury, related symptoms and methods of treatment that are used by the specialist of sports medicine. Some of the injuries presented are ankle sprains, instability problems in the knee joint, meniscus tears, shoulder dislocations and muscle injuries.

241 Foreign Language IV – English 2

Aim of the Course: Study and analysis of athletic terminology texts with the aim of familiarizing the students with the specific terminology of the English Language at advanced level, both in written and oral communication. Intermediate level.

241 Foreign Language IV – German 2

Aim of the Course: Developing skills for oral and written speech through texts at an intermediate level; practicing affirmative, interrogative and negative clauses in addition to a linguistic analysis of the relevant vocabulary.

242 Early Childhood Physical Education 4

Aim of the Course: At the end of the course, undergraduate students of Physical education will be able to:

Comprehend the difference between preschool physical education programs and the physical education programs of other ages

Comprehend the standards and goals of preschool physical education lessons

Organize and design developmentally appropriate physical education lesson plans for preschoolers

243 Secondary Physical Education 4

Aim of the Course: The aim of this course is to provide to students knowledge and basic skills in order to: a) Understand the necessity and the dimensions of PA as it is applied in international school practice, b) be able to organize, apply and evaluate PE contents in secondary school setting, and c) understand the contemporary role of the PE teacher in the school environment.

244 Students With Special Needs in School 4

Aim of the Course: The purpose of this subject is for the students to understand the types of special needs which quite a few pupils present in school and their possibilities in active participation in the subject of physical education. The result will be on the one hand the refinement of positive attitudes to pupils with special needs and on the other hand the possibility to adapt the exercise program to personal needs of any student.

245 Sports Training Theory and Application 4

Aim of the Course: This course focuses in establishing the theoretical background for students in the basic issues of sports performance development. Students will be given the basic knowledge of human body function in

regards to physical conditioning (power, strength, endurance and agility), tactical development as well as the mechanisms of motor control related to technique, coordination abilities and tactics. Finally, students will learn about the characteristics of children and adolescents in regards to sports performance development..

246 First Aid 4

Aim of the Course: The aim of the course is to familiarize the students to the major first aid techniques and to teach them how to practice those skills under different emergency cases.

247 Laboratory Class: Assessment of Athletic Performance 4

Aim of the Course: The goal of this course is to teach students the laboratory procedures needed to evaluate all parameters related to athletes' physical conditioning, coordination, mental preparation, and motor skills in order to achieve the optimization of athletic performance during all stage of biological maturation.

248 Preschool, Elementary and Secondary Physical Education Lab 4

Aim of the Course: Enrolling in this course, students will learn to plan and assess the K-12 physical education lesson in a laboratory setting, using their theoretical knowledge base. More specific, they will be guided to design daily and yearly lesson plans, according to the physical education goals for each grade and to contemporary teaching styles and methods (i.e. interdisciplinary teaching). They will also learn to create and/or use systematic observation tools in order to evaluate teacher effectiveness, and student performance on motor, cognitive, social, and affective elements from videotaped lessons.

CONCENTRATION STUDIES

Common Courses of 3rd Year

251 Foreign Language V (English) ECTS 2

Aim of the Course: Study and analysis of athletic terminology texts with the aim of familiarizing the students with the specific terminology of the English Language at advanced level, both in written and oral communication. Post-intermediate level.

251 Foreign Language V – German 2

Aim of the Course: Studying and analyzing texts on the sport of Tennis accompanied by the relevant terms and translation on tennis, with a view to familiarizing students with German for specific purposes- oral and written- at an advanced level.

252 Research Methods 4

Aim of the Course: Basic principles in research (terminology, sampling). Kinds of research (historic, descriptive, experimental, correlational). Familiarization with research procedures (defining the problem, statement of research and statistical hypotheses, design, data collection, statistical analysis, findings' evaluation, writing of a thesis). Development of critical mind through lectures and discussion.

253 Exercise in Health and Fitness Clubs – Management – Operation – Equipment 4

Aim of the Course: The purpose of this class is to prepare and educate the students so they can succeed to work on a contemporary fitness center. In this class students learn about fitness management, operation, marketing of

exercise centers, human resources and equipment of a modern fitness center. Also the purpose is to inform the students about the new trends and the new programs internationally in the fitness area and which ones can be applied in the Greek reality of fitness centers.

151 Resistance Training 3

Aim of the Course: This course aims in the understanding of chronic and acute biological adaptations to resistance training, principles of function and space allocation of resistance training equipment and their space allocation, exercise program design fundamentals, exercise selection and applications of resistance exercise in various population groups based on health status, age, and sex. During the course, students will learn about complementary strengthening methodologies (tubing, medicine balls, etc.).

261 Foreign Language VI – English 2

Aim of the Course: Study and analysis of athletic terminology texts with the aim of familiarizing the students with the specific terminology of the English Language at advanced level, both in written and oral communication. Post-intermediate level.

261 Foreign Language VI – German

Aim of the Course: Studying and analyzing texts on the sport of Volleyball accompanied by the relevant terms and translation on Volleyball, with a view to familiarizing students with German for specific purposes- oral and written- at an advanced level.

262 Statistics in Physical Education 4

Aim of the Course: The aim of the courses is the introduction in the initial principles of Statistic and the familiarization of students with basic analysis of applied Statistics in the Physical Education.

263 Corporate Fitness and Municipal Recreation 4

Aim of the Course: The aim of this subject is to provide knowledge concerning corporate fitness programs development and assessment. More specifically, to provide knowledge about the design, implementation, management of worksite sports programs for various business settings. The aim of the second subject relates to the organization and management of Municipal recreation programs.

161 Alternative Forms of exercise-Aerobics 3

Aim of the Course: Theoretical knowledge about the planning and organizing of dance aerobic programs with the use of equipment. Learning basic steps and positions with equipment used in alternative exercise forms, routines and dance aerobic programs. Acquisition of rhythm and movement abilities. Teaching methods and choreography. Use of music. Planning, organizing and practical teaching of complete dance aerobic programs.

265 Laboratory Class of scientific approach on undergraduate research report 2

Aim of the Course: The aim of this course is teach the basic elements of writing a scientific report required for the students before their graduation. The students have to follow certain rules in order to select their topic and approach their study, review the literature, develop the methodology, collect the data of the study, present the results and provide the appropriate discussion and conclusion.

Concentration Studies**Common Courses of 4th Year****271 Foreign Language VII – English ECTS 2**

Aim of the Course: Study and analysis of athletic terminology texts with the aim of familiarizing the students with the specific terminology of the English Language at advanced level, both in written and oral communication. Upper-intermediate level.

271 Foreign Language VII – German 2

Aim of the Course: Studying and analyzing texts on the sport of Swimming accompanied by the relevant terms and translation on Swimming, with a view to familiarizing students with German for specific purposes- oral and written- at an advanced level.

272 Evaluation in Physical Education 4

Aim of the Course: The purpose of this course is to introduce the student on issues and methods of evaluation in order to be able to comprehend a) the structure and the parameters of evaluation of educational programs and to know different models of educational evaluation, b) the task of teaching through the measurement of research parameters aiming at the improvement of their effectiveness c) the skills of the students in school. The characteristics of constructing a sport skills test are also presented for the evaluation of knowledge, abilities, attitudes, perceptions, physical activity and health of students in the school aiming at the improvement of teaching skill.

273 Elementary physical education Practicum 2

Aim of the Course: This course focuses on student-teacher practice in grades 1-6. Professional field experience will be gained through the implementation of pre-scheduled daily lesson plans. Developmentally appropriate and contemporary teaching methods will be used in an attempt to achieve physical education goals and objectives. Creating an effective learning environment, enhancing children's overall skill and knowledge on motor, cognitive, and affective issues so that to be transferred out of the school setting, and assessing both student and teacher performance are also among the practices that take place.

275 Laboratory Classl for presentation and analysis of data using computers 2

Aim of the Course: Aim of course is the skills development of students in the use of computers and software's aiming at the facilitation of editing and presentation of diplomatic work. The skills that development concern the management of information via computers, the search for bibliography, the conduct basic statistical analyses via statistical program in computer and the presentation of scientific results.

281 Foreign Language VIII – English 2

Aim of the Course: Study and analysis of athletic terminology texts with the aim of familiarizing the students with the specific terminology of the English Language at advanced level, both in written and oral communication. Upper-intermediate level.

281 Foreign Language VIII – German 2

Aim of the Course: Studying and analyzing texts on Track and Field Events accompanied by the relevant terms and translation on Track and Field Events, with a view to familiarizing students with German for specific purposes- oral and written- at an advanced level.

282 Entrepreneurship and the sport market 4

Aim of the Course: The purpose of the class is to introduce to the students the entrepreneurship in the sport sector. Sport is a fast developing market that can become a carrier opportunity. In Greece the sport industry, even though it is organized mostly in the club system, it has been heavily dependent on government money and there are great opportunities for entrepreneurs. The main aim of this class is to transfer the entrepreneurship spirit to the student and give them enough information so one day they can materialize their own ideas.

283 Secondary physical education practicum 2

Aim of the Course: Students' participation in this practical course aims to provide:

1. Thoughtful knowledge on practical aspects of PE lesson (effective planning, contents organization and lesson evaluation) per school grade.
2. Practical experience on the contents of the PE curriculum and to generate critical thinking on the aims and objectives of the Greek PE National Curriculum.

A deep understanding of the school function (institutionally – managerially – organizationally) and the role of PE teacher in the contemporary school.

285 Undergraduate Research Report 2

Aim of the Course: The undergraduate research report is a research project that the students have to complete by following a clearly defined scientific procedure and methodology under the supervision of a supervisor – professor. The completion of the undergraduate research report provides to the student concentrated knowledge and experience on the selected topic and at the same time it provides the opportunity to become familiar with research methods in the area of Physical Education very useful for those interested in pursuing a graduate degree.

**COURSES FOR THE AREA OF CONCENTRATION:
Sports Training Theory and Application****311 Sports biomechanics 4**

Aim of the Course: The purpose of the course is to provide students with the appropriate knowledge in order to be able to understand and apply scientific concepts of biomechanics in the analysis of sport and exercise movements, as well as to interpret data in a way that is useful to sports scientists and coaches. On completion of this course students should be able to objectively discuss the use and practical application of biomechanical analysis to maximize sports performance, assess technique using kinetic analyses to determine the role and function of specific muscle groups in dynamic sport movements and discuss the use of biomechanical analysis in the prevention and reduction of injury in sport.

312 Teaching and Learning Sport 4

Aim of the Course: Upon the completion of this course students will be able to design and implement a practice schedule that will maximize the efficiency of motor skill learning in athletics. Students will be able to use efficiently different modes of assessment, skill analysis and presentation, error correction, use of feedback and practice scheduling.

313 Sports Physiology 4

Aim of the Course: This course examines the biological adaptations induced after exercise training in various sports and provides physiological evidence concerning the amelioration of athletic performance. The course "Sports Physiology" studies sports with common characteristics such as strength and explosive power, sports that require speed and anaerobic capacity and sports where endurance and aerobic power or a combination of aerobic and anaerobic power is taxed interchangeably.

314 Exercise Biochemistry 4

Aim of the Course: Students will understand the fundamental biochemical adaptations following acute and chronic exposure to various exercise modes and athletic activities. Moreover, they will be able to apply the basic biochemical knowledge and principles in the development of athletes' physical conditioning and understand the biological adaptations of the athletes competing in the sport events that constitute their area of specialization as well as monitor their progress and health status through proper procedures of biochemical testing and evaluation.

315 New Technologies in Sports 4

Aim of the Course: This course aims in familiarization of students with the skills of New Technologies as well as their applications in athletics as well as obtain skills in the field of Information Technology. Students will be able to master the use of New Technologies as well as their applications in athletics to support the coaching procedure, to use software to organize athletic associations and sport events, to search information on the internet concerning Activities and to participate in newsgroups and internet forums, as well as use the e-mail as a communicational tools.

316 Principles of Planning and Guiding Training 4

Aim of the Course: The goal of this course is to impart students all essential knowledge to render them able to design and guide the training process of the sport of their choice at all performance levels.

