



Τμήμα
Επιστήμης Φυσικής Αγωγής και Αθλητισμού (Θεσσαλονίκη)

Διατμηματικό Ξενόγλωσσο
Προπτυχιακό Πρόγραμμα Σπουδών
“Sport and Exercise Sciences for Health and
Performance”

Κ.
Έντυπο/α παραρτήματος διπλώματος
(στα αγγλικά)

Φεβρουάριος / 2026



HELLENIC REPUBLIC

ARISTOTELEIO PANEPISTIMIO THESSALONIKIS (ARISTOTLE UNIVERSITY OF THESSALONIKI)

FACULTY OF PHYSICAL EDUCATION AND SPORT SCIENCES

SCHOOL OF PHYSICAL EDUCATION AND SPORT SCIENCE*

J.U.P.S.E. "SPORT AND EXERCISE SCIENCES FOR HEALTH AND PERFORMANCE"

http://www.phed.auth.gr · Tel.: 2310991602 · email: ask@phed.auth.gr · New University campus, Thermi · 57001 · Thessaloniki · Greece

Με σχόλια [PI1]:

Με σχόλια [PI2]: DPSS THESSALONIKI AND DPSS
SERRES

DIPLOMA SUPPLEMENT

This Diploma Supplement is based on the model developed by the European Commission, Council of Europe and UNESCO/CEPES. The purpose of the supplement is to provide sufficient independent data to improve the international 'transparency' and fair academic and professional recognition of qualifications (diplomas, degrees, certificates etc.). It is designed to provide a description of the nature, level, context, content and status of the studies that were pursued and successfully completed by the individual named on the original accompanying qualification to which this supplement is appended. It should be free from any value judgments, equivalence statements or suggestions about recognition. Information in all eight sections should be provided. Where information is not provided, an explanation should give the reason why.

1. INFORMATION IDENTIFYING THE HOLDER OF THE QUALIFICATION

- 1.1 Family Name(s): [REDACTED]
1.2 Given Name(s): [REDACTED]
1.3 Date of birth (day/month/year),
Place, Country of Birth: [REDACTED]
1.4 Student identification number or code: [REDACTED]

2. INFORMATION IDENTIFYING THE QUALIFICATION

- 2.1 Name of the qualification and (if applicable) title, conferred (in original language):
PTYCHIO TMIMATOS EPISTIMIS PHYSIKIS AGOGIS KAI ATHLITISMOY
2.2 Main field(s) of study for the qualification:
PHYSICAL EDUCATION AND SPORT SCIENCE
2.3 Name and status of awarding institution (in original language):
Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης (Α.Π.Θ.), (Aristoteleio Panepistimio Thessalonikis Aristotle University of Thessaloniki, A.U.Th.), Public University
2.4 Name and status of institution (if different from 2.3) administering studies (in original language):
As in 2.3
2.5 Language(s) of instruction/examination:
English

3. INFORMATION ON THE LEVEL OF THE QUALIFICATION

- 3.1 Level of qualification:
1st Cycle
3.2 Official length of programme:
8 academic semesters, 240 ECTS credits

The JUPSE follows the European Credit Transfer and Accumulation System (ECTS), according to which one (1) ECTS credit corresponds to approximately 25–30 hours of total student workload. Successful completion of the Program and award of the degree requires the accumulation of two hundred and forty (240) ECTS credits.

3.3 Access requirement(s):

High School Diploma and proof of English Language Proficiency

4. INFORMATION OF THE CONTENT AND RESULTS GAINED

4.1 Mode of study: Full - Time.

4.2 Programme requirements:

The Program includes thirty-six (36) courses and one (1) Project. Courses are divided into compulsory and elective courses. Of the total thirty-six (36) courses, twenty-eight (28) are Core Compulsory courses, four (4) are Specialization Compulsory courses, two (2) are Core Elective courses, and two (2) are Specialization Elective courses.

