



UNIVERSITY OF THESSALY
Department of Physical Education
& Sport Sciences



Postgraduate Program of Study

Exercise and Health



Student Guide

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Message from the Director

Dear Candidate Students,

It is well-known that participation in exercise constitutes the best means to promote health and well-being. The aim of this Postgraduate Program of Studies is to train students so they can get the knowledge, the skills and abilities to implement exercise programs that will lead to prevention and management of chronic diseases. The professors that help in the implementation of the Program are leaders in the field of Exercise Science whereas the Department of Exercise Science has the facilities to support in full the aims of the Program. I invite you to participate in a challenging Programme that is implemented in a friendly educational environment.

Thanasis Jamurtas



Professor

Director of the Postgraduate Programme "Exercise & Health".

General Regulations

The Department of Physical Education and Sport Sciences (DPESS) of the University of Thessaly organises the Postgraduate Program of Studies (PPS) entitled “Exercise and Health”, according to the regulations of the articles (Law Article 1156 B/ 30-7-2004; Law Article 2321B/ 06-12-2007) and according to the Law N. 3685 (Law article 148, τ.Α’/16-8-2008).

Aims of the Programme

- To produce competent graduates that will promote the values of physical activity in the prevention, maintenance and promotion of health
- To promote research in the area of exercise science and contribute towards the production of new knowledge in the broader area of Exercise Science and the use of physical activity as means to combat health problems
- To advance educational and research collaboration with academic institutes from home and abroad
- To increase the mobility of students and academic staff
- To attract students and academic staff from abroad

Committees and Boards

Responsible for the organisation and operation of the PPS are as follows:

1. Teaching Staff General Assembly
2. Coordinative Committee for Post-graduate studies
3. Director of the Postgraduate Programme

The following committees have also been appointed:

1. Students’ Selection Committee
2. Study Guide Committee
3. Financial Committee
4. Examiners Committee

Facilities

The Department provides lecture rooms supported by the necessary electronic networks. The Department also hosts the following officially legislated laboratories:

- Centre for Research and Evaluation of Physical Performance (Law Article 180/9-8-2000)
- Exercise and Quality of Life Laboratory (Law Article 465/5-3-2004)
- Sport and Exercise Management Laboratory (Law Article 355/18-3-2005)

A library of more than 4.500 book titles and approximately 10.000 on-line periodical titles is available. In addition, the Department offers a Computer lab, a tele-conferencing room, a gymnasium etc.

Postgraduate Degrees

The PPS of the DPESS of the University of Thessaly awards the following degrees:

- 1) Master of Sciences in Exercise and Health(MSc)

Duration of Programmes

1. The minimum duration of studies for the MSc title is set to one year and 6 months of full-time study and a maximum of three years. Students are eligible to apply for temporary pause of studies to the Teaching Staff General Assembly. The maximum length of time for temporary pause of studies is one year.
2. Failure to complete the degree within the above time limits results in termination of registration, confirmed by the Teaching Staff General Assembly.

Internal Regulations

Issues not covered by present Guide are discussed and resolved by the Teaching Staff General Assembly. The latter reserves the right for future changes to the regulations of the PPS.

Master of Sciences Degree (MSc)

General Information

1. Every year three months prior to application submission the Department announces a call for the MSc.
2. Individuals who are interested are encouraged to submit their application within the period specified by the announcement. Applications should be accompanied by the required supportive documents.
3. The MSc accepts graduates from DPESS and other relevant departments and institutions from Greece and abroad.
4. The tuition fees are determined by the Teaching Staff General Assembly for each academic year.
5. The MSc accepts a maximum of 30 students per year. The exact number of students for each year is decided by the Teaching Staff General Assembly.
6. English and Greek are the official languages of the MSc (required English language qualifications are described in subsequent sections).