317 Nutrition and Sport Performance Ανόδοση 4

Aim of the Course: The aim of the course is students to be taught and understand the importance of nutrition on optimal body function, to learn the six nutritional categories, their properties, their nutritional sources, the importance of energy supplementation, the energy balance and its relation to sport performance. The goal of the course is also to present the specific role that has each one of the six nutritional categories in supporting and improving athletic performance in general and in specific group of sports plus ways we can intervene in the training outcomes through the application of specific nutritional strategies. Nutritional supplements, doping, body weight management and nutrition during special conditions are also mentioned.

Courses for the Area of Concentration:

Physical Activity

321 Physical Activity and Health Promotion Intervention Programmes ECTS 4

Aim of the Course: The aim of this course is to provide students basic knowledge and skills in order to:

1. Understand the influential role of physical activity (PA) and exercise on humans' health and well-being.
2. Be able to apply in practice the current PA guidelines for health for all ages and sub-groups of the population.
3. Understand the problems and the limitations of the available measures of PA and health behaviours.
4. Understand current theories and models on PA promotion and change health behaviours on different age and population groups.
5. Be familiar with the most successful health and PA intervention programmes.
6. Understand the basic principles and dimensions underlying the evaluation of PA and health promotion programmes.

322 Fundamentals of Leisure Time and Recreation 4

Aim of the Course: The purpose of the class is to introduce to the students the art and the science of Recreation. Also the class aims to explain the role of leisure time to contemporary society and the creation of recreation companies. During the class students will be introduced to leisure theories and how they influence the sports and recreation industry.

323 Technological applications for parents and teachers 4

Aim of the Course: The purpose of the course is to provide the students the necessary knowledge in order to be able to comprehend the basic parameters and modern tendencies of new technologies of information and communication and to incorporate this knowledge in their teaching. In more detail, in this particular class, the students will comprehend, and thus will be able to incorporate in their teaching issues concerning:

- New training environments
- Learning and applications of technologies of information and communication, electronic environments of learning
- Educational technological applications in the daily life (culture, economy, society k.a.)
- Learning and teaching – knowledge, skills and attitudes/behaviors
- Evaluation of use and applications of technologies of information and communication in the education

324 Philosophy-Ethics 4

Aim of the Course: The aim of the course is to study the nature of sports, to go deep into their problems, to approach the truth of their value and to help the increase of knowledge of their characteristics. This course is aiming to give the students the ability to discern the ethical right to acquire critical mind and the ability to judge and criticize with arguments and to make the correct choice between the significant and the insignificant.

325 **Biochemistry and Nutrition in Physical Activity and Health** 4

Aim of the Course: The purpose of this course is to analyze the biochemical adaptations induced by the application of various physical activity and exercise programs in different target populations and the nutritional practices of the average active person in order to support physical activity and exercise needs.

326 **Recreation in Aging** 4

Aim of the Course: The aim of the subject is to provide knowledge concerning the aging processes that affect the life styles of the older population, as well as the theories of aging that stem out of these processes and the application of these theories in the field of recreation. More specifically, this subject concerns the biological, psychological, and sociological changes that are experienced by the elderly and provides suitable recreation programs and policies that will assist them to cope with these changes, and which will lead them to a successful aging.

327 **Leadership in Physical Education and Education** 4

Aim of the Course: With the completion of this course the students will have comprehended the importance of the teacher's "leading position" in an increasingly demanding continuing changing environment. They will be able to comprehend the skills that are required and need to be developed in order to for them to become effective leaders

Courses for the Area of Concentration: **Exercise for Special Populations**

331 **Exercise Biochemistry & Sport Nutrition** ECTS 4

Aim of the Course: The goals of this course is to help students to understand the biochemical mechanisms underlying various chronic debilitating diseases and musculoskeletal problems and the applications of sport nutrition concepts in order to contribute to a better exercise program design for these populations during the rehabilitation process.

332 **Clinical Exercise Physiology** 4

Aim of the Course: The aim of this course is to present the acute and long term responses and adaptations of human body during exercise applied in patients with chronic disease. The necessary knowledge concerning metabolism, endocrinology, cardiovascular system, immune system, bone metabolism, and neuromuscular system will allows students to plan and apply exercise programs to patients with chronic diseases.

333 **Exercise for older Adults** 4

Aim of the Course: The aim of this course is for students to be able to recognize the basic characteristics of the aging process and its effects on human performance and abilities, select and implement all screening tools for older adults before their participation in an exercise or physical activity program and finally design and supervise an exercise program aiming in improving endurance, muscular strength flexibility and balance in older adults.

334 **Diagnostic & Therapeutic Modalities in Rehabilitation** 4

Aim of the Course: The aim of the course is to introduce the students to the basic diagnostic and therapeutic modalities used in rehabilitation. The students will acquire basic knowledge concerning the necessity of different diagnostic methods that are used in rehabilitation (e.g. arthroscopy as a diagnostic method or diagnostic tools for ligament injuries or bone tissue injuries) and the specific information they offer. Moreover, the students will learn how to choose which therapeutic modality to use depending on the rehabilitation goal (e.g. electrotherapy, manual therapy, cold therapy, massage etc).

335 **Counseling during Rehabilitation** 4

Aim of the Course: The aim of the course is to present the basic counseling skills that are usually used by sports health care professionals in order to interact effectively with patients. The purpose of the course is to help students learn these techniques and maximize their ability to communicate effectively with their injured athletes during all the rehabilitation period in order to optimize their effort and adherence to the program.

336 **New Technologies in Health** 4

Aim of the Course: New Technology allows the patients' objective evaluation, the best possible measure and development of the remaining dynamics, the specific evaluation of the therapeutic result and offers great attributes to the patients' self autonomy. Emphasizing on new technologies gives birth to new needs for higher educational levels as well as needs for specialization in the field of applied educational courses. The vast development of micro-processing systems, that have great abilities in controlling interactive digital-analog signs, has given the green light for the creation of "intelligent" devices, which objectively evaluate the parts as well as the whole of the rehabilitated patients. At the end of the semester, students will have obtained the ability to search and evaluate information concerning New Technologies and their application in the field of health.

337 **Physical Activity & Recreation for People with Disability** 4

Aim of the Course: The purpose of this course is for the students to understand the importance of physical activities to the life of individuals with disabilities, the adaptations that can be required for various activities and the tests of physical fitness and motor fitness that have been developed for individuals with disabilities. The result will be the propulsion and the better support of exercise programs.

Courses for the Area of Concentration: **Dance**

341 **Special Dance's Issues** ECTS 4

Aim of the Course: The objective of course is the familiarization of student with subjects that concern dance as culture form and educational proceedings. Moreover, as way of amusement - entertainment and spectacle form. Furthermore the course explores the connection between mechanical laws and dance performance. The students should be able to understand the effects of body size in dance, the dance environment on dance performance and the causes of dance injuries and how to avoid them.

342 **Music for Dance** 4

Aim of the Course: The purpose of this course is to present the relation between dance and music and make students capable to recognize the various music structures and to adjust music to every dance movement. Another main goal is to present the main structural characteristics of traditional melodies and music compositions from Renaissance till the 20th century and all kinds of modern and meta- modern music. There are also going to be analyzed the basic rules of the relation and interaction between music and dance movement.

343 **Method and Dance Teaching** 4

Aim of the Course: The aim of this course is to help students understand the basic instructional theories and get the appropriate knowledge to them into practice successfully according to their pupils age and the dance kind.

344 **Biological Adaptations and Overuse Syndromes in Dance** 4

Aim of the Course: This course is designed to provide students, specialized in Classical Ballet, Modern Dance, or Greek Traditional Dance, with basic principles of physiological responses occurring during the different kinds of dance. It includes topics concerning the energy metabolism, the cardio-respiratory function, the neuromuscular adaptations, body composition and morphological characteristics of dancers in different types of dance.

345 **History and Aesthetics of Dance** 4

Aim of the Course: The aim of the course is to give students information on the historical development of dance in Greece and the remaining world. Most particular we examine: the meaning and the role of dance in Greek antiquity, the development of traditional dance in the Greek society, the development of ballet and modern dance in all over the world as well as the relevant issues of dance aesthetics.

346 **Management of Cultural Events** 4

Aim of the Course: After the integration of the lectures students will be aware of the way of organizing and managing of all the parameters that define the effectiveness and the successful outcome of cultural events as the final valuation of the result

347 New Technologies and Dance 4

Aim of the Course: The object of course is recommended in the theoretical approach and practical application of New Technologies in the functional region of Dance. The objective of course is the application of technological solutions in the organization, management, treatment of parameters of dance. The culture of dance has as basic assumption the music, is supported in the picture and founded in associations (folklore, cultural). The faculties that gained are basic skills in the use computer and peripheral systems for the management of information. In the end of course the students will know use computers for the management of associations, the process of sound and picture.

Specialization courses: BASKETBALL**401 Basic skills training and Individual Technique ECTS 6**

Aim of the Course: - Learning the basic principles of individual basketball techniques.

- Theory and practice of a large number of exercises, concerning the basics.
- Teaching methods (analysis-synthesis) for the simple and combined movements of the basic skills.
- Basic principles of the coaching process
- Offensive Maneuvers with 2,3 and 4 players

402 Combined Offensive Movements of 2, 3, 4 Players 6

Aim of the Course: -Learning the basic principles of individual basketball offense and defense

- Theory and practice of a large number of exercises concerning offensive maneuvers
- Teaching methods for offensive touches the above abilities, considering age characteristics.
- Teaching of all the elements concerning offense and defense, starting from 1 to 1 and ending to 4 to 4

403 Team Offensive and Defensive Tactics 6

Aim of the Course: The aim of the course is to teach the team defensive and offensive tactics for the fast break, man to man defense, the zone defense and the matchup defense. The goal of the course is to bring to the students a full coverage of the technical and tactical aspects of the topics presented, to prepare them for the methodology and the coaching needed by this competitive form of the game with special focus on the teaching methodology and the development of independent and critical coaching thinking.

404 **Combination, press defenses and offenses. Team organization and coaching** 6

Aim of the Course: • Basic principles of the coaching process

- Learning the basic principles of a team basketball tactic.
- Teaching methods (analysis-synthesis) for simple and combined movements of the above abilities in relation to age

Theory and practice of a large number of exercises, concerning the above skill.

405 **Practicum** 2

Aim of the Course: The goal of the course is to guide the students to they can participate in activities so that they can improve and help their coaching skills. These activities include: participation to a school basketball championships as coaches of the school teams, referees, and in general to the organization of this championship. Organization of an internal basketball competition (TEFAA). Observe practice sessions of all national level teams. Participation in the seminars and clinics organized by the basketball sector. Overall students should spend at least 40 hours in one or more of the activities described above.

Specialization courses VOLLEYBALL

406 **Individual technique and tactics in Volleyball** ECTS 6

Aim of the Course: Ending the lessons the students have to be able:

- to know the new tendencies in volleyball, variations in warm up procedure, the basic volleyball skills' variations in practice and how they could be used in a training unit.
- to perform effectively the volleyball skills and their variations during the game and how they teach the basic skills and their variations, the tactics in offense and defense and the 6:2 and 5:1 formation
- to create a teaching unit (practice unit), aimed the skill learning and tactics
- to officiate as referees, to coach in a school setting and to organize a volleyball tournament.

407 **Team tactics in Volleyball** 6

Aim of the Course: Ending the lessons the students have to be able:

- to perform effectively the volleyball skills and their variations during the game.
 - to know how to teach the individual and team tactics in offence, defence and the 6:2 and 5:1 formation
 - to create a teaching unit (practice unit), aimed the team tactics
- to officiate as referees, to coach a team and to organize a volleyball tournament.

408 Organizing and designing practice selection of complex drills 6

Aim of the Course: The improvement of technical abilities and tactical skills that derive from specialized practice along with special rules training as well as faculty of handling of special topics of training in ages of 13--19 years. Choice and structure of drills.

