



**Τμήμα
Επιστήμης Φυσικής Αγωγής και Αθλητισμού
(Θεσσαλονίκη)**

**Διατμηματικό Ξενόγλωσσο
Προπτυχιακό Πρόγραμμα Σπουδών
«Sport and Exercise Sciences for Health and
Performance»**

ιη.
Ενημερωτικό υλικό προς φοιτητές του
ΔΞΠΠΣ
(αγγλικά)

Φεβρουάριος / 2026

Why in Greece



We invite you to join our fascinating journey of sports sciences studies where history and sports sciences tradition meet modern professionalism and educational technology. Let us guide you to knowledge, mind stimulation and expansion of experience in our hospitable academic environment. The main target is to lead our students from their current status to specific future goals and, furthermore, to help them reach even greater achievements, which they might not even have dreamt they could reach.

Kyriakos Anastasiadis

Professor of Cardiac Surgery, Rector of the Aristotle University of Thessaloniki

The School of Physical Education and Sport Sciences at Aristotle University of Thessaloniki has been a respectable and reliable contributor to the ongoing evolution of Sport Science, which originated in Greece and then spread and was widely accepted worldwide.

It was in Greece that systematic thought about physical activity, athletic training, and human performance first emerged, freeing sport and exercise from myth and superstition and placing them within a rational and scientific framework. Physical training was not merely a competitive pursuit, but a cornerstone of education, health, and civic excellence. The close relationship between exercise and health was already recognized in antiquity. Asclepius symbolized healing and the integration of knowledge and practice, while the early healing sanctuaries laid foundations for structured approaches to wellbeing. Most notably, Hippocrates of Kos emphasized the role of exercise, balanced nutrition, and lifestyle in maintaining health, establishing principles that underpin modern sport science. His evidence-based perspective on physical activity and human physiology marked a decisive shift toward scientific inquiry, a shift that continues today in contemporary sport science research, performance analysis, and exercise medicine. Accordingly, Aristotle and his School established methods and practices which were adopted by scholars in the Roman and Medieval years (e.g., Hieronymus Mercurialis).

From antiquity, Greece laid the foundations not only of medicine and philosophy, but of systematic athletic training and performance excellence. Physical activity was approached as a structured, educational, and performance-oriented practice, forming the earliest framework of what we now recognize as sport science. Ancient Greek athletes were not merely competitors; they were subjects of observation, experimentation, and refinement of training methods. The legendary Milo of Croton is often cited as an early example of progressive overload training, demonstrating principles of strength development and adaptation that remain central to modern exercise physiology. Likewise, Leonidas of Rhodes, one of the most successful Olympians

of antiquity, exemplified speed specialization, periodized preparation, and competitive excellence.

Greek philosophy further elevated physical training within education and society. Plato and Aristotle advocated the harmonious cultivation of body and mind, establishing physical education as an essential pillar of holistic development, a principle that continues to define contemporary sport science curricula. Scientific observation of movement and physical function was later strengthened by figures such as Galen of Pergamon, whose analyses of muscles and exercise contributed to the early understanding of biomechanics and human performance.

Today, the School of Physical Education and Sport Science builds upon this enduring legacy, integrating physiology, biomechanics, performance analysis, coaching science, psychology, pedagogy and exercise health to advance athletic excellence, evidence-based training, and lifelong physical activity. Rooted in the birthplace of systematic athletic thought, the department continues the tradition of uniting theory, research, and practice in the service of sport and human performance.

School of Physical education and Sport Science

The School of Physical Education and Sport Science of Aristotle University of Thessaloniki has played a pioneering role in the advancement of sport science, physical education, and human performance in Greece and beyond. Since its establishment, it has served as a cornerstone of academic excellence in the scientific study of exercise, athletic performance, health promotion, and sport pedagogy.

As one of the dynamic Schools of AUTH, it has educated and graduated tens of thousands of professionals who have contributed substantially to sport, education, research, coaching, public health, and athletic administration at national and international levels. Many of its alumni have distinguished themselves as elite athletes, leading scientists, educators, elite coaches, sport managers, and policy makers, exerting significant influence on both science and society.

The School consistently ranks among the leading academic institutions in Greece in the fields of sport science and physical education, as reflected in national and international evaluations. Its faculty members are highly qualified scholars and practitioners, many of whom have pursued postgraduate studies, research fellowships, and professional training abroad.