Selection Criteria

Applications are forwarded to the Students' Selection Committee, which consists of members of the academic staff appointed by the Teaching Staff General Assembly. They are responsible to:

- Confirm for the timely submission of the applications
- Evaluate the submitted documents
- Assess the English language competency of candidates. The minimum required qualification is a First Certificate in English (Lower – Cambridge or Michigan) awarded within the last six years. Graduates from an English speaking University are excluded from the aforementioned criterion.
- It is possible for candidates to submit an application prior to receipt of their bachelor diploma. In this case, applicants should submit a transcript from their institute at the time of their application. For the procedure to be formalised, such candidates are required to submit a final official transcript at least five days prior to announcement of the successful candidates.

Applicants are graded based upon a point-system according to the following criteria:

1. **Grade Point Average (GPA, maximum 30 points for a 4-year program).**

The points are calculated as follows:

$3/4 * \text{grade} * \text{years of study}$. The GPA is based on a 10-point scale

Example

DPESS Graduate (4 years) with a GPA of '8' will be awarded:

$$3/4 \times 8 \times 4 = 24 \text{ points}$$

*Medicine Graduate (6 years) with a GPA of '8' will be awarded:
3/4 x 8 x 6 = 36 points*

2. Bachelor Thesis (5 points)

This should be certified by the institute awarded the Degree. The number of authors should be clearly stated. In case of more than one authors the points are divided accordingly (5 / number of authors).

3. Relevant Working Experience (maximum 5 points)

Every complete year of professional experience is granted 1 point. Therefore, 60 months of full-time employment is required to achieve the maximum points (5 points). Applicants must produce evidence certifying their working experience.

4. Publications in Referred Journals (maximum 35 points)

Publications should be relevant to the area of exercise and health. Articles in press should be accompanied by an acceptance letter from the editor. Points are granted as follows:

i. Journals cited in established data bases with impact factor ≥ 1.00 :

- 1st author 30 points; 2nd author 20 points; 3rd author and thereafter 10 points.

ii. Journals cited in established data bases with impact factor between 0.10 and 0.99:

- 1st author 15 points; 2nd author 10 points; 3rd author and thereafter 5 points.

iii. Journals cited in established data bases with impact factor < 0.10 :

- 1st author 10 points; 2nd author 7 points; 3rd author and thereafter 5 points.

iv. Journals not included in data bases or published by professional societies:

- 1st author 5 points; 2nd author 4 points; 3rd author and thereafter 3 points.

5. Presentations in Scientific Conferences (maximum 15 points)

The total number of oral and poster presentations to be considered is **four**. Applicants should submit copies of the front page of the conference proceedings and the page(s) where the abstract appears. Points are granted as follows:

i. Presentation in international congresses and conferences (i.e. ECSS, ACSM, ISB):

- 1st author 5 points; 2nd author 3 points; 3rd author and thereafter 2 points.

ii. Presentations in Greek congresses and conferences:

- 1st author 3 points; 2nd author 2 points; 3rd author and thereafter 1 point.

6. Participation in a Funded Research Project (maximum 4 points)

Applicants should submit a certificate from the institute or the research committee granted the project. A 12-month contract is required to obtain the maximum points.

7. English Fluency (maximum 6 points)

Three (3) points are obtained if the candidate has one of the following:

- Certificate in Advanced English (CAE) – University of Cambridge
- Advanced Level Certificate in English (ALCE) – Greek/American Association
- Certificate in Advanced Communication – EDEXCEL International London Examination (or other public institute)
- Test of English for International Communication (TOIEC) – Educational Testing Service / Chauncey, USA – grade over 785
- International English Language Testing System (IELTS) – University of Cambridge Local Examination Syndicate (UCLES); The British Council; IDP Education Australia IELTS Australia grade 6-7
- Business English Certificate - Higher – University of Cambridge Local Examination Syndicate
- Public Certificate of Language grade C1.
- A TOEFL grade between 180 and 212.