409 Annual training and competition plan in Volleyball 6

Aim of the Course: The students' ability to apply planning of training and competition to teams of various characteristics (age, sex, training-competition experience etc), that includes all the elements of modern Volleyball. Planning programs of daily units of training.

410 Practicum 2

Aim of the Course: Ending the lessons the students have to be able to know:
 How to plan, organize and perform a teaching or training practice unit in school or in club environment.
 How to coach the school or club team
 How to organize a volleyball tournament

Specialization courses SOCCER**411 Team tactics ECTS 6**

Aim of the Course: -Teaching of the basic elements of offensive tactics
 -Teaching of the basic elements of defensive tactics
 -Students will be taught tactical exercises (offensive-defense) and the analysis of the playing systems so that they can apply them to teams as coaches.

412 Special Tactics in Soccer tactics 6

Aim of the Course: The aim of the course is the students' ability to search, study and practice thoroughly and specialised in the learning of special tactics in soccer and the learning of general tactics, individual tactics and tactic for every player in the team.

413 Physical Conditioning in Soccer 6

Aim of the Course: The aim of the course is the acquisition of special knowledge on soccer training issues and the acquisition of practical experience on physical conditioning issues in soccer. At the end of the course, the students will have the ability to develop out training plans of physical conditioning for one period and daily training programs on the physical conditioning parameters.

414 Special Issues in Soccer 6

Aim of the Course: Scope of the course is to teach the specific methodology that is followed for the measurement and evaluation of physical fitness in soccer as well as to provide information about some specific issues such as the effects of nutrition and fluid replacement on performance, biochemical evaluation of the players as well as aspects of women soccer.

415 Practicum 2

Aim of the Course: The aim of the course is the acquisition of knowledge that concerns the practice of soccer on training issues, technique and tactics. Moreover, acquisition of knowledge on issues that concern the organization and the management of soccer clubs. At the end of the course, the students will have the ability to work out training plans of soccer teams.

Specialization Courses: TEAM HANDBALL**416 Individual Offensive and Defensive Technical Skills (and Goalkeeper Skills) ECTS 6**

Aim of the Course: The aim of the course is to introduce students to the basic technique skills of the game, the special technical requirements with respect to court position, to provide basic theoretical knowledge of throws drawn by kinetics, to facilitate understanding of the game's technique and its' assessment, and to teach students the skills at that goalkeepers should develop and goalkeeper's training drills.

417 Individual Offensive and Defensive Tactical Skills and Team Tactics 6

Aim of the Course: The aim of the course is to introduce students to the basic principles of a player defensive and offensive tactics applicable in zone or personal defense game situations, to present the methodology of teaching "open" tactical skills, to teach to the students the basic defensive and offensive tactical skills and to present the most usual forms of cooperation between 2 to 5 players in defense and offense

418 Defensive Team Tactics – Physical Conditioning Team Handball 6

Aim of the Course: The aim of the course is to introduce students: to the philosophy and basic principles of the defensive team, to the systematic defensive formations used in Team Handball, to the principles, the offense should be based on for breaking through zone formations, to the physiological characteristics of the physical demands of the game, to the special training requirements of the game and to the physical conditioning in Team Handball.

419 **Complex Defensive Formations -Team Offensive Tactics** **6**

Aim of the Course: The aim of the course is to introduce students to offensive team tactics against systematic defensive formations, to the complex defensive formations and the offensive tactics for breaking through complex defense, to coping with situations of numerical superiority and inferiority in offense and defense, and to introduce students to leadership, coaching as well as psychological and nutritional issues in Team Handball.

420 **Practicum** **2**

Aim of the Course: The aim of the course is to familiarize students with training practice, officiating as well as refereeing, to provide experiences of Team Handball playing, and to introduce them to the procedures of founding and operating a team.

Specialization Courses: SWIMMING

421 **Technique of Swimming Styles** **ECTS 6**

Aim of the Course: The aim of the course is to understand and learn how to teach the detailed technique of the four swimming styles, as well as to develop the ability to identify and correct possible mistakes using appropriate teaching methods.

422 **Series of Methods & Exercises for Teaching Swimming** **6**

Aim of the Course: The aim of the course is to provide series of methods & exercises for teaching and refining swimming technique. Furthermore, the course provides theoretical knowledge for organizing and programming practice for teaching and improving swimming technique. At the end of the course, the students should exhibit decent ability to organize, implement and adapt programs for teaching and improving swimming technique to novices and intermediates of all ages.

423 **Competitive Swimming Training and Planning from Childhood to Maturity** **6**

Aim of the Course: The course aims to teach methods for organizing and planning a long-term, annual, seasonal and daily swimming training for age-group and mature swimmers. The limitations and specific needs for swimming training from childhood to maturity will be considered.

At the end of this semester the student should be able to plan and apply an annual, seasonal and daily training session for swimming.

424 Specific Issues in Swimming Training 6

Aim of the Course: During this course students will gain knowledge about specific issues concerning the biological, psychological and biomechanical parameters related with swimming competitive training. Completing the course students will be able to cope with the specific demands of swimming training. They will be able to prescribe a training session and a year-round plan, based on their knowledge on exercise physiology, sport psychology, motor learning and biomechanics

425 Practicum 2

Aim of the Course: The aim of the course is to familiarize the student with teaching and practicing procedures followed during swimming instruction, starting from the novice up to competitive level.

During a predetermined period Each student will plan a number of sessions appropriate to achieve a learning goal.

At the end of this course the student should be able to plan and apply a swimming session for a beginner, an intermediate or a competitive swimmer.

Specialization Courses: WATER POLO**426 Basic Techniques of Water Polo 6**

Aim of the Course: 1) Model creation for basic and a whole preparation according to age specialties
2) Introduction of characteristic demands of the game. Occupation of swimming style
3) Usage of methods for individual learning of skills
4) To help towards the perfection of methodological teaching – coaching exercise

427 Methodological Series of Exercises for Teaching the Basic Techniques of Water Polo 6

Aim of the Course: The aim of this course includes the improvement of the skills related to a. the swimming styles and the technical swimming of the game, b. the technique with the ball and the preparation of tactical elements.

428 Physical Conditioning in Water Polo 6

Aim of the Course: 1) Objectives of the year round training preparation- Daily allocation of middle circles
2) Index according to the period (competition preparation and beyond that)
3) To help towards the perfection of methodological teaching – coaching exercise – at physical condition

429 Tactics – Strategy of Water Polo 6

Aim of the Course: 1) Improvement of players individual skills
2) Exploitation of players deficiencies
3) Improvement of ball handling through the game
4) Getting experience from the game

430 **Practicum Πρακτική Άσκηση** **2**

Aim of the Course: The aim of this course is for students to acquire knowledge for swimming and water polo for the defining training objectives and for the course organization

Specialization Courses: ARTISTIC GYMNASTICS**431** **Basic Elements of Artistic Gymnastic** **ECTS 6**

Aim of the Course: Acquisition of basic skills and knowledge for teaching the lesson of artistic gymnastics and coaching the basic elements for artistic gymnastics. Consolidate the basic gymnastics skills. By the end of the course students will have gain the knowledge to teach and coach analytically the right technique of the basic elements to the first competitive gymnastics stage. They will also know the mechanical principles for the basic skills.

432 **Methodology and Techniques of Basic Exercises in Artistic Gymnastics** **6**

Aim of the Course: Acquisition of basic skills and knowledge for teaching and coaching basic elements and routines for young gymnasts. Consolidate the basic gymnastics skills for the first competition period of the young gymnasts. By the end of the course students will gain the knowledge to teach and coach analytically the right technique of the basic elements to the first competitive artistic gymnastics stage

433 **Methodology Techniques and Combinations of Basic Exercises in Artistic Gymnastics during the Period of Specialization** **6**

Aim of the Course: Acquisition of basic skills and knowledge for teaching and coaching basic elements and routines for gymnasts in the specializing gymnastics period. Consolidate the principles of conditioning, techniques, psychological preparation and the planning of training the gymnasts. By the end of the course students will be able to make long term and short term planning according to their age and time of the year.

434 Theory and Practice in Artistic Gymnastics during the High Performance Period 6

Aim of the Course: Acquisition of basic skills and knowledge for teaching and coaching elements and routines for gymnasts in competitions. Consolidate the basic official regulations for gymnastics. By the end of the course students will be able to plan training program for elite gymnasts. They will also be able to judge the competition programs in all performance periods.

435 Practicum 2

Aim of the Course: Upon the completion of the above four courses, students will have the opportunity to apply their knowledge in practice and in competitions they will participate at as coaches, under the supervision of the course instructor.

Specialization Courses RHYTHMIC GYMNASTICS

436 Methodology of Rhythmic Gymnastics ECTS 6

Aim of the Course: This course is designed to provide an active learning experience to female students, who specialized in Rhythmic Gymnastics. It includes a detailed methodology of body movements and apparatus technique and provides a theoretical understanding of Rhythmic Gymnastics based on educational theory, using a teaching progression of simple exercises and more complicated combinations with musical accompaniment. In addition, teaching based on the principles which are essential to understanding the application of biomechanical analysis of different movements such as the determination of vertical axis in balances, the angle of various apparatus throws, the forces which developed during pivots etc).

437 Technical Preparation and Code of Points 6

Aim of the Course: This course covers aspects of special regulations and basic principles concerning the judging requirements that are important to female students, who specialized in Rhythmic Gymnastics. The modules are designed to teach students the evaluation process of competitive routines, the technical and artistic value of the compositions, and the various penalties of individual and group exercises that are useful to create a competitive routine. This theoretical approach is combined with the practical application of regulations via video. In addition, this course covers aspects concerning the development of technical dexterity, the athletic preparation, the sensitive periods of motor growth, the evaluating of movement speed, reaction time, orientation in the space, and the neuromuscular co-ordination of rhythmic gymnasts.

438 Planning an Individual Competitive Routine 6

Aim of the Course: This course is designed to develop the female student's competencies, specialized in Rhythmic Gymnastics, in the planning of group competitive routines with the same (e.g. 5 ribbons) or different type of apparatus (e.g. 2 rope and 3 balls) according to the FIG Code of Points. In addition, this course covers aspects concerning talent detection and identification, morphological characteristics and body composition, nutritional consideration for gymnasts and menstrual effects of training, planning training cycles and psychological preparation of gymnasts.

439 Planning a Group Exercise Routine 6

Aim of the Course: This course is designed to develop the female student's competencies, specialized in Rhythmic Gymnastics, in the planning of group competitive routines with the same (e.g. 5 ribbons) or different type of apparatus (e.g. 2 rope and 3 balls) according to the FIG Code of Points. In addition, this course covers aspects concerning talent detection and identification, morphological characteristics and body composition, nutritional consideration for gymnasts and menstrual effects of training, planning training cycles and psychological preparation of gymnasts.

440 Practicum 2

Aim of the Course: This course provides opportunities to female students, specialized in Rhythmic Gymnastics, to come in contact with professional fields of working such as athletic clubs, schools and various Sports Organizations. Students enable to apply their special knowledge that they acquire during their studies extending their prospective for better professional occupation.

Specialization Courses TENNIS**441 Acquisition of Basic Skills - Basic Strokes ECTS 6**

Aim of the Course:

- Improving basic strokes technique
- Distinguishing mistakes and avoiding them
- Control performance during stroke and rally for both strokes vertical and diagonal to the net

Using basic strokes from various spots of the court and choosing the right technique. Improving performance technique at lob and smash Basic status theory of moving during special ground strokes. Training slice Forehand & Backhand, spin Forehand & Backhand up to a certain performance level, looking for improvement at 7th and 8th semester.

442 Acquisition of Special Skills in Tennis - Special Strokes 6

Aim of the Course: Understanding the technique of special serves, racket swing analysis, body, feet, etc. Acquisition of feeding skill with a racket.

Understanding the way a ball spins around its axis at special strokes. Introduction at special strokes, which require more spin of the ball around its axis, like drop-shot, volley-stop, lob slice & spin, half volley with slice & spin. Moving towards the net Scientific research for the issues of tennis special strokes technique at world journal references.