With a strong culture of research productivity and innovation, the School demonstrates a high scientific output, as evidenced by competitive research funding, impactful publications, international collaborations, and robust bibliometric indicators (e.g., h-index, impact factor). Through its laboratories, research units, and applied sport environments, it integrates theory with practice, promoting excellence in performance enhancement, exercise and health, biomechanics, sport psychology, pedagogy, and coaching science.

Today, the School of Physical Education and Sport Science continues to shape the future of sport

The School of Physical Education and Sport Science has now more than 1.500 registered undergraduate students, 200 postgraduate students (in 6 postgraduate program of studies), 30 doctoral candidates, about 100 teaching staff, 2 Departments and Laboratories separated in 7 Sectors: Coaching and Performance Enhancement, Sports Medicine, Psychology and Pedagogy, Biomechanics, Motor Behavior, Adapted Physical Activity, Sport Management.

and exercise sciences, remaining committed to academic rigor, societal contribution, and the holistic development of individuals through movement and physical activity.

The School collaborates with several sport facilities across Thessaloniki; its Departments are located to the following premises:

- Facilities at Themi, Thessaloniki,
- Facilities at Agios Ioannis, Serres.

The School of Physical Education and Sport Sciences is in full cooperation with the Department of European Educational Programs of the Aristotle University of Thessaloniki in the context of Erasmus mobility (incoming and outgoing) for students, faculty members of all levels and staff.



Aristotle University of Thessaloniki

The Aristotle University of Thessaloniki (AUTH) was founded in 1925 and was named after the famous ancient philosopher Aristotle. It is one of the largest University of Greece, covering an area of about 34 hectares and located in the city centre.

It consists of 41 Faculties and Schools offering all kinds of studies, has about 74.000 registered students (65.000 undergraduate and 9.000 postgraduate, 4.000 of which at Doctoral level), more than 2.500 permanent teaching staff and approximately 800 permanent administrative staff.

AUTH houses 16 Museums, Archives and Collections, has 3 choirs, 1 orchestra, 1 opera. It facilitates a Gym providing a wide range of sports' programs and activities, a restaurant where more than 15,000 meals are served to all members of the university community on a daily basis and a Career Services Office where you can get detailed information and advice about studies, career and employment opportunities. The university also has a Camp in Kalandra (Halkidiki), a piny area next to the sea.

AUTH takes part in the Erasmus exchange program and is a member in 11 student unions.

Finally, AUTH was certified as fully compliant by the Hellenic Quality Assurance and Accreditation Agency Board on 10/9/2019 after the external evaluators visit on July 2019.



Program Overview / Key Facts

The Joint Undergraduate Program of Studies in English (J.U.P.S.) entitled Sport and Exercise Sciences for Health and Performance Program of Studies is a full-time program of studies for foreign citizens.

The main goal of the School is to educate sport science students as well as to provide sport professionals with the highest scientific standards. An additional aim is to perform high-quality research frequently in collaboration with other Greek and international research centers. A student of this program participates in various research programs of the Laboratories and Physical Education and Sport Science Departments. It is of high importance for us the dissemination of ethical values that govern the sport practice to students as well as to ensure that the young sport professionals will acquire all scientific knowledge which will enable them to effectively work on sport movement.

In order to obtain the Sport and Exercise Sciences for Health and Performance Degree students should participate successfully at each exam. During the last year of studies, the students are having the opportunity to select between the two offered pathways, Sport Performance and Exercise for Health and Rehabilitation. The formal duration of the undergraduate program is 8 semesters, where students have to accumulate 240 ECTS. Upon successful completion of the studies, the students receive the Sport Performance and Health Degree, which is in accordance with the EU Directive 2005/36/E and gives them access to postgraduate studies (Masters), Doctorate in Sport Sciences (Doctorate Diplomas) and authorizes the sport profession practice both in the Public as well as Private Sector in the EU.

The philosophy of the **J.U.P.S.** places the people who constitute the School on top of the new proposal.