Six (6) points are obtained if the candidate has one of the following:

- Certificate of Proficiency in English (CPE) – University of Cambridge
- Certificate of Proficiency in English (CPE) – University of Michigan
- Certificate in Proficient Communication – EDEXCEL International London Examination (or other public institute)
- International English Language Testing System (IELTS) – University of Cambridge Local Examination Syndicate (UCLES); The British Council; IDP Education Australia IELTS Australia grade 7 and above
- TOEFL grade 213 and above
- Public Certificate of Language grade C2

8. Second Bachelor (maximum 15 points for four-year programs).

Degrees from Highest or Higher Educational Institutes in relevant areas. Points are calculated as follows:

- $3/8 * GPA * \text{years of study}$

Post-graduate Degree (maximum 30 points)

- PhD, Doctorate, PEd, PharmD, etc. (30 points)
- Masters Degrees (MSc, MEng, MA, etc.) with research dissertation (20 points).
- Masters Degrees without research dissertation (15 points).

Table 1. Summary of the point system

	Criterion	Maximum Points
	GPA average	30
	Bachelor Thesis	5
	Relevant Working Experience	5
	Publications in Scientific Journals	35
	Presentations in Scientific Conferences	15

	Participation in a Funded Research Project	4
	English Fluency	6
	Sum	100
	Additional points	
	Second Degree	15
	Postgraduate Degree	30

Procedures to Fulfil the Master of Science (MSc) Degree with Thesis (Thesis track)

In order to fulfil the requirements of the MSc program, the candidate needs to accumulate 90 ECTS units. These can be acquired through core, optional modules and seminars (60 ECTS units) and the completion of a Thesis (30 ECTS units). Students, if they wish, are allowed to take two modules from other PPS. The module titles and the corresponding ECTS units are provided below:

	Modules	ECTS	Semester	Type of module
First Semester				
501	Research methods and statistics	8	A	Core
502	Data presentation and thesis writing	8	A	Core
503	Innovative technology in movement analysis	7	A	Optional
505	Exercise and obesity	7	A	Optional
506	Biochemistry of exercise	7	A	Optional
507	Injuries and rehabilitation of the myoskeletal system	7	A	Optional
Second Semester				
511	Rehabilitation through isokinetic dynamometry	7	B	Optional
512	Human motion analysis	7	B	Optional
513	Metabolic diseases and exercise	7	B	Optional
514	Exercise and nutrition in prevention and treatment of illnesses	7	B	Optional
515	Cardiac rehabilitation	7	B	Optional
516	Muscle physiology-Function and plasticity	7	B	Optional
517	Prevention of respiratory disorders	7	B	Optional

	through exercise			
ME	Master Thesis	30		
	Seminars			
SE1	Presentations of well-known scientists	2		

* Attendance in the above seminar is mandatory

Procedures to Fulfil the Master of Science (MSc) Degree without Thesis (Non-Thesis track)

In order to fulfil the requirements of the MSc program, Non-Thesis track, the candidate needs to accumulate 90 ECTS units. These can be acquired through core, optional modules and seminars. Students, the first two semesters are taking 8 courses from the PP “exercise and Health” and the third semester can elect another 4 courses from the PPS “Exercise and Health”, “Military Fitness and Well-being” and “Psychology of Exercise”.

Students, if they wish, are allowed to take two modules from other PPS. The module titles and the corresponding ECTS units are provided below:

Modules	ECTS	Semester	Type of module
Γ' ΕΞΑΜΗΝΟ			
	7	Exercise in extreme environments	Optional
503	7	Innovative technology in movement analysis	Optional
505	7	Exercise and obesity	
506	7	Biochemistry of exercise	Optional
701	7	Exercise in the elderly	Optional
*SE1	2	Presentations of well-known scientists	Core
*SE2	2	SPSS – Web of Science seminar	Core

* Attendance in the above seminars is mandatory for the students following the Non-Thesis track

Evaluation

1. The evaluation of students for each module is made solely and independently by the module leader, based on the performance on module assignments (e.g., essays, presentations, exams). These assignments are described on each module outline.
2. The grading system for all modules is as follows:
 1. A (10 – 9)
 2. B (8 - 7)

3. C (6 – 5)
4. F (fail)
3. Students can only fail once in a module. In case of failure, students are allowed to be re-evaluated once during the subsequent semesters. If students fail for a second time, the Coordinative Committee decides whether students will be allowed to re-attend the module (with full fee coverage for the module). Failing to pass after re-attending the module results in termination of student's studies and expulsion from the programme.
4. The overall results for each student are confirmed by the Examiners Committee.