443 Acquisition of Teaching Skills and Improvement of Individual Performance 6

Aim of the Course:

- Training with throwing ball machine (or feeding with a basket): individual and team drills.
- Requiring the feeding skill, demonstration

- Applying tests and evaluation in tennis
 - Improving performance technique and enhancing correction methods
 - Basic status theory of teaching methodology in tennis
 - Applying different strokes units – appropriate tactics choosing
 - Tactical differences playing singles versus doubles matches
 - Which factors affect performance in tennis
 - Score sheet filling
- Scientific research for the issues of tennis coaching at world journal references

444 **Acquisition of Coaching Skills and Organizing Tennis Tournaments Acquisition of knowledge for physical training in tennis.** **6**

Aim of the Course: • Practice for teaching experience in tennis at beginners students.

- Acquire the skill of performance technique and enhancing correction methods to trainees
- Statistical observation of a tennis match
- Teaching principles and coaching at tennis
- Training for recreation tennis, adults, people with special needs
- Which factors affect performance in tennis
- Scientific research for special issues of tennis at world journal references.

Basic knowledge for sport psychology, ergophysiology and nutrition at tennis

445 **Practicum** **2**

Aim of the Course: Acquisition of teaching and coaching experience in tennis technical skills

Specialization Courses **BADMINTON**

446 **Theory – Practice of Basic Badminton Skills** **ECTS 6**

Aim of the Course: The aim of this course is to develop students' individual skills, as well as familiarize them in game tactics in doubles and mix doubles. Moreover, to reinforce the students' teaching abilities.

447 **Methodical Exercise Series of Technique Instruction (Theory - Practice)** **6**

Aim of the Course: The object of this course constitutes in learning, evaluating, classifying and organizing exercises that develop the techniques and tactics skills in badminton players. The objective of the course is the development of the students' ability to organize methodical exercise series relative to age and level parameters of the participants in badminton activities.

448 **Training Methods for Improving Physical Abilities (Theory – Practice)** **6**

Aim of the Course: The object of the course is the comprehension of the development of the badminton game, the main energy mechanisms and the required abilities for the achievement of the biggest possible athletic output. Moreover, this course aims to help students obtain the necessary abilities in order to train efficiently badminton athletes.

449 **Specific Tactical Objectives – Evaluation Methods
(Theory – Practice)** **6**

Aim of the Course: The object of the course is the tactics in badminton games. The tactics constitutes a basic element for the achievement of high athletic performance. Moreover, objective of this course is the development of the students' ability to comprehend the tactics depending on the game (singles, doubles, mixed doubles), to record and evaluate the players' tactics and analyze it aiming at obtaining teaching abilities. Efficiently guiding must be sought after by all students

450 **Practicum** **2**

Aim of the Course: The objective of the particular instructive activity is the practical application of the acquired knowledge in badminton. This courses aims to develop the students' ability to apply badminton knowledge in real conditions. The training result will be the acquisition of experience.

Specialization Courses TRACK AND FIELD ATHLETICS

451 **Technique in Runs, Jumps and Throws** **ECTS 6**

Aim of the Course: Upon the completion of the course, students will be familiar with the technique and methodology of track & field events so that they become adequate to teach the basic technique of the events at all stages of the educational scheme as well as at a competition level. During the course they will improve their physical condition as well as the required skillfulness for the implementation of the relevant techniques. In addition, they will attain experience in technical instruction.

452 **Methodology in Runs, Jumps and Throws** **6**

Aim of the Course: Upon the completion of the course, students will be familiar with the technique and methodology of track & field events so that they become adequate to teach the basic technique of the events at all stages of the educational scheme as well as at a competition level. During the course they will improve their physical conditioning as well as the required skillfulness for the implementation of the relevant techniques. In addition, they will have attained experience from the organization of athletic events.

453 **Application of Training Theory in Runs, Jumps,
Throws and Combined Events During the Develop-
mental Period** **6**

Aim of the Course: They will be in a position to plan training programs with the application of methods in developing physical abilities. They will become adequate to teach the technique of the events at all stages of the educational scheme as well as at a competition level. They will be able to underline major performance mistakes and guide technically athletes who participate in vari-

ous track and field events. During the course they will improve their physical conditioning as well as the required skillfulness for the implementation of the relevant techniques. Besides, they will attain experience in technical instruction.

454 **Application of Training Theory in Runs, Jumps, Throws and Combined Events in Elite Athletes** **6**

Aim of the Course: Upon the completion of the course, students will have been taught the training process in instructing elite athletes. They will be in a position to plan training programs with the application of methods in developing physical abilities. They will become adequate to teach the technique of the events at all stages of the educational scheme as well as at a competition level. During the course they will improve their physical conditioning as well as the required skillfulness for the implementation of the relevant techniques. Besides, they will attain experience in technical instruction.

455 **Practicum** **2**

Aim of the Course: At the end of this course, the students will be able to teach the technique of athletics at all levels of education, as well as in the racing field. They might point out and correct technical faults, design training schemes and guide technically the athletes individually. They will have acquired experience from the technical guidance of athletes of developmental age and collaboration with track events trainers. The experience from the knowledge of organising track events will make them capable of undertaking similar events with success.

Specialization Courses **WINTER SKIING**

456 **Training Basic Skiing Technique** **ECTS 6**

Aim of the Course: The main purpose of this lesson is through right methodology to teach basic theory about skiing technique and in the process to improve technique student's way of skiing. Secondly is to create a good knowledge about how to teach skiing.

457 **Acquisition of Special Skill Technique in Downhill Skiing** **6**

Aim of the Course: The main purpose for students is to improve basic skiing technique and to improve the characteristics for expert skiing. Also, they will improve co-ordination for different ways of expert skiing, with the correct methodological order, in order to avoid mistakes and acquire automation of movement.

458 **Training the Students to Teach Skiing** **6**

Aim of the Course: Try to use experience and training as a guide for high performance skiing. Furthermore students through specific teaching targets (technique, race tactics and regulations) will be able to select the appropriate teaching method, depending on the conditions and available equipment. Finally, special issues on expert skiing will be analyzed, like enhance physical conditioning and coaching methods of training.

459 Improvement of Individual Skiing Technique – Coaching Skills – Special Issues in Skiing 6

Aim of the Course: Try to use experience and training as a guide for high performance skiing. Furthermore students through specific teaching targets (technique, race tactics, nutrition and rules) will be able to select the appropriate teaching method, depending on the conditions and available equipment. Finally, special issues on expert skiing will be analysed, like enhance physical conditioning and methods of training.

460 Practicum 2

Aim of the Course: To provide the chances to students to practice skiing teaching and guide them through troubleshooting situations with different types of skiers.

Specialization Courses WEIGHT LIFTING

461 Methodology in Teaching the Technique of Olympic Lifts ECTS 6

Aim of the Course: The aim of the course is that students will become experienced in:

- Teaching methodology of the technique in classical lifts and
- Designing training programs for beginners or advanced athletes.

462 Physical Conditioning in Weightlifting 6

Aim of the Course: The aim of the course is that students will become experienced in:

- Designing training programs to increase physical conditioning in Weightlifting.

463 Training Periodization in Weightlifting 6

Aim of the Course: The aim of the course is that students will become experienced in:

- Designing a yearly plan of training for beginners or elite athletes in Weightlifting.

464 Special Topics in Weightlifting Training- Resistance Training 6

Aim of the Course: The aim of the course is that students will become experienced in perfection of technical execution of Olympic lifts and to learn about the organization of Weightlifting competitions. In addition the students will become familiar with the physiological adaptations in athletes and the variations in strength training in other sports.

465 Practicum 2

Aim of the Course: The aim of the course is that students will be informed in real conditions about the demands of a Weightlifting association and of course about the training and competitions in Weightlifting.

Specialization Courses SHOOTING**466 Technique of Air Guns ECTS 6**

Aim of the Course: The secure procedure of the elite shooting art of air rifle and air pistol. Analysis on technical factors related to shot technique. Posture-Gripping-Holding-Breathing-Aiming-Triggering-Lowering air gun. Coordination of partial motor procedures.

467 Technique of Fire Guns 6

Aim of the Course: The secure technique of handling the rifle and pistol guns. Instruction of shooting events standing position-lying down position-kneeling down position on fire rifles. Instruction of precision and quick round events in low and high calibre air pistols.

468 Coaching and Methodology for Sport Shooting 6

Aim of the Course: Instruction of shooting events. Formation and management of athletic performance in beginners and elite shooters. Methods of perfecting technical education in rifle and pistol events. Physical tactics and psychological preparation's role in shooters..

469 Planning-Regulations 6

Aim of the Course: Principles on coach planning. Securing training outcome. Index of various coaching plans during training procedure. Analytic teaching of regulations per shooting event.

470 Practical Application of the Specialization 2

Aim of the Course: Learning of the teaching-coaching procedure and planning. Acquisition of coaching experience via practical applications in students of the elective courses, in athletic classes, in public schools and sports clubs.

Specialization Courses TAE KWON DO
471 Methodological Development of the Technique in Tae kwon do ECTS 6

Aim of the Course: Upon the completion of the course, students will have completed the basic competition techniques of front and front-oblique strikes in conjunction with the punch and their combination with different kinds of movements. They will acquire the skills related to the first two levels of pounse, as well as the methodology in teaching the basic self defence techniques at the stage of green belt. Furthermore, the knowledge and application of the rules serves as target of the course.

472 Technical – Tactical Approach to Competitive Tae kwon do 6

Aim of the Course: By the end of the semester the students should have completed the basic fighting techniques of the side and rotating kicks in co-ordination with the punch. The procedural movement will be completed in relation to the kicks, including the forward movement, leaping, clipping, turning curves and aerals. Knowledge will be acquired related to the methodological analysis of the basic defensive exercises [self protection] subject matter of the blue belt. The students will learn th enforcement procedure of the printed self defense exercises [Habon – kirugi] blue belt subject matter, and they will participate in the local Taekwondo tournaments as judges.

473 Competitive Tae kwon do – Special Training Issues. 6

Aim of the Course: Upon the completion of the course, students will have completed the basic competition techniques and tactics of spin strikes in connection with the punch

and their combinations with different kinds of movements. They will acquire the skills related to the fifth and sixth levels of Poomse, as well as the methodology in teaching the basic self defence techniques at the stage of red belt.

474 Tae kwon do Competition Issues 6

Aim of the Course: Upon the completion of the course, students will acquire the skills related to the seventh and eighth levels of pounse, as well as the methodology in teaching the basic self defence techniques at the stage of black belt.

475 Practicum 2

Aim of the Course: By the end of the practical exercise the students will have acquired knowledge and experiences from their participation in the activities that have been referred to in the course contents. They can teach the technique of competitive Tae kwon do at all learning levels. They should be able to plan training programs and technically guide athletes in the competitive fighting teams. The experiences gained from the organization of local school Tae kwon do tournaments enables them to successfully organize similar events.

Specialization Courses	WRESTLING
-------------------------------	------------------

476	Methodology in Learning Technique of Greco-Roman Wrestling	ECTS 6
------------	---	---------------

Aim of the Course: The aim of the course is to improve the students' theoretical and practical background in the technique of Greco-Roman Wrestling (grips, drops, defense).

477	Physical Conditioning, Technique and Tactics-Special Issues in Wrestling	6
------------	---	----------

Aim of the Course: The course aims to provide theoretical and practical training to the students regarding the techniques-tactics of Greco-Roman wrestling. By getting familiar to the techniques-tactics, the students will extend their knowledge concerning Greco-Roman wrestling and in general in the wrestling sport. They will also acquire the basic skills in the process of applying the technical-tactical combinations.

478	Contact Games for Wrestling in Athletic Schools	6
------------	--	----------

Aim of the Course: The aim of the course is the presentation of a philosophy in introducing Wrestling, based on games. The fundamental skills related to wrestling will be presented systematically within a methodological plan. This will help students to organize the introductory training of contact sports, emphasizing in wrestling, especially for selective athletic classes in school.