The J.U.P.S. aims to liberate and develop people's creativity and transform the School into a structure where students' and teachers' intelligence and talents will be expressed, leading our students from their current status to specific future goals and, furthermore, to help them reach even greater achievements, which they might not even have yet imagined they could reach. In this program, the educational conditions will excite the curiosity and creativity of students, while the professors guide, provoke and try to awaken their consciousness. Each student, from the very first day of their enrollment in the **J.U.P.S.** will have their own academic advisor, who will guide them throughout their studies.

Goals and Main Features

The philosophy of the new undergraduate program of studies (UPS) places the people who constitute the School of Physical Education and Sport Sciences on top of the new proposal. The main goals are to liberate and develop people's creativity and transform the School into a structure where students' and teachers' intelligence and talents will be expressed. The main target is to lead our students from their current status to specific future goals and, furthermore, to help them reach even greater achievements, which they might not even have dreamt they could reach.

More specifically, the objectives of the UPS are:

1. An academic environment in order to create:
 - a. the best student
 - b. the best teacher
2. To increase the interaction between student and teacher.
3. The development and cultivation of new ideas, adapted to the characteristics of modern times.
4. To develop conditions in order to give students and teachers:
 - a. a different sense of possibilities
 - b. a different set of expectations
 - c. a wider range of opportunities
 - d. The above will give everyone the opportunity to be creative and innovate in their field.
5. To create educational conditions aiming to excite the curiosity, individuality and creativity of students. If the teacher lights the spark of the student's curiosity, then the latter, very often, becomes capable of learning without further help.
6. Teaching is a creative process. When properly designed, it is not just an administration system. The teacher does not just convey assimilated information. At the same time, he guides, provokes and tries to awaken consciousness.

Key features of the new Undergraduate Study Program are:

1. Each student, from the very first day of their enrollment in the School of Physical Education and Sport Sciences will have their own academic advisor, who will guide them throughout their studies. All faculty members will be academic advisors.
2. One Credit Unit (CU, European Credit Transfer and Accumulation System, ECTS) corresponds to 25 hours of workload.
3. Students, in order to complete their studies, must successfully attend and be tested on 36 obligatory courses with a total of 240 ECTS.
4. Each academic year has 2 semesters (winter and spring). Semester duration: 13 weeks.
5. There are 3 exam periods of 3 weeks, 2 at the end of each semester and 1 in September (before the winter semester).
6. Courses can be taught:

- a. the traditional way (in the classroom)
 - b. in electronic form
7. Organizing online courses has the following advantages:
- a. Each topic is taught by the most specialist professor in the field.
 - b. The responsibility of the professor in the organization of his lesson is increased because posting online (code-watching) also involves public check.
 - c. New knowledge on the subject being taught, e.g. new guidelines instructions are integrated directly into the e-course.
8. The time of classic teaching in the classrooms, with the teacher's monologue usually dominating, is reduced, while the time for discussing interesting case studies, critically approaching a sporting situation or research findings in small classrooms of limited groups of students, is increased.
9. Students have the time to perform, in small groups, various tasks under the supervision of their professor, which will be presented, analyzed and criticized in larger groups of students and professors.
10. The aim of the above activities is to make the most effective use of the talents of both students and professors, without spending effort on imparting the knowledge which each student could find on the mobile phone, anyway.
11. E-courses can be carried out in a variety of ways, chosen by professors. Two suggested forms are:
- a. the theoretical development of a topic,
 - b. presenting an interesting case study (8-10 min) and then quoting 6-8 multiple choice questions, analyzing the student's correct or incorrect answer. In order for the student to proceed to the next question, he must have answered the previous one correctly.
12. Students should be actively involved in teaching by:
- a. presenting interesting case studies from their experience in sports
 - b. analysis of theoretical issues
 - c. presentation of articles from the sport literature
 - d. writing and presenting tasks assigned to them by the faculty members on specific topics.

The above ensure and promote the interaction of students and professors.

13. The exams will be conducted:
- a. in the traditional way
 - b. by electronic means. Advantages are the immediate extraction of grades at the end of the exam and the great time saving of teachers who will invest their energy on teaching interaction with students, which is also the main focus of the new undergraduate program.
14. One and only grade should be avoided when examining each course. It is suggested that the final grade be derived from the average of:
- a. the degree of progress that students will have in the course during the semester (10-20%),
 - b. the grade from a short task conducted under the guidance of the faculty members of the course (30-40%),
 - c. the grade of the final examination (40-50%).

