



UNIVERSITY OF  
THESSALY

# Sport and Exercise Psychology

**Master**



## Master's Program Overview

The aim of our two-year, full-time (120 ECTS), English-speaking Master program is to offer master's level education in the area of exercise and Sport Psychology and to educate students to a professional level. Students will acquire the necessary knowledge and competencies that will enable them to understand human behavior in exercise and sport contexts and to effectively apply their knowledge to improve physical activity, health, well-being, and high performance in public health and sports.

Sport and exercise psychology seeks to understand the psychological factors that occur in sports, physical activity, and exercise. The focus is on behavior, emotions and cognitions of persons involved in sport and exercise settings, e.g. exercise participants, athletes, coaches, teachers, therapists, parents, spectators, officials, etc. The psychology of sports and exercise draws upon the scientific fields of psychology, sport, education, and health sciences.

Our master's program provides a double degree with the University of Leipzig (Germany) and, from 2023, a double degree with the University of Chieti-Pescara (Italy). Students from these universities take courses from both (or all) universities (students registered with a home university take a minimum of 30 ECTS from a host university).

Professors are internationally acknowledged researchers, elected MC members of International & European Associations of Sport Psychology (ISSP, FEPSAC), Editors or Editorial board members of international journals (e.g., International Journal of Sport and Exercise Psychology, Sport Exercise and Performance Psychology), books, etc., have experience in consulting in sport, exercise, health education.



The European Master in Sport and exercise psychology is unique in that it:

- Is one of the few master programs in Europe on Sport & Exercise Psychology
- Emphasizes both research and practice (practicum)
- Offers unique cross-cultural experiences, which are critical to professionals who have to work with athletes from different cultures (modern sport).
- Is connected with a large network of European universities with expertise in Sport and Exercise Psychology. Professors from this network are invited EMSEP lecturers, particularly during the Intensive Course(s) of the EMSEP (6-14 days), which is organized at least once every year.

## Why Us

**Diversity:** An international environment with students from over 40 different countries across the six continents.

**Satisfaction with our Program:** With 96.4% of all students, they would recommend our programs to other students in their field.

**Work Experience:** Valuable hands-on experience through internship opportunities. Students can do their practicum with athletes and clients that they wish. Our Department provides opportunities for practicum with athletes speaking English.

**High Placement:** 88.1% of the participants have started working after completion of our programs.

**Travel:** Study abroad period through the European Erasmus+ program (the University currently has more than 600 Erasmus bilateral agreements with more than 40 different countries).

**Teacher Expertise:** High-quality teaching in a truly international environment and by renowned experts of the field.

**Educational Attainment:** The University of Thessaly, in collaboration with the University of Leipzig and the university of Chieti-Pescara, will award a double degree to students who will successfully complete a minimum of 30 ECTS (one semester) at the University of Leipzig, Germany, or at the University of Chieti-Pescara, respectively.

**Research Opportunities:** The University and our Department encourage research through the creation of modern research structures, increase infrastructure, and utilize its assets and funds from the EU with the research programmes Horizon 2020, RFSR, FP6, FP7, Erasmus+, INTERREG, and LIFE.

**Rankings:** Despite its small size of 26 faculty members, the Department of

Physical Education and Sport Science is ranked among the best 100-150 internationally in the Shanghai list of Sport Science departments. The Sport and exercise psychology lab is considered one of the best in Europe. As a reference, the University of Thessaly has also advanced itself in the recent past. It now ranks in the top 800 Universities internationally, according to World University Rankings, one of the best-known university ranking lists in the world.



## Career Office Support

Education is much more than obtaining a degree. It is also about preparing for a successful professional career, and the Career Office of the University of Thessaly is here to help our students make that goal a reality. The office also aims to connect our students with schools, alumni associations, and businesses to achieve a successful career.

As a reference, here is where our graduating students currently work:

- Research (34.5%)
- Education or Teaching (32.1%)
- Consulting (16.7%)
- Customer service/ patient work (2.4%)
- Marketing and sales (3.6%)
- Leadership or managerial duties (4.8%)
- Other (6%)

## International Student Support

The newly formed Office of Global Services aims to assist international students by easing the transition into student life and community building so that they can start building a network of their own. From orientation programs to providing information regarding immigration and government regulations, this office is dedicated to helping international students with a variety of issues, including non-academic matters such as adjusting to their new environment.



## Financial Assistance

As we understand that any international study program costs, we make every effort to help those in need. From free or very low cost meals and dinners offered at the Department's restaurant for potential scholarships to some students based on their merit or background, our Department and the University in general aims to alleviate financial problems to make sure your focus is on your studies and future growth. The cost of life in Trikala is low (600-700 Euro/month) according to European standards.

## Testimonials

"The EMSEP double degree program is a cultural experience interwoven with an academic program and opportunities for practical learning and personal growth."

**JULIANO PEREIRA**, USA/BRAZIL, 2020

"EMSEP provided me with the opportunity to work together with incredible researchers and establish a group of friends that will last a lifetime. I will always be grateful for how this program helped me grow as an individual."