479	Competitive Greco-Roman Wrestling	6
------------	--	----------

Aim of the Course: The aim of the course is that students improve their theoretical knowledge and practical experience in advanced technique- tactics, as well as in designing training programs of Greco- Roman Wrestling. In addition, students will be come familiar with the use of observation methods

480	Practicum	2
------------	------------------	----------

Aim of the Course: The course aims to provide practical training to the students regarding the basic aspects of athletic training. The students will acquire the ability to understand the way of improving their athletic performance through of physical conditioning, techniques and tactics, as well as the ability to plan and perform training units by designing them based on the periodization scheme.

Specialization Courses JUDO
481 Methodology in Learning the Basic Techniques of Judo ECTS 6

Aim of the Course: Upon the completion of the course students will be provided with knowledge about Judo techniques as well as the methodology in teaching techniques up to the level of 4th kyu. They will also be able to correct faults upon the basic technique. Alongside, they will have to improve their physical abilities and basic skills.

482 Methodology in Learning Special Techniques of Judo 6

Aim of the Course: Upon the completion of the course students will be provided with knowledge about Judo techniques as well as the methodology in teaching techniques up to the level of 2th kyu. They will also be able to correct faults upon the basic technique. Alongside, they will have to improve their relevant physical abilities and basic skills.

483 Contact Games-Judo in Athletic Schools 6

Aim of the Course: Children always feel the need or the urge to compete against others. This element is an integral part of childhood. Furthermore, it is an essential component for their normal development. In this context, this course aims to introduce the basic elements of a game-like philosophy in contact sports with emphasis in judo activities. The course will teach the basic judo skills in game-like conditions based on a systematic methods approach.

484 Competition Adaptation in Judo. Specific Training Issues. 6

Aim of the Course: Upon the completion of the course students will be provided with knowledge about Judo techniques as well as the methodology in teaching them up to the level of 1dan. They will also be able to correct faults upon the basic technique. Alongside, they will have to improve their relevant physical abilities and basic skills.

485 Practicum 2

Aim of the Course: By the end of the practical training, students use the knowledge and the experience they acquired from their participation in the activities that they have been taught in order to teach the technique of judo and also design training programs and to coach the athletes. They will get the experience of leading and coaching young athletes in cooperation with judo trainers.

Specialization courses **BOXING**

486 Basic Techniques in Boxing **ECTS 6**

Aim of the Course: Students will get to know the basic techniques of frontal and side-frontal kicks with the feet, alongside with the related body displacement. Virtual confrontation of opponent and boxing bag will serve as a tool in this process. Methodological analysis of the basic routines in this course is also offered. Moreover, the knowledge and application of the regulations is dealt with.

487 Teaching Methods in Boxing Technique-Special Issues in Boxing **6**

Aim of the Course: Students will complete the learning of the basic techniques. Knowing the structure of the basic techniques and routines, they will be in a position to teach and exercise them. In addition, special issues around boxing will be taught.

488 Acquisition of Technical and Tactical Preparation in Boxing **6**

Aim of the Course: Students will complete the basic and advanced competition techniques, in parallel with the application of special training principles concerning technico-tactical instruction.

489 Physical Conditioning in Boxing - Periodization in Boxing **6**

Aim of the Course: Students will acquire knowledge and practical experience related to the special development of physical qualities and the training plan, referring to boxing

490 Practicum **2**

Aim of the Course: Students will actively participate in the training process followed by athletes at a local boxing club, so that they practice the knowledge gathered in the course of the specialization. Practice is also expanded in organizing contest meetings-events.

Specialization courses	SPORTS TOURISM AND RECREATION
------------------------	--------------------------------------

501 Therapeutic Recreation in Older People ECTS 6

Aim of the Course: The aim of the subject is to provide information that will assist the students in developing an understanding of how activity intervention may be used to reach treatment and rehabilitation goals. More specifically, this subject introduces students the basic concepts dealing with older people's illnesses for the purpose of enabling them to be better prepared to provide appropriate activities for therapy. Yet, economic and environmental factors that affect elders' recreation, as well as the advantages of technology toward a meaningful lifestyle are also introduced.

502 Outdoor Activities – Adventure Pursuits 6

Aim of the Course: The student will be able to understand the important role that outdoor activities play in the live of human being. Also the student will meet the most important outdoor activities and adventure pursuits. And finally the student will to able to plan develop and evaluate leisure programs.

503 Sport Tourism and Recreation 6

Aim of the Course: The purpose of this class is to introduce and educate the student about the different forms of sport tourism. The class puts emphasis on eco-tourism, on sport adventure tourism and on professional team preparation tourism. The class also is trying to prepare the student to enter the tourism and sport industry.

504 Sports for All (adults) 6

Aim of the Course: The aim of the subject is to provide issues regarding physical activity and sport for adult population categories in their leisure time. More specifically, the issues connected to the sport for all movement are addressed and these are the following: current evolution of "sport for all" phenomenon is, socio-cultural, economic and environmental parameters that affect people's choice of various physical activities, benefits of the their participation, reasons that inhibit participation, as well as policies and programs that are targeting towards specific population needs.

505 Practicum 2

Aim of the Course: The purpose of the internship is the students to apply all the theory they have been taught and materialized the recreation and exercise programs where those are available. Also, the purpose of the internship is to bring the students in contact with the market so they can gain valuable experience which will help them to their carrier as physical educators in the recreation and leisure area.

Specialization Courses	PHYSICAL ACTIVITY IN DEVELOPMENTAL AGE
------------------------	---

506 Physical Activity in Schools and in Local Organizations ECTS 6

Aim of the Course: By attending this course students will learn a) about the multidimensional nature of physical activity and its influential factors, b) to design and implement physical activity programs for heterogeneous and multiethnic groups of youngsters in - and out of school settings, c) to evaluate and reform these programs, and d) to promote life time physical activity by developing and participating in collaborative programs among school, organizations/ institutions and parents.

507 Growth Maturation and Physical Activity 6

Aim of the Course: The aim of this course is for students to be able to recognize and assess the developmental characteristics that relate to human growth and maturation procedures. Additionally student will be able to use the acquired knowledge and experience in designing and implementing exercise and physical activity intervention programs.

508 Organization and Operation of Summer Camps 6

Aim of the Course: The purpose of this class is to prepare the student so they know all the elements that will make them able to work and manage summer and sport camps. The class is trying to inspire the love to children, nature and in a risk management free environment. Also the class is providing a carrier opportunity to an industry that is rapidly growing industry, the summer and sport area.

509 Development of Motor Coordination in Childhood 6

Aim of the Course: The subject of the course is a multi-dimensional approach to the development of motor coordination in childhood. Different theoretical approaches and issues, which “touch” many aspects of the child’s daily living, are presented: Ergonomics, Health and Game. There is also a detailed presentation of the most often developmental coordination disorders and of the way they affect childhood. The aim of the course is to provide the students a wide theoretical and practical knowledge base which will help them in every effort of observing, identifying, assessing and improving movement in childhood.

510 Practicum 2

Aim of the Course: The aim of this course is to provide students with opportunities for worksite experiences to areas related their field of study that is physical activity during the developmental stages. Student will be able to gain professional experience and apply the knowledge that they have acquired in their attempt to take part in organized physical activity programs for children and young adolescents.

Specialization Courses **SPORTS MANAGEMENT**
511 Management of Sport Organizations ECTS 6

Aim of the Course: The course seeks to ensure that key management principles are taught and learned and then effectively implemented to the organisation of sports bodies such as clubs, federations and sports associations in general. Teaching also covers the principles of administration, communication, public relations and marketing. Staff duties and obligations are determined; how to organise an office is addressed, as is preparation of an organisational chart, and issues of human resource evaluation, training, pay and promotion.

512 Sport Marketing 6

Aim of the Course: The course seeks to present modern management techniques and their practical implementation in various sectors of the sporting world. Techniques and core tools are presented and taught which are used for effective communication with the external market. Teaching covers the marketing mix and analysis of the key variables (product, costing, distribution, promotion). The main features of sporting products are also defined and the strategies and functions of sports marketing are also designated.

513 Public Relations in Sports 6

Aim of the Course: The aim of this course is to understand the role of public relations in sport. Public relations are a major part of modern sport and aim to promote the best possible image of any sporting body. The key targets of PR are taught, as is the question of how to design an effective PR plan. Course aims also include understanding PR in-house and with the outside world and methods for communicating with the public. Press office organisation and operations are also taught for sports bodies, as is effective communication with the mass media.

514 Sports Facilities 6

Aim of the Course: The aim of this course is to provide the appropriate knowledge to the physical education teachers who will work as administrators in sports facilities, in order to be efficient and effective in their work for the benefit of those who will use them.

515 Practicum 2

Aim of the Course: This course allows the students to acquire on hands experience regarding the strengths / weaknesses / opportunities / threats of the sport management environment they will probably work in after they graduate.

Specialization Courses **SPORTS REHABILITATION TRAINING**

541 Musculoskeletal Diseases and Exercise **ECTS 6**

Aim of the Course: The most frequent musculoskeletal diseases that appear in the majority of the athletic population are presented in this course. In particular, pathophysiology, causes, symptoms and treatment methods are discussed in each course emphasizing on exercise prescription and rehabilitation. The aim of the course is firstly, to familiarize the students with the symptoms that appear in people who suffer from musculoskeletal diseases so as to be able, as future trainers, to recognize them and secondly, to teach them the possible treatment methods for these diseases. There is a referral to musculoskeletal diseases such as chronic low back pain, spinal disorders, anterior knee pain, osteoporosis etc.

542 Sport Injuries and Rehabilitation **6**

Aim of the Course: The aim of the course is to present the most frequent sports injuries. Each session contains mechanisms of injury, causes, symptoms and treatment. The students acquire specific knowledge in those issues in order to better understand which are the needs of their injured athletes so as to be able to help them during their rehabilitation process. There is a referral to the sport injuries mostly concerning the joints of knee, ankle and shoulder. More specifically knee and ankle sprains are discussed, muscle injuries of the lower limbs, shoulder dislocations, tendinopathies of the upper and lower limbs etc

543 Assessment and Design of Exercise Rehabilitation Programs **6**

Aim of the Course: The aim of the course is to familiarize the students with assessment, designing and application of exercise rehabilitation programs after sport injuries. In each session students are provided with information about the needs of the injured athlete during each rehabilitation period (such as acute phase, improvement of range of motion, strength and proprioception, functional recovery phase) depending on the characteristics of each injury and examples of exercise programs are given to them. There is a referral to ligament injuries of the upper and lower limbs, tendinopathies, muscle injuries and dislocations.

544 Injury Prevention in Sports **6**

Aim of the Course: The purpose of the lesson is the acquisition of basic knowledge from the students for the possible risk factors for individual and team sports injuries. By the end of the course the students will be able to know the possible injuries risk factors and what they need to do to avoid them.

545 Practicum **2**

Aim of the Course: The aim of the practice is to familiarize the students with the physical rehabilitation center environment, have the opportunity to meet and discuss with rehabilitation specialists and also interact with the injured athletes. The students will have the opportunity to apply different rehabilitation techniques and acknowledge their particularities.

Specialization Courses	EXERCISE FOR PEOPLE WITH CHRONIC DISEASES AND DISABILITIES
-------------------------------	---

546 Musculoskeletal Diseases and Exercise ECTS 6

Aim of the Course: The most frequent musculoskeletal diseases that appear in the majority of the generic population are presented in this course. In particular, pathophysiology, causes, symptoms and treatment methods are discussed in each course emphasizing on exercise prescription and rehabilitation. The aim of the course is firstly, to familiarize the students with the symptoms that appear in people who suffer from musculoskeletal diseases so as to be able, as future trainers of the generic population, to recognize them and secondly, to teach them the possible treatment methods for these diseases. There is a referral to musculoskeletal diseases such as chronic low back pain, spinal disorders, anterior knee pain, osteoporosis etc.