15. Learning outcome and competencies aim to provide the ability to:

- a. Assess physical fitness and athletic performance using validated field- and laboratory-based testing protocols.
- b. Design, implement, and evaluate evidence-based training programs tailored to different populations (athletes, youth, adults, older individuals, special populations) for performance enhancement and health improvement.
- c. Conduct practical procedures and performance assessments, including biomechanical analysis, physiological monitoring, recovery strategies, and strength & conditioning techniques.
- d. Apply principles of evidence-based sport science, critically evaluating research literature and integrating scientific findings into professional practice.
- e. Communicate effectively with athletes, clients, coaches, health professionals, and multidisciplinary teams, demonstrating leadership and teamwork skills.
- f. Apply ethical and legal principles in sport, exercise, coaching, and health-related practice, including safeguarding, anti-doping awareness, and professional responsibility.
- g. Consider psychological and social factors that influence sport participation, performance, motivation, adherence to exercise, and overall wellbeing.
- h. Provide immediate response to sport- and exercise-related emergencies, including first aid, basic life support (BLS), and injury management within their professional scope of practice.
- i. Apply principles of exercise prescription for health promotion, disease prevention, and performance optimization, in collaboration with other health professionals when required.
- j. Use modern technologies and digital tools (performance analytics software, wearable devices, data management systems) to monitor, analyze, and optimize training and health outcomes.
- k. Apply scientific methods and research skills to the study of human performance, exercise physiology, biomechanics, motor learning, and sport psychology.
- i. Promote lifelong physical activity and public health, contributing to community wellbeing, injury prevention, and sustainable sport development at individual and population levels.

School of Physical Education and Sport Sciences graduates, beyond the basic scientific and professional knowledge, will be able to think freely, creatively and inductively, apply knowledge in practice, communicate in a second language beyond their mother tongue, use technology for searching, processing and analyzing information, analyze, compose, adapt to novel situations and make decisions, work independently or in a team at international or/and interdisciplinary level, produce new research ideas, plan and manage projects, respect individuality, multiculturalism and the environment, demonstrate social, professional and moral responsibility and sensitivity towards gender issues and achieve self- and peer assessment abilities. In practice, their training aims to produce learning outcomes and competencies which enable to offer service in the fields of Sport Performance and Health, Education and Environment.

About Greece

Greece, officially the Hellenic Republic, historically also known as Hellas, is a country located in Southeast Europe. Greece is considered the cradle of Western civilization, being the birthplace of democracy, western philosophy, western literature, theatre, drama, poetry, historiography, political science, major scientific and mathematical principles and the Olympic Games. Greek is the oldest written language still in existence, continuously used for more than 5000 years. From the eighth century B.C., the Greeks were organized into various independent city-states, which spanned the entire Mediterranean region and the Black Sea. Philip of Macedon united most of the Greek mainland in the fourth century B.C., with his son Alexander the Great rapidly conquering much of the ancient world, from the eastern Mediterranean to India. Greece was annexed by Rome in the second century B.C., becoming an integral part of the Roman Empire and its successor, the Byzantine Empire, which adopted the Greek language and culture. The Greek Orthodox Church, which emerged in the first century A.D., helped shape modern Greek identity and transmitted Greek traditions to the wider Orthodox World. Even more, there are more than 4000 traditional dances around the country. Greece emerged as a modern nation state in 1830 following a war of independence. The country's rich historical legacy is reflected in part by its 18 UNESCO World Heritage Sites.

The population of Greece is approximately 11 million. Athens is the nation's capital and the largest city, followed by Thessaloniki. Situated on the southern tip of the Balkan Peninsula, Greece is located at the crossroads of Europe, Asia, and Africa. The Aegean Sea lies to the east of the mainland, the Ionian Sea to the west, the Cretan Sea and the Mediterranean Sea to the south. Greece has the longest coastline on the Mediterranean Basin and the 11th longest coastline in the world (13,676 km), featuring many islands, of which 227 are inhabited. Eighty percent of Greece is mountainous, with Mount Olympus being the highest with its peak at 2,918 meters. It is also one of the sunniest countries in the world as the whole country has more than 250 days of sun on average. Moreover, Greece has one of the richest varieties of wildlife in Europe, being the home of 116 species of mammals, 18 species of amphibians, 59 species of reptiles, 240 species of bird and 107 species of fish.

