

Excerpt from Decision No. 701, 28-1-2026 of the Assembly of the Department
(Thessaloniki) of Physical Education & Sport Science of Aristotle University of
Thessaloniki

Article 1

Title, Content and Purpose of the Program

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

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

Purpose of Program it is or provision high level of education in Sports and Exercise Sciences, aiming to cultivate graduates with a solid scientific background and advanced applied skills in the fields of human movement, health promotion, and human and athletic performance. The program integrates the biological, psychological, biomechanical, and social dimensions of human movement, cultivating professionals capable of designing, implementing, and evaluating evidence-based interventions aimed at promoting health and optimal human and athletic performance. Through a balanced core curriculum and two clearly defined directions — “Exercise for Health and Rehabilitation” and “Sports Performance” — the program prepares students for the demands of modern professional fields, for further postgraduate studies, as well as for roles that require analytical thinking, ethical responsibility, and effective interdisciplinary collaboration.

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

Serres, of the School of Physical Education and Sports Sciences of the Aristotle University Thessaloniki.

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

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

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

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

- They collaborate with health professionals and related specialties, integrating exercise into prevention, treatment and functional rehabilitation processes.

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

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

Article 2

Degree Title

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

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

Article 3

Number of Admitted Students – Selection Criteria and Required Documents

The **annual number of admissions** to the J.U.P.S. of the Departments of Physical Education and Sports Science, based in Thessaloniki, and of Physical Education and Sports Science, based in Serres, of the Aristotle University of Thessaloniki is set **at a maximum of forty**. (40) eligible undergraduate students according to law 4957/2022, while the minimum number of admitted students for the operation of the J.U.P.S. is set at twenty (20) undergraduate students.

Upon recommendation of the Steering Committee and decision of the Senate of the Aristotle University of Thessaloniki, the number of admitted students may change in each cycle of the Program.

The **selection** of candidates is based on the candidates' CVs, following an evaluation of the file and supporting documents by the Steering Committee and the candidates' participation in the selection process. This includes an oral interview conducted online by members of the Committee and assesses communication and reasoning skills, academic and personal readiness, and general understanding of the subjects of Sport and Exercise Sciences for Health and Performance .

The individual selection criteria, the required supporting documents and the selection procedure are set out in article 5 of the Internal Regulations of the J.U.P.S.

Article 10 **Teaching Staff of the J.U.P.S.**

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

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

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

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

4. appointed teachers,

5. visiting professors and visiting researchers,

6. contract researchers,

7. researchers and special functional scientists of the research centers of article 13A of Law 4310/2014 (Government Gazette A' 258) or other research organizations in Greece and abroad, who hold a doctoral degree and have teaching experience and sufficient scientific, writing or research activity,

8. postdoctoral fellows and young scientists, holders of at least a doctoral degree, who have specialized knowledge or relevant experience in the field of study of the J.U.P.S.,

9. collaborating teachers.

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

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

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

Article 11

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

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

1. tuition fees,
2. donations, sponsorships and all kinds of financial support,
3. legacies,

4. resources from research projects or programs, especially from the European Union,
5. own resources of the AUTH, the amount of which cannot exceed five percent (5%) of the total budget of the J.U.P.S. and
6. any other legitimate reason.

Tuition fees

For studying at the J.U.P.S., a total tuition fee of twenty-four thousand (24,000) € is paid, six thousand (6,000) € per academic year. The amount of tuition fees is defined and amended by decision of the Senate of the A.U.T., while the method and time of payment may be adjusted by decision of the Steering Committee.

The payment of tuition fees is made by the students themselves (or by a third natural or legal person on their behalf) to a bank account held by the E.L.K.E. A.U.T., in eight (8) equal installments of three thousand (€ 3,000): The first installment during the student's registration process in the Program and the subsequent ones before the start of each semester. There is the possibility of a one-time payment of the annual tuition fees, from June to early October, with a 5% discount. After the payment of the tuition fees, the corresponding document is issued and the student is informed electronically.

To accept a place in the Program, candidates are required to pay the amount of one thousand euros (1,000) € as a deposit for tuition fees. This amount is also paid to the AUTH Academic and Financial Services Office and is not refundable in the event of withdrawal from the program.

Financial Management Process

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

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

decide on the graduated differentiation of fees, depending on the number of admitted students per academic year.

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

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

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

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

Article 12

Administrative Support - Logistics Infrastructure

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

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

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

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

4. Supporting students during their settlement in Greece

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

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

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

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

Administrative Support of the Program

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

More specifically, the Program Secretariat:

1. Provides administrative support to the Steering Committee and the Director of the Department of Advanced Studies.

2. Handles the issues of the educational life cycle of students, from registration to graduation and the issuance of their degree

3. Maintains the protocol, printed and digital records of the Program

4. Handles administrative procedures concerning the Program's teaching staff (contracts, travel, etc.)

5. Collaborates with the Special Research Funds Account of the Aristotle University of Thessaloniki for the financial management of the Program and the support of the relevant procedures.

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

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

1. Members of the regular administrative staff of the Aristotle University of Thessaloniki, with additional employment beyond their legal obligations, following a decision of the Research Committee of the Hellenic University of Thessaloniki, following a recommendation of the Steering Committee of the Greek Academy of Sciences.

2. Additional personnel, which is selected in accordance with the procedure of article 243 of Law 4957/2022.

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

Program Infrastructure

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

The technical support for the operation of the program is ensured centrally by specialized staff of the Digital Governance Unit of the Aristotle University of Thessaloniki, the existing technical staff of the corresponding administrative unit of the Aristotle University of Thessaloniki and the technical staff of the Department of Physical Education and Sports Science of Thessaloniki of the School of Physical Education and Sports Sciences of the Aristotle University of Thessaloniki.