547 Cardiovascular Disease and Exercise 6

Aim of the Course: This course is designed to provide students with the scientific background and principles concerning the positive effects and adaptations of exercise training in patients with cardiovascular disease such as coronary artery disease, hypertension, dyslipidemias, peripheral vascular disease and other chronic disease manifestations.

548 People with Special Needs and Exercise 6

Aim of the Course: The purpose of this subject is for the students to understand the nature of disabilities, their causes and classification systems, the learning, emotional and motor characteristics of people with any type of disability, the rules of plan and application of quality

programmes of physical activity, the assistive devices which are used in sports and their handling as methods of giving assistance. The students will be able to plan and apply individualized programmes of physical activity for any person with disability.

549 Selected Diseases and Exercise 6

Aim of the Course: The aim of the course is to teach the students the basic theory of selected special diseases and how they can be treated with special exercise programs. On completion of this course students should be able to understand and perform basic assessments of movement disorders in people suffering from these diseases (e.g stroke, Parkinson's disease, children with cerebral palsy etc) and be aware about the effects of exercise in those patients.

550 Practicum 2

Aim of the Course: The purpose of this subject is for the students to acquire the ability to apply tests of physical and motor fitness in the laboratory and the gym to people with chronic diseases or disability and to assess the results of tests. The students plan and apply exercise programmes (determinate purpose) to people with chronic disease (cardiovascular problems, diabetes, osteoporosis) and to people with special needs (mental retardation, movement disorders) in places where they exercise.

Specialization courses **GREEK TRADITIONAL DANCES**

571 The Technique of the Greek Traditional Dance **ECTS 6**

Aim of the Course: The subject of this course is to present the basic and gradually more complicated movements – motifs that are included in the folk dance. The purpose of this course is to help students understand which of their body parts can move and how so that they can ascribe the movements that compose every Greek folk dance. The students will learn the appropriate terminology which is the communicational code between teacher and student..

572 Folk Dance Methodology **6**

Aim of the Course: The main theme of this course is to provide knowledge about folk dance learning and tuition. The aim of this course is to provide the appropriate information about folk dance instruction, the moving alphabet of Greek folk dance, the dance repertoire that is suitable for every age group and the creation of a daily dance lesson plan.

573 Folk Dance Expression **6**

Aim of the Course: The subject of this course is to provide the appropriate knowledge about those elements that determine the sense of ‘expression in greek folk dance’. The aim of the course is to make student capable to recognize, attribute and pass on the movement elements that constitute the expressional characteristics of a community or a cultural group.

574 Dance Performance **6**

Aim of the Course: The main theme of this course is folk dance as an artistic spectacle / show on stage and screen. The purpose of the course is to provide the appropriate knowledge that is related with the high level technique, improvisation and choreography of folk dance. It also includes information about music, costumes and, mainly, about performance’s tactics, so that students to be capable to create and present o folk dance performance.

575 Practicum in Folk Dance **2**

Aim of the Course: The main aim of this course is to make students capable to apply in real condition their theoretical and practical knowledge of the dance instructional theories by increasing their practical experience in the school environment.

Specialization courses CLASSICAL BALLET
576 Technique of Modern Dance ECTS 6

Aim of the Course: The aim of this course is to educate the students, who specialized in Classical Ballet, the proper technique of the exercises at the barre and in the center. Furthermore, they learn in details the following group exercises: battements, rond de jambe, port de bras, pas de bourree, turns and leaps starting with simple and continuing with complicated combinations.

577 Methodology of Classical Ballet 6

Aim of the Course: This course is designed to provide students with the basic elements of Classical Ballet contents methodology. The level of difficulty in the exercises, is teaching in details for each age category, starting with simple and ending in complicated exercises at the barre and in the center.

578 Physics of Classical Ballet 6

Aim of the Course: This course is designed to provide students, who specialized in Classical Ballet, with the basic methods of training and to developing the physical performance of a dancer. Moreover, the course contents encompass flexibility development, strength, balance and jumping ability. A number of specific exercises are provided in order to improve the physical performance in Classical Ballet.

579 Choreography of Classical Ballet 6

Aim of the Course: This course is designed to provide students, who specialized in Classical Ballet, the way of composing and performing choreography. The selection of subject matter, the choice of proper music, the composition of movements, the synchronization in pas de deux and corps de ballet and the scenery are the basic concerns for a successful classical ballet performance. At the end, it is necessary to analyze the technique of performance in the most important classical ballet stories.

580 Practicum in Classical Ballet 2

Aim of the Course: This course provides opportunities to students who specialized in Classical Ballet to come in contact with professional fields of working such as private ballet schools, amateurish and professional ballet companies and various athletic clubs of Rhythmic and Artistic Gymnastics, as it is an integral element in their daily training. Students enable to apply their special knowledge that they acquire during their studies extending their prospective for better professional occupation.

Specialization courses CONTEMPORARY DANCE

581 Technique of Modern Dance ECTS 6

Aim of the Course: The learning of elements and chapters of modern dance and the culture of dancing movements. Still, objectives of course constitute the increase of possibilities of body, the awareness of breathing at the movement, the combination of rhythm and movement as well as the completed form of movements in the space.

582 Methodology of Modern Dance 6

Aim of the Course: The transmission of dancing movements and the creative teaching of modern dance through forms and combinations. Also, the process of composition of dance, the estimate of performance as well as the infectiousness of dancing static, dynamic and complex movements.

583 20th Century's Dances 6

Aim of the Course: Students will acquire general knowledge about the historical and cultural frame of European and Latin American dances that have been developed in 20th century and will be trained in the basic kinetic forms, like Tango, Waltz, Mambo, Salsa, Samba, Cha-cha, Rumba, Rock 'n' Roll, Discofox, Polka, Fox Trot.

584 Chorography of Modern Dance 6

Aim of the Course: The principles of improvisation and the creative dance on certain music with given or not subject. Still, the culture of imagination, expressiveness, readiness, boldness of appearance and expression. Moreover, the coordination of head-body in the implementation of movements, the handling of subject as well as the configuration of scenic space.

585 Practicum in Modern Dance 2

Aim of the Course: The aim of the course is to give the student the potential to apply in real circumstances also, the theoretical and the practical knowledge of teaching methods of contemporary dance, increasing by this way his teaching experience in the real circumstances of school and market.

ELECTIVE COURSES OF FALL SEMESTER**001 Volleyball I ECTS 2**

Aim of the Course: Upon the completion of the course the students will be aware of the world trends in Volleyball, changes in rules and regulations and the respective philosophy, the different forms of warming up and they will also have the ability to perform and teach the basic technical and tactical skills of the sport. Additionally they will be able to apply their knowledge in game sessions and in order to design a training session aiming in learning motor skills and tactical skills and also coaching a team referring and organizing a tournament.

002 Special Methodology of Soccer Basic Skills 2

Aim of the Course: Learning of Soccer technique and Soccer regulations. During the semester students will have been taught the methodology of the Soccer techniques with a risk set of exercises and the training ways and principles. Thus, they will be able to teach to schools and Soccer academies and also work as coaches.

003 Rhythmic Gymnastics 2

Aim of the Course: This course, which is required for specialization in Rhythmic Gymnastics, is designed to provide female students with fundamental body movements that combined with or without manipulation of the five apparatus (rope, hoop, ball, clubs, and ribbon). The teaching of simple rhythmical elements of body movements and apparatus exercises is also combined with the development of flexibility, balance and jumping ability.

004 Introduction to Tennis 2

Aim of the Course: The purpose of this course is the students to acquire knowledge, skills and abilities to perform well in the sport of tennis. The cognitive content of the lesson includes information about single and double regulations, detection of talents, organisation of tennis tournament and collaborations of tennis clubs with elementary school and municipality. The acquisition of tennis skills from the students will help them teach the tennis technique of the basic strokes as forehand, backhand, volley, service and smash. At the same time students will be able to teach tennis at beginners, athletes, children and persons with special abilities.

005 Badminton I 2

Aim of the Course: This course analyzes basic elements of strokes' technique, tactics in singles' games, sports' regulations and its history. The objective of this course is the acquisition of basic skills and knowledge for the preparation of students who will follow the specialization in the particular sport. The motor abilities gained and the learning outcomes are evaluated along with the students' ability of participating in badminton games and the ability of explaining the basic elements that constitute badminton as a motor activity.

006 Track & Field Athletics (I) 2

Aim of the Course: Upon the completion of the course, students will be familiar with the technique and methodology of track & field events so that they become capable to teach the basic technique of the events at all stages of the educational scheme. During the course they will improve their physical conditioning as well as the required skilfulness for the execution of the relevant techniques.

007 Introduction to Winter Skiing 2

Aim of the Course: The course aims to provide theoretical and practical training to the students about the basic aspects of wrestling. By getting familiar to the techniques, they will extend their knowledge about the wrestling game; they will acquire the ability to understand the way of performing the game, the basic features for teaching applications in wrestling as well as the technical grasps in upright and down wrestling.

008 Introduction to Wrestling 2

Aim of the Course: The student will be able to understand (1) the important role that leisure and recreation play in the life of a human being through physiological and psychological context and (2) the needed structure of the organization that provides leisure services. Also the student will be able to plan and evaluate leisure programs.

009 Sport Leisure and Recreation 2

Aim of the Course: The student will be able to understand (1) the important role that leisure and recreation play in the life of a human being through physiological and psychological context and (2) the needed structure of the organization that provides leisure services. Also the student will be able to plan and evaluate leisure programs.

010 Introduction in Classical Ballet 2

Aim of the Course: The purpose of this course is to teach the basic principles of classical ballet which encompass the positions of the hands and the feet, the plie, the epaulment (head and shoulders), the senses of croise and efface, the actions of en dehors and en dedans, the development of stability and self-control, the port de bras and the primary exercises at the barre and in the center.

011 Water- Polo 1 2

Aim of the Course: 1) Model creation for a whole, well designed introduction.

Basic preparation based accordingly on age specifications

2) Use methods for atomic learning skills

3) Help on the perfection on the way of learning – training exercise

012 Mini Basketball-Basketball for Young Athletes 2

Aim of the Course: The aim of this course is the acquisition of knowledge relative to a) the fundamental principles of instruction for basketball skills in young athletes, b) the drills and their variations that can be applied and c) planning and application of the coaching plans in young basketball athletes

013 Volleyball in Childhood 2

Aim of the Course: Upon the completion of the students be able to perform and teach the basic elements of mini volleyball technique, to chime in and perform effectively elements of technique in simplified situations, to choose and perform the elements of technique and tactics in competitive situations, to specify and discuss the volleyball history and the regulations of game, to organize a volleyball tournament and to be able to officiate volleyball games.

014 Soccer Training During Childhood and Adolescence 2

Aim of the Course: This course is designed to provide students with the scientific background and principles of soccer training during childhood and adolescence. It includes aspects concerning the physiological demands of match play and the physiological characteristics of young Soccer players as well as the proper training methods for physical fitness and technique. Finally, consideration is given to talent selection issues and the organization of youth Soccer academies.

015 Mini Team Handball 2

Aim of the Course: The aim of the course is to introduce students to the training concept of skill training in childhood, to teach students how to apply the motor learning principles to beginners, to present to the students a methodological approach of teaching basic Team Handball skills, basic regulations, and the game based on a man to man defence, to 8 –12 years old children, through games.

016 Mini Tennis 2

Aim of the Course: The purpose of the course of mini tennis is the students' acquisition of knowledge, skills and abilities to perform well in the sport of tennis. The cognitive content of the lesson includes information about single and double regulations, detection of talents, organisation of tennis tournament and collaborations of tennis clubs with elementary school and municipality. The acquisition of tennis skills from the students will help them teach the tennis technique of the basic strokes as forehand, backhand, volley, service and smash. At the same time students will be able to teach tennis at beginners, athletes, children and persons with special abilities.