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

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

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

Students will be able to:

- Demonstrate comprehensive knowledge of the biological, physiological, biomechanical, and psychological principles underlying human movement.
- Explain the mechanisms of exercise responses and adaptations across diverse populations and performance levels.
- Analyse the variables of physical activity, health behaviours, and performance outcomes using interdisciplinary scientific frameworks.
- Describe the structure, policies, and professional standards of the sport, physical activity, health, and performance sectors.
- Understand research methodologies, experimental design, and ethical principles governing scientific investigations in sport and exercise.
- Plan, implement, and evaluate complex health or performance programmes independently and collaboratively.
- Integrate scientific knowledge from multiple disciplines to solve real-world problems in health and performance settings.
- Make informed decisions using critical thinking, data interpretation, and reflective practice.
- Adhere to ethical, professional, and safety standards within clinical, community, or sport environments.
- Undertake advanced study, professional certification, or research roles in sport and exercise sciences.
- Assess physical fitness, functional capacity, and health-related indicators in healthy populations of all ages and in individuals with chronic diseases.
- Design and deliver evidence-based exercise programs for the general population, at-risk groups, and rehabilitation contexts.
- Apply principles of behavior change, health coaching, and lifestyle intervention to promote long-term physical activity and wellbeing.
- Use health-related technologies and monitoring tools to track progress and optimize exercise interventions.

- Collaborate with health and allied professionals to integrate exercise into prevention, treatment, and functional recovery pathways.
- Conduct advanced performance testing, monitoring, and analytics using contemporary technologies.
- Apply evidence-based principles in strength and conditioning, speed, power, and skill development.
- Analyse technical and tactical components of performance using modern performance analysis systems.
- Implement strategies for periodisation, peaking, and optimisation of performance in athletes.
- Demonstrate advanced coaching, feedback, communication, and leadership skills in high-performance environments.

4.3 Programme details (e.g. modules or units studied and individual grades/marks/creditsobtained):

Courses that the student has successfully attended, as well as subjects for which the student has received recognition or exemption: Cor = Core, E = Elective, SPCOM = Specialization Compulsory, SPELC = Specialization Elective, DIS = Diploma Thesis.

Code	Course Title	Type	ECTS	Grade	Examination Period	ECTS Grading
CM01	Functional Anatomy	COR	6		FEBR 2027	
CM02	Teaching Sport Skills	COR	6		FEBR 2027	
CM03	Sport and Social Sciences	COR	6		FEBR 2027	
CM04	Critical Pedagogies	COR	6		FEBR 2027	
CM05	Sport Business	COR	6		FEBR 2027	
CM06	Human Physiology	COR	6		JUN 2027	
CM07	Sport Biomechanics	COR	6		JUN 2027	
CM08	Exercise Biochemistry	COR	6		JUN 2027	
CM09	Motor Control and Motor Learning	COR	6		JUN 2027	
CM010	Research Methods and Statistics	COR	6		JUN 2027	
CM11	Sport Training Principles & Methodology of Training	COR	6		FEBR 2028	
CM12	Strength and Conditioning	COR	6		FEBR 2028	
CM13	Exercise Physiology	COR	6		FEBR 2028	
CM14	Sport Marketing	COR	6		FEBR 2028	
CM15	First Aid in Sport and Exercise	COR	6		FEBR 2028	
CM16	Exercise and Sport Nutrition	COR	6		JUN 2028	
CM17	Exercise Testing	COR	6		JUN 2028	
CM18	Funding Sports and Sponsorship	COR	6		JUN 2028	
CM19	Sports and Exercise Medicine	COR	6		JUN 2028	
CM20	Health and Exercise Psychology	COR	6		JUN 2028	
CM21	Advanced Sport Biomechanics	COR	6		FEBR 2029	
CM22	Advanced Motor Control & Motor Learning	COR	6		FEBR 2029	
CM23	Sport Coaching	COR	6		FEBR 2029	
CM24	Psychology of Performance	COR	6		FEBR 2029	
EM1	Human Growth and Development	ELC	6		FEBR 2029	
CM25	Clinical Exercise Physiology	COR	6		JUN 2029	
CM26	Sport Injuries	COR	6		JUN 2029	
CM27	Exercise and Health	COR	6		JUN 2029	
CM28	Promoting Active Lifestyle	COR	6		JUN 2029	
EM3	New Technologies / AI	ELC	6		JUN 2029	
CMPA1	Exercise Rehabilitation	SPCOM	6		FEBR 2030	
CMPA2	Exercise Testing and Prescription in Clinical Population	SPCOM	6		FEBR 2030	
HEM1	Exercise for Cardiometabolic Diseases	SPELC	6		FEBR 2030	
CMPA3	Project – Part I	DIS	12		FEBR 2030	
CMPA4	Exercise and Aging	SPCOM	6		JUN 2030	
CMPA5	Sports Cardiology	SPCOM	6		JUN 2030	
HEM3	Adapted Physical Activity	SPELC	6		JUN 2030	
CMPA6	Project – Part II	DIS	12		JUN 2030	

Total ECTS:

246.0

Diploma Thesis:

ECTS grading (A=10%, B=25%, C=30%, D=25%, E=10%) is based on a sample of a minimum of 100 students. If the sample is not sufficient then nothing is noted (according to the Ministerial Decision no Φ.5/89656/B3, art. 4, Hellenic Government Gazette no 1466/2007/B). The ECTS grading system is based on the Annex 3 of the ECTS Guide, 2009, and on Crocker, L., & Algina, J. (1986). Introduction to classical and modern test theory. New York: Harcourt Brace Jovanovich College Publishers.
Dissertations or/and Internship projects as well are considered as individual projects and they are not graded based on a previous sample. The same stands for the Erasmus courses for which we accept the grading of the receiving institution and we convert it to the local grade accordingly.