Master's Thesis

All students are required to write a Thesis. At the end of the first semester, students are eligible to submit their Thesis proposal. The Coordinative Committee decides on the appropriateness of the topic and appoints the supervisor and two advisors. Advisors should be members of the teaching staff. Advisors should possess a PhD in relevant areas of the proposed topic and have proven academic and research records. Following approval of the proposal from the institutional or departmental research ethics committee, students can commence the data collection, analysis and writing-up of their Thesis. Guidelines for the presentation of the Thesis are provided in the Department's website. Students who already hold a Master's Degree are eligible to apply for a PhD Degree. Upon completion of their Master's Thesis students are required to make an oral presentation, which is open to the public. More specifically, students should submit a copy of their Thesis to their supervisor, the two advisors, and the secretariat. The public presentation is scheduled by the supervisor at least 30 days after the submission of Thesis, and the secretariat makes the announcement of the presentation. The evaluation of the Thesis is made by the supervisor and the two advisors. For the Thesis to be approved there should be an agreement between at least two of the three members of the relevant committee. After positive recommendation, the candidate should make any required amendments and submit the final copy to the library in a hard and an electronic copy. In case of negative recommendation, the Coordinative Committee sets a new date for the re-evaluation of the thesis, at least three months after the first one. In case of second failure registration is terminated.

Fees

In order to fulfil the MSc requirements students need to pay fees to cover administrative cost and module attendance. Fees are paid twice per year (at the beginning of each semester). The fee amount is decided by the Teaching Staff General Assembly.

Important Issues

Registration

1. Students should register every semester within the period specified in the academic calendar. Failure to register on time may prevent students to attend the semester in question
2. Tuition fees can be paid in advance, or at the beginning of each semester prior to registration
3. The PPS is a full-time programme. Under exceptional circumstances the Coordinative Committee can allow part-time attendance or temporary pause of a student's registration.

Fees

In order to fulfil the MSc requirements students need to pay fees to cover administrative cost and module attendance. Fees are paid twice per year (at the beginning of each semester). The fee amount is decided by the Teaching Staff General Assembly. Students register every semester even when they have finished the obligations with module registration. In this case the registration is accompanied by a registration fee.

Class Attendance

1. Attendance of all modules is compulsory. Problems related to class attendance are dealt primarily by the module leader, and if required by the Director of the Programme and the Coordinative Committee.
2. Students failing to attend two classes of the taught module are not eligible to participate in the final exam.
3. Students having failed to complete attendance of one module may be allowed by the Coordinative Committee to attend this module from the beginning (module fees should be repaid). Failing to complete attendance in more than one module results in the termination of student's registration.
4. Every student has the right to defer attendance of the programme or their Thesis once.

Other Issues

1. Post-graduate students are represented in the Teaching Staff General Assembly by two individuals
2. Post-graduate students are eligible to accommodation and subsistence benefits according to the relevant legislation (Law article 29 N 1268/82 and 29 N 2083/92)
3. The official website of the PPS may contain useful information and guidance not included in this Guide (e.g. results for applications, time schedules, module results, important notices for seminars). Therefore, it is important that students frequently visit the site to get necessary updates and announcements
4. Material borrowed by the library or the laboratories should be returned in good condition. The registry of the PPS has the right to postpone the conferment of a Degree until all borrowed materials have been returned or replaced

5. Issues pertaining to the ethical conduct are discussed and decided by the Teaching Staff General Assembly
6. Course registration denotes full acceptance of the terms and conditions of the PPS outlined in this Guide and the official website of the programme.