017 Motor Control and Performance 2

Aim of the Course: The course will provide the students with selected concepts associated with sensory and central nervous system contributions to the execution of goal-directed limb movements, and with a framework for their application in research, teaching, and coaching. By the completion of this course, students should be able to understand the various theories and principles governing motor control, the human information processing models for the control of limb movements, know the available tools and procedures for assessing motor control and be aware of current trends in motor control research

018 Water Life Saving 2

Aim of the Course: The aim of the course is to teach special movement skills and abilities for swimming life saving. the goal is also to prepare students theoretically and practically for activities that include on field water saving skills for future professional occupation

019 Trampoline 2

Aim of the Course: Acquisition of general motor abilities and knowledge of using the trampoline as separate event, for other uses and especially as aids to teaching gymnastics. By the end of the course students will have consolidated the basic principles of using and teaching the trampoline skills. They will also know how to teach methodically and with safety trampoline skills, which are useful in gymnastics.

020 **Choreography Preparations in Gymnastics** **2**

Aim of the Course: This course provides the theoretical knowledge base for preparing competitive routines in Gymnastics. It is a guide to the teaching of exercise, movements, principles and progressions through a series of instructions lectures. These lectures help students, who intend to specialize in Rhythmic and Artistic Gymnastics, to accomplish each element and to develop their stability, agility, flexibility, and coordination that are helpful for their specialization.

021 **Detection and Selection of Athletic Talents** **2**

Aim of the Course: Upon the completion of the course, students will become familiar with problems around talent identification and all the required means and methods to be used for the discovery and evaluation of the adequate children with respect to certain characteristics, so that those are selected for different sports or events. They will also know how to draw up preparation programs aiming at certain targets.

022 **Resistance Routines for Muscle Strengthening** **2**

Aim of the Course: Upon the completion of the course, students will become experienced in an extensive gamut of variant resistance means for the exercise of all body muscles. Organization and safety while working in a gym, alongside with breath controlling and the technical execution of the routines, serve as basic aims.

023 **Air-Rifle Shooting** **2**

Σκοπός: The objective of the course is students to learn and be able to teach the secure and proper handling of air-rifle. Theoretical knowledge and practical application of technique-teaching-regulation, sitting and standing position.

024 **Personal Training** **2**

Aim of the Course: This course aims to teach the students how to organize the training process in order to accommodate the needs of the fitness enthusiast regarding exercise program design on a personal training basis in a fitness club, at home, or in any other setting (organized or not). Emphasis is also placed on exercise equipment selection and use, health education as well as organizing the personal training business.

025 **Physical Activity for Children with Moderate and Low Ability** **2**

Aim of the Course: The subject of the course is the description of the child with moderate and low motor ability as well as the introduction of practical hints and tips that will provide the students a practical knowledge base regarding planning and organization of intervention programs.

026 **Organization and Administration of Sport and Cultural Events** **2**

Aim of the Course: Ending the lessons the students could:

- know the history of sport events organization
- know thoroughly the procedure and the practice of organization successful sport and cultural events

compete actively in a sport and cultural event organization

027 **Adapted Strength Training** **2**

Aim of the Course: The aim of the course is to teach the students how to apply the basic principles of weight training to special population groups such as osteoporotic people, people with cardiovascular adaptations, with diabetes etc

028 **Prosody Metrics** **2**

Aim of the Course: The purpose of this course is to teach students how to recognize, analyze and reproduce the fundamental rhythmo-kinetic patterns that are more frequently used in the Greek tradition. This course's subject is the consideration and practice of all rules that administer the art of verse-writing in relation to the Greek dance's music and movement. The sense of motif, tonality, musical meter, rhythm, tempo and also those of movement cell in regard to the meter part will be extensively analyzed.

029 **Dance Therapy** **2**

Aim of the Course: After the integration of the lectures students will be familiar with the use of Rhythm and movement as a healing mean, the ecstatic dance therapy technique as it can be seen in traditional societies, the theoretical principles and the basics of dance therapy. They will be aware of the relationship between movement and soul, they will be able to understand the use of movement as a mean of communication and the potentials of expression. Also, they will learn to observe and analyze movement and understand the effect of dance therapy methods in special populations.

030 **Dances and Cultures of the World** **2**

Aim of the Course: Students will acquire knowledge, will understand and respect other cultures through learning of their folk and traditional dances, their songs and their music. They will be familiar with the historical frame that dances were developed and will be practiced in dances from Finland, Portugal, France, Germany, N. & S. America, Italy, Russia, Spain, Africa and Balkans.

031 **Introduction to Sport Marketing** **2**

Aim of the Course: The course seeks to present modern management techniques and their practical implementation in various sectors of the sporting world. Intends in the understanding of marketing, sales, procedure of decisions making, goal determination and market research. Teaching covers the marketing mix and analysis of the key variables (product, costing, distribution, promotion). Definition and main characteristics of sport product as well as determination of the strategy and functions of sport marketing.

032 **Small-sided Soccer (5 X 5)** **2**

Aim of the Course: This course is designed to provide students with the training principles of small sided soccer (5 vs 5). It includes aspects concerning the physiological demands of match play during 5 vs 5 as well as the proper training methods for physical conditioning and tactics. Finally, consideration is given to practice for dead-ball combinations in 5 vs 5 and the organization of 5 vs 5 tournaments

033 **Neurophysiologic Principles of Human Movement** **2**

Aim of the Course: The execution of a movement is the final result of a complicated process which involves the cooperation of various regions of the central nervous system. The fine cooperation of the regions of the nervous system results in a unified system of movement regulation and coordination executed by the skeletal muscles. The objective of the course is to teach the students/students basic knowledge concerning the functional organization of human movement in general and during physical exercise specifically.

034 Creative Dance 2

Aim of the Course: After the integration of the lectures students will have develop their kinetic creativity. They will develop their expressional potentials and they will develop non verbal communication. Furthermore, they will become familiar with the principles of teaching and creative method.

035 Olympic and Athletic Education 2

Aim of the Course: The aim of the course is to give students information on Olympic and Athletic education as well as on the planning and teaching relevant programs in primary and secondary schools. The course also covers the comprehension of athletic values and its contribution to the moral development of children as well as a review and criticism of the main problems of modern athletics.

036 Sport Animation in Hotels 2

*Aim of the Course:*The purpose of the class is to motivate physical education students for a carrier as a sport animator in destination and club hotels. The class does not provide a specialization but an orienteering towards the sport entertainment in hotels for which physical educators are needed to organize and execute the recreation programs. It is a theory class and gives emphasis to resorts with summer sports and racquet sport (tennis and badminton) and also to hotels with winter sports.

037 Paralympic Sports 2

*Aim of the Course:*The purpose of this course is for the students to understand the role of competitive sports for people with disabilities, to be aware of Paralympic Games and their rules. This knowledge will help the students to change their attitudes for people with disability and to give out these games.

038 Economics in Sport 2

Aim of the Course: The aim of the course is to understand and use key economic tools in sports. Economics is one of the core sciences on which the management and administration of any organization rests. The course includes drafting budgets - balance sheets, preparing financial reports, computerizing finances, how to order and purchase materials and procurement in general, and references to the microeconomics of professional clubs. Teaching of costing methods for goods and services and introduction to accounting and budget preparation for sports-related business.

ELECTIVE COURSES OF SPRING SEMESTER**051 Basketball I – The Game and its Systems ECTS 2**

Aim of the Course: The aim of the course is to teach the main defensive and offensive systems that are used in the competitive form of the basketball game. Man to man and zone defence in various forms and the offensive systems used against them are the course's curriculum. The goal of the course is to introduce the framework of the main tasks that students will face in their coaching specialization of basketball and prepare them by giving the required basis through theory and practice.

052 Team Handball I 2

Aim of the Course: The aim of the course is to fully introduce students to some of the special forms of the technique of the game, to provide knowledge of the special technical characteristics of modern Team Handball and to provide full knowledge of the game regulations and refereeing tactics.

053 Swimming I (Breaststroke – Butterfly) 2

Aim of the Course: The aim of the course is for students to acquire all the theoretical knowledge and related practice in Breaststroke and Butterfly technique, as well as the corresponding starts and turns

054 Introduction to Competitive Artistic Gymnastics 2

Σκοπός: Acquisition of basic skills and knowledge for teaching artistic gymnastics and coaching athletes in the stages of pre-competition in sport clubs. By the end of the course the students will be able to teach and coach boys and girls of the pre-competition stage by creating the basis for the competitive season

055 Introduction to Weightlifting 2

Aim of the Course: The aim of the course is that students will become experienced in the execution of basic technique of snatch and clean & jerk, in teaching methodology of the technique in Olympic lifts and in designing training programs for beginners or adolescent athletes.

056 Introduction to Sport Shooting 2

Aim of the Course: The objective of the course is the students' acquaintance within the field of Sport Shooting and its events, the secure and proper handling, up to the learning of basic air gun technique via simple exercises and application of regulations

057 Introduction to boxing 2

Aim of the Course: The aim of the course is for students to become familiar with the basic techniques of boxing within the framework of an all round introductory approach.

058 Social and Cognitive Skill Development 2

Aim of the Course: The aim of the course is to provide students with knowledge and skills regarding the cognitive and social behavior of children and youngsters both in the exercise setting and in every day life. It focuses a) on understanding the ways of thinking, acting, and learning, b) on designing intervention programs for the enhancement of the above elements, and d) on assessing cognitive and social skills using contemporary strategies.

059 Adapted Water Exercise 2

Aim of the Course: The aim of this course is to teach the students the basic principles and properties of water as an exercise environment. The students will also be taught the advantages and the disadvantages of the aquatic exercise therapy. In more specific, they learn everything about relative density, buoyancy, fluid resistance, and movement through water, hydrostatic pressure, and heat of water and then they learn how to design therapeutic exercise programs according to the characteristics of the participants. Moreover, there is an application of specific exercise programs for people with disabilities such as mental retardation and quadriplegia.

060 Introduction to Folk Dance 2

Aim of the Course: The aim of this course is to introduce students to the sense of structure and function of the modern Greek dance phenomenon. The course's subject is to teach 28 Greek folk dances that are suggested to be representative of the region and the cultural groups that live in Greece.

061 Introduction to Modern Dance 2

Aim of the Course: The acquaintance with the modern dance and basic dancing movements, the physical abilities those are required for the modern dance and the learning of breathing. Still, the awareness of movement of head and body, the learning of directions in the space as well as the coordination of body and music.

062 Communication and Public Relations 2

Aim of the Course: In order to be productive, sport managers need to be able to communicate effectively with themselves, as well as with the people they work with. This class attempts a general approach to the complex phenomenon of communication, which assists students to improve their communications skills.

063 Introduction to Tae Kwon Do 2

Aim of the Course: The aim of the course is that students get acquainted with the basics of Tae kwon do up to the level of 1st Poomse. Students will be using protective equipments while practicing.

064 Introduction to Judo 2

Aim of the Course: Upon the completion of the course students will be provided with general knowledge about Judo as well as experience upon the methodology in teaching techniques up to the level of 5th kyu, including simple defence ways. They will also be taught the elementary Knowledge about competition.

070 New technologies in Basketball 2

Aim of the Course: The course aims in the use of software that has been used in the Basketball coaching process and it makes familiar in the students of Basketball coaching the use as well as their effectiveness. Also it shows their applications in concrete educational processes in Basketball coaching and it familiarizes the students-coaches with the new technologies (use of internet and multimedia).

071 Beach Volleyball 2

Aim of the Course: By the end of the lessons, the students will be able to perform and teach effectively the basic Beach Volleyball skills and tactics and their variations during the game, to combine and play effectively performing the beach volleyball skills under simple and competitive situations, to know the role and how they develop the physical abilities in Beach Volleyball, to know historical elements and the regulations of the game, to practice and coach beach volleyball players, to plan and organize a beach volleyball tournament and to whistle as a referees.

072 Beach Team Handball 2

Aim of the Course: The aim of the course is to introduce students to the philosophy and the special features of beach Team Handball with respect to the official form of the game, to the physiological characteristics of the game, to the adaptations of the Team Handball skills to the competitive conditions of beach Team Handball, to the coaching tactics of the game, to the regulations and beach Team Handball refereeing, and to provide to the students experiences of organizing beach Team Handball games and tournaments.