4.4 Grading scheme, and if available, grade distribution guidance:

A scale of 1 to 10 applies to the marks of each subject in the Hellenic Higher Education.

Άριστα (Arista) Excellent: 8.50-10.00

Λίαν Καλώς (Lian Kalos) Very Good : 6.50- 8.49

Καλώς (Kalos) Good : 5.00-6.49

Ανεπιτυχώς (Aneptychos) Fail: 0.00-4.99

Minimum passing grade is 5

4.5 Overall classification of the qualification (in original language): « [REDACTED] » [REDACTED]

5. INFORMATION ON THE FUNCTION OF THE QUALIFICATION

5.1 Access to further study:

The qualification is a terminal award and allows access to postgraduate studies.

5.2 Professional status (if applicable):

Not applicable.

6. ADDITIONAL INFORMATION

6.1 Additional information:

Not applicable.

6.2 Further information sources:

SCHOOL OF PHYSICAL EDUCATION AND SPORT SCIENCE: <http://www.phed.auth.gr>

ARISTOTLE UNIVERSITY OF THESSALONIKI: <http://www.auth.gr>

GREEK MINISTRY OF EDUCATION AND RELIGIOUS AFFAIRS: <http://www.minedu.gov.gr>

EUROPEAN UNION EDUCATIONAL ISSUES: <http://www.europa.eu.int>

7. CERTIFICATION OF THE SUPPLEMENT

7.1 Date: 12/02/2026

7.2 Name and Signature: [REDACTED]



(signature)

7.3 Capacity: On behalf of the Rector, the Head of the Administration Office

7.4 Official Stamp or seal:

This certificate is issued for use in abroad and is signed by the Head of the Administration Office of the School, according to Rector's Decision No 40528/25-01-2024 (Official Journal of the Hellenic Republic 716/31-1-2024, vol. B.)

8. INFORMATION ON THE NATIONAL HIGHER EDUCATION SYSTEM

Pursuant to the Constitution (article 16, paragraph 5), Greek Tertiary Education is public and gratis. Furthermore, according to the legal framework, it is divided into:

- (a) the University sector (A.E.I.): Universities, Technical Universities, Fine Arts School, etc., and
- (b) the Technological sector (T.E.I.): Technological Education Institutions and the School of Pedagogic and Technological Education.

Part of the University sector is also, since 1998, the Greek Open University, which provides open and distance -undergraduate and postgraduate- education and training.

There are also state post-secondary non-tertiary Institutions offering vocationally oriented courses of shorter duration (2 to 3 years), which operate under the authority of other Ministries.

All graduates of secondary education (Geniko and Epagelmatiko Lykeio) can be admitted to Higher Education Institutions, depending on the general score obtained in national examinations that take place at the end of the final year of Lyceum. The admission system is based on the number of available places (numerus clausus), the candidates' performance, and the candidates' ranked preferences of Schools. Admission to particular schools may also require a special examination (eg drawing for Architecture, etc.).

Study programmes in Higher Education Institutions last from four to six years, depending on the subject area. Students who successfully complete their studies are awarded a Ptychio / Diploma, which permits employment or further studies at post-graduate level leading to a Metaptychiako Diploma Eidikefsis (2nd cycle) - equivalent to the Master's degree- and to the doctorate degree (3^d cycle), Didaktoriko Diploma.

Legislation on quality assurance in Higher Education, the Credit Transfer and Accumulation System (ECTS) and the Diploma Supplement defines the framework and the criteria for the evaluation of Higher Education Institutions, and for the certification of programmes of studies. These measures aim, among others, at promoting student mobility and contributing to the creation of the European Higher Education Area.

A detailed description of the Greek Education System is offered in:

- EURYDICE (<<http://www.eurydice.org>>) database of the European Education Systems.
- <http://eacea.ec.europa.eu/education/eurydice/documents/thematic_reports/122EN.pdf> (pages 82,83)