Greece is a unitary parliamentary republic and developed country with an advanced high-income economy, a high quality of life, and a very high standard of living. Its economy is the largest in the Balkans, where it is an important regional investor. A founding member of the United Nations, Greece was the tenth member to join the European Communities (precursor to the European Union) and has been part of the Eurozone since 2001. It is also a member of numerous other international institutions, including the Council of Europe, the North Atlantic Treaty Organization (NATO), the Organization for Economic Co-operation and Development (OECD), the World Trade Organization (WTO), the Organization for Security and Co-operation in Europe (OSCE), and the Organisation Internationale de la Francophonie (OIF).

Greece's unique cultural heritage, large tourism industry, prominent shipping sector and geostrategic importance classify its power. The traditional heritage of a country is the sum of the cultural and material achievements bequeathed by previous generations. Folk culture for the Greek people, rich in music, dances, poetry and theatre, is part of their everyday life. All over the country have been created many specialized museums and cultural organizations aiming to preserve and study the Greek traditional heritage.

Living in Thessaloniki

Thessaloniki is the second-largest city of Greece, established 2300 years ago. A significant historical and multicultural city, with a population of 1,1 million, located in the north of the country and capital of the Region of Central Macedonia. It is the administrative, cultural and business centre of northern Greece.

The coast at the Aegean Sea is one of the largest urban seafronts of Europe and has an excellent view of the famous Mount Olympus. Thessaloniki is well known for its 30 museums, 15 UNESCO monuments, the delicious food and the nearby beaches of Halkidiki and Pieria. It has historical landmarks, such as the Byzantine walls, the arch of Galerius and the Rotunda, the White Tower and Aristotelous Square. One can enjoy its annual festivities such as the Thessaloniki International Trade Fair and the Thessaloniki International Film and Documentary Festival. The variety of bars and coffee places all over the city are only some of the aspects of this vibrant modern city.

Apart from the cultural and historical elements, the city of Thessaloniki is also known for its scientific contribution. The Aristotle University of Thessaloniki, one of the main universities of the city, is the largest university in Greece and the Balkans. Being a young student in Thessaloniki is the best choice in scientific and financial terms. Contemporary yet affordable, Thessaloniki is a modern European city.

However, it has a relatively low cost of living and can satisfy the needs of the students' budget.

Moreover, Thessaloniki is among the 100 safest cities of European Union according to Eurostat and the average of 7,1 hours of sunshine per day is one of the highest in Europe (Europe's average is 5,45 h/d).



Housing Information & Living Costs

In Thessaloniki you can find many Real Estate businesses that can help you find the apartment you want.

This is a list including the prices of some basic goods that determines the cost of living:

Item	Price in Euro
Bus ticket	1,00 € 0,50 € if you obtain the Academic ID Card
Bottle of water (0,5lt)	0,15-0,50 €
Milk (1 lt)	1,00-1,50 €
Refreshments	1,00-2,00 €
Coffee (espresso at a cafeteria)	1,50-3,50 €
Beer (at a bar)	4,00-6,00 €
Cinema ticket	7,50 €
Loaf of Fresh White Bread	0,90 €
Taxi Start (Normal Tariff)	3,50 €
Meal (mid-range restaurant)	10,00 €
Apples (1kg)	0,80-1,40 €

Visa Information

Applicants from countries outside the Schengen zone need a student visa. Applicants should communicate with the Greek Embassy/Consulate in their country for information on the procedure and also on the time needed for the conclusion of the process.

No visa is required to enter Greece for studies if you possess a valid passport from Iceland, Liechtenstein, Norway or Switzerland.

Getting to the university campus

 **From Aristotelous Square to Themi Campus**

 **By subway**

Line “N. Elvetia” until “N. Elvetia” station.

 **By bus**

Line 10- From bus stop “Platia Aristotelous” to bus terminal “Metro N. Elvetia”.

Line 36 – From bus stop “Parko Neas Elvetias” to bus stop “Zoni Kenotomias”.

Line 66 – From bus terminal “Metro N. Elvetia” to bus stop “Lida-Maria”.

Line 58M – From bus terminal “Metro N. Elvetia” to bus stop “Zoni Kenotomias”.