073 Training in Childhood and Adolescence 2

Aim of the Course: The aim of the courses is the familiarization of students with basic principles of the training in childhood and adolescence, the basic theory for the identification of sport talent, the physiological background for the training of physical and coordination abilities, the long term planning and the periodization of training, as well as the test procedures in childhood and adolescence.

074 Scuba Diving 2

Aim of the Course: The aim of this course is to provide to students knowledge and experience related to scuba diving techniques and procedures, special diving skills and abilities that support underwater activity. Additionally in provides theoretical knowledge and practice in using the breathing equipment.

075 Exercise in Water 2

Aim of the Course: The aim of this course is to provide to students the theoretical background and practical experience in exercising in deep and shallow pools and in using the respective equipment. The students will be able to teach exercise programs in water in various population groups.

076 Acrobatic Gymnastics in the Athletic Festivals 2

Aim of the Course: Acquisition of general motor abilities and knowledge of training the basic events of gymnastics such as acrobatics and equipment gymnastics by using the apparatus (trampoline, vault horse, spring boards) for participating in non comparing gymnastics events. By the end of the course students will be able to plan non comparing gymnastics programs in athletic festivals.

077 Methodology of Differentiation in Teaching and Training 2

Aim of the Course: The proper way to use and apply teaching and methods of differentiation for learning and training at sports.

078 Basic Skills in Badminton 2

Aim of the Course: This course aims to familiarize students with the basic skills required in a badminton match. The object of this course is to develop students' ability to play and use basic strokes' techniques.

079 Sport Shooting with Air Pistol 2

Aim of the Course: The aim of this course is to teach a secure and proper use of the two air guns (rifle and pistol). Students will be provided with theoretical knowledge and practical training of the technical elements the teaching methodology and the respective rules and regulations for sitting and standing position.

080 Exercise and Environmental Effects 2

Aim of the Course: The aim of this course is for students to acquire knowledge and experiences related to the effects of exercise on the environment by presenting the relationship between the human being that exercises and the surrounding environment, ways to minimize the negative effects and finally to establish a friendly to the environment behavioural pattern and attitude. Students will become familiar with the procedure with which environmental elements can harm human performance and ways to minimize this effect.

081 Functional Gymnastics 2

Aim of the Course: The selection and the analysis of the effective gymnastic exercises based on the anatomical and physiological characteristics of the human organism. The ability of the students to apply the proper techniques of the exercises in correct posture programmes, in reducing and avoiding injuries and performance improvement.

082 Functional Development of the Motor System 2

Aim of the Course: The ontogenesis (the individual growth of organism) contains the period from conception and configuration of the organism in the form of zygote until death. During growth, the gradual addition of various rings of physiologic systems in different time periods plays an important role in the control of human movement. For the students of physical education and sports science, the knowledge of functional growth of the motor system and particularly during athletic activities is important.

083 Rhythmic Gymnastics and Sports for All 2

Aim of the Course: This course provides an opportunity to female students to explore various forms of rhythmic movements in a fun and creative activity. Rhythmic Gymnastics involves a wide range of movements using various portable apparatus (balls, ropes, hoops, ribbons, clubs, sticks, etc) and provides the foundation for participation in non-competitive athletic activities. In addition, this course includes multifarious activities and offers practical application on planning a rhythmic gymnastics program for all ages. Using simple rhythmical patterns, students learn to create their own routines in order to instruct individuals acquire skills and attitudes necessary for participation in organized athletic activities.

084 Experiential Activities 2

Aim of the Course: The student through creative games like ice breaking games, trust and communication games, and organization games will improve the group dynamic. The professionalization of the student includes domain like teaching, youth work, social work, outdoor education and development training.

085 Theatrical Dancing Activity 2

Aim of the Course: The aim of the course is to give knowledge on the basic beginnings of the theatrical activities through exercises of improvisation, miming techniques and dramatisation, aiming at the practical application of theatrical activities on children of pre-school and school age.

086 Modern Olympic Games 2

Aim of the Course: The aim of the course is to give students information on the historical development of the modern Olympic Games, the content of the Olympic Charter, the facts and the personalities who influenced the Olympic Games. This course also covers the organization, the main problems of the Olympic movement as well as the economical, political and cultural dimensions of the Olympics.

087 Modern Methods of Analyzing and Improving Game Behaviour 2

Aim of the Course: The aim of this course is to introduce the students to the systems-programs and the methods of analyzing the technical and tactical behaviour, and to enable them to record and evaluate the performance of a team and an individual player. This aim will be achieved through a) presenting the analysis and recording programs and their operation (practical application in the observation of game), b) the creation of observation protocols, c) data analysis, interpretation and presentation of the results to the coaches.

088 Beach Tennis 2

Aim of the Course: The aim of this course is for students to learn how to play this game, to teach and to train the basic strokes that are included and all the alterations that are being introduced by the change in the environment that this game is played, and to coach to train for competitions

089 Risk Management in Sports Facilities 2

Aim of the Course: By the end of the courses, students will:

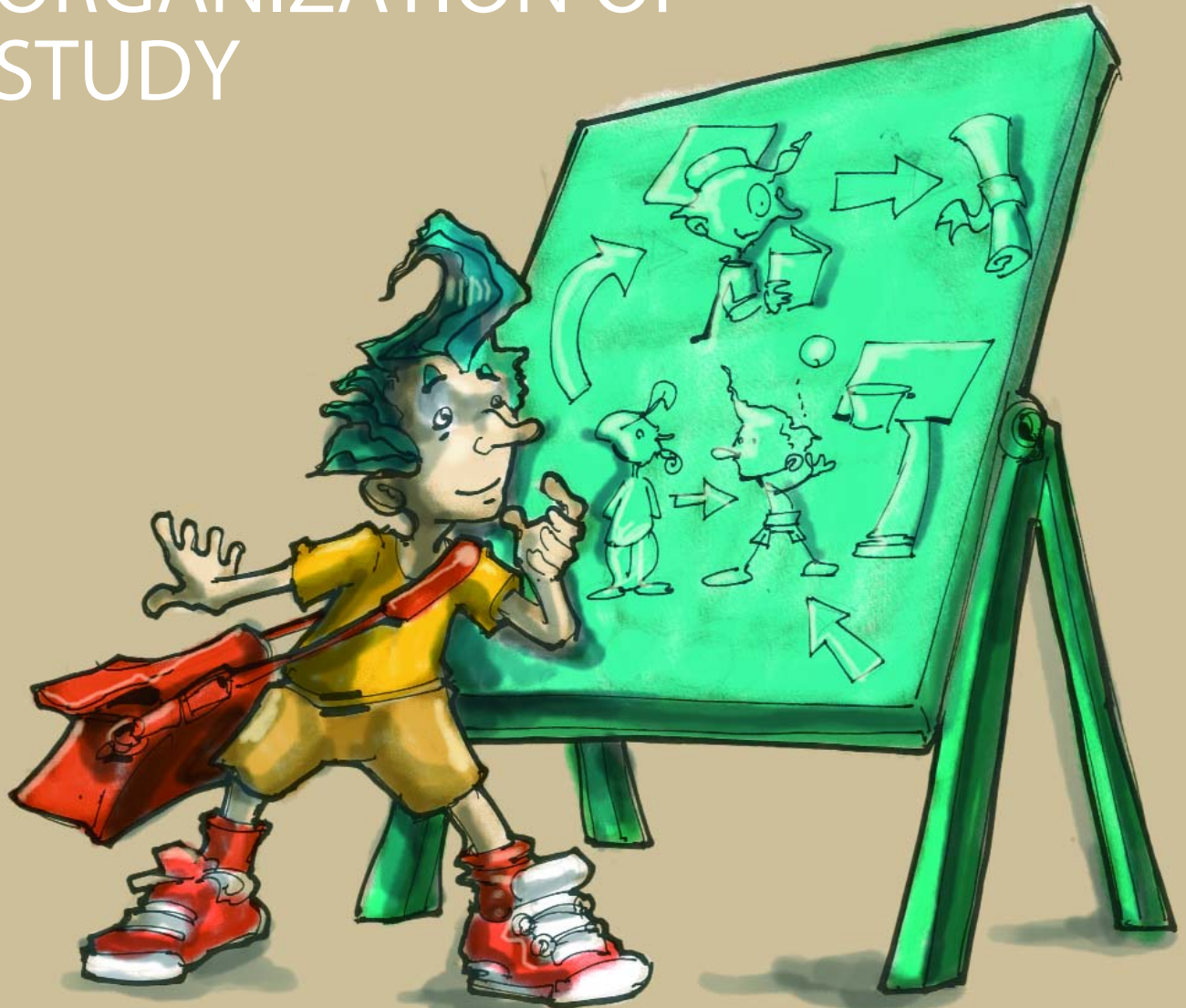
- comprehend the usefulness and the operation of risk management in sports
- know the characteristics of facilities where athletic activities are taking place
- know the usefulness and the stages of risk management model
- know the role of risk management according to the development of athletic events
- know the way of development and control of risk management in general

090 Rhythmical Movement Education

Aim of the Course: The aim of the course is the learning of time values and patterns aiming at the development of the rhythm as well as the development of other abilities of (reaction time, orientation in the space etc) and the improvement of movement skills that is interwoven with corresponding sports. Finally musical hearing as a stimulus for the expressive and creative movement.

PART 3

THE ORGANIZATION OF THE STUDY



INTERVARSITY PARTNERSHIPS

One of the main goals 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 programs, 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. Such programs mainly 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 included in the Greek university and respective program of study 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 assigned by a relevant Department.

SOCRATES

SOCRATES is the European Commission Action Program on cooperation in the sector of education. It is an umbrella program encapsulating and continuing the activities of adult education and

training programs 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 program 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 program to exchange students (for three months to one year) and faculty members (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 to 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 Program at the DPESS (Democritus University of Thrace)

The Department of Physical Education and Sport Science has been involved in the program since the beginning of the student exchange program via the old Intersvarsity Cooperation Program and has developed a significant, ever expanding partnership network with European Universities. The Universities cooperating with the DPESS in the context of the program and in relation to the exchange of faculty members and students are presented in Tables 2 to 4.

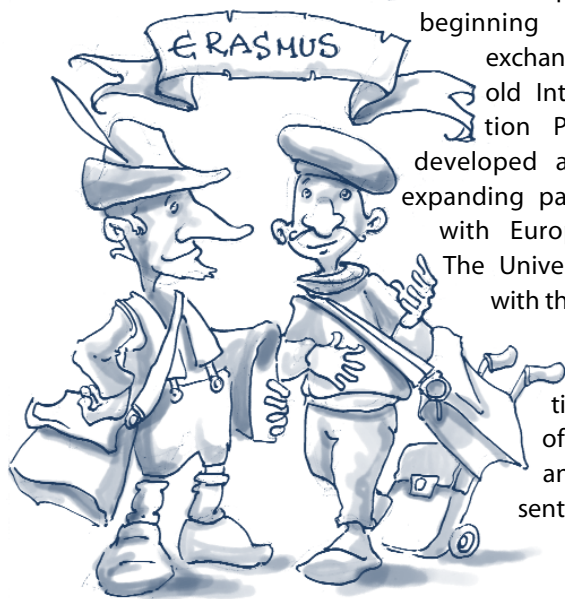


TABLE 2

Universities cooperating with the DPESS (Democritus University of Thrace) in Intersvarsity Cooperation Programs

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.fr
FINLAND	University of Jyväskylä	www.jyu.fi/inU
	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	

Information:

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

LIBRARY

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 340m². 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 1,008m².

New Library Facilities

In 1997 the Library's stock of books began to be gradually enhanced as part of the PROMETHEUS programme, the Program to Computerise and Revise the Services and Aims of the Democritus University of Thrace Libraries funded by the Operational Program 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 graduate 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 halls containing bookshelves and showcases which contain:

- 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.
- The journals of current and past years, bound in volumes per year.
- Ph.D. and postgraduate theses, as well as undergraduate dissertations.
- 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 learning, 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, exercise physiology, 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 Megafire (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.

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 Silver Platter 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 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 dis-

sertations, 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.