**BERNADETTE RAMAKER**, NETHERLANDS, 2016



"As an athlete, I thought I already understood everything, but after my 2 years, I truly understand the importance of psychology in sport and exercise. Thank you!"

**KENDAL AYERS**, TEXAS, USA, 2019

"I came to this course to expand my knowledge on psychology..." "It's great to be here with so many other international students where I can learn about different cultures"

**EMILY MCLEOD**, AUSTRALIA, 2015

"...One of the best programs in sport psychology in the world."

**PAUL SULZYCKI**, CANADA, 2015

"If you are looking for first-class lecturers and knowledge in sport psychology, if you like a to eat good, if you like relaxed environment, an unbeatable climate, and good looking people, Thessaly is the right choice for you."

**MILOS MITROVIC**, SERBIA, 2013

"I think the best part of the program is its people. Although I come from another continent, they have made me feel at home here."

**NIKITA BHAVSAR**, INDIA, 2015

"The expertise combined with the personal support provided by the teaching staff of the Department is unique. I think my decision to pursue my Ph.D. here speaks for itself"

**JULIAN FRITSCH**, GERMANY, 2015

"I am grateful for the past two years, because this program gave me at any time the possibilities for personal development."

**DENNIS REDLICH**, GERMANY, 2016

## Student Life & the Extended Community

Our International Programs are based in **Trikala**, a nice and vibrant town of 65.000 inhabitants and about 1500 university students. We enjoy very good but inexpensive food from our local restaurants, cafes, and bars, with some attractive sites in the city and the surrounding areas in particular. Currently, the town can easily accommodate even more international students. The town has requested additional student halls of residence to attract even more international students, something the university is already planning to develop. For reference, the campus is a 10-minute ride on bike, offered for free by the department; otherwise, you can take the 8-minute ride by bus or the 5-minute drive by taxi.

### What do the surrounding areas of Thessaly offer?

#### Archaeological Wonders: Meteora

Meteora is certainly one of the most impressive regions in the country. Located north of Trikala, this spectacular place is included in the UNESCO World Heritage List since 1989 and an official holy place for Greece since 1995. The famous monasteries date back to the Byzantine era and they lie on the top of massive rock formations. Interesting fact: The breathtaking natural landscape was shaped approximately 60 million years ago.

#### Beautiful Beaches: Volos & Sporades Islands

The beaches in the wider area of Volos and the exquisite Sporades Islands (Alonissos, Skopelos, or Skiathos) are among the best-loved in Greece. Thousands of visitors flock to their beaches, all of which offer breathtaking scenery and many recreational facilities. The coast of Magnesia has one of the mildest climates in the Mediterranean. Cool summers and exceptionally mild winters create ideal conditions to enjoy the sea during all seasons of the year.



#### Mountainous Travels: Pelion

Pelion is an absolute natural paradise. It is a huge mountain dotted with picturesque traditional villages and fringed by mesmerizing beaches. The gems of Pelion are its quaint villages. They are made up of traditional little houses with grey stone roofs and paved alleys that ooze charm in abundance. This paradise is also full of drinking fountains, plane and apple trees, oaks, gardenias, hydrangeas and camellias.

#### Amazing Scenery & Forestry: Lake Plastiras

Lake Plastiras is surrounded by an idyllic landscape of incomparable natural beauty that captivates the mind at first sight. The stunning blue lake is surrounded by snow-capped mountains and verdant pine forests, captivating visitors at any time of the year. Dreamlike in all aspects, it is one of the largest artificial lakes in Greece created in a location where in antiquity we could find the confluence of the rivers Tavropos and Achelous.

## Degree Program Details

### Admission Requirements:

- Bachelor's degree in Sport Science, Psychology, Social Psychology, Health Science or another relevant field.
- Proof of English language proficiency.
- You can prove your English language skills either with a previous degree completed fully in English in an English-speaking country (USA, Canada, New Zealand, Australia, Great Britain or Ireland) or with one of the following.

### Application Requirements:

- A letter of intent, explaining why you want to study in this program.
- Your Curriculum Vitae.
- Your university degrees (with an official translation in the English language if required). Current students expecting to graduate until summer might provide an official letter from their university confirming that they finished all requirements to obtain their degree.
- For graduates from non-English speaking universities: Proof of your proficiency in the English language.
- Applicants will be also invited to participate in an online interview.

### Course Outline for the MSc degree:

MODULES	ECTS	
<b>1st Semester</b>		
Research Methods and Statistics	7	C
Psychological Foundations of Sport and Physical Activity	7	C
Psychological Skills in Physical Activity	7	C
Psychology in Physical Education and Youth Sports	7	C
Introduction and Development of Communication Skills	2	O
<b>2nd Semester</b>		
European Dimension of Sport and Exercise Psychology	7	O
Information Technology in Motor Behavior, Exercise and Sport Training	7	O
Exercise Psychology and Motor Development in Health Education	7	O
Nutritional Behaviour and Education	7	O
Counselling Principles and Skills	7	O
Special Issues in Sport and Exercise Psychology	7	O
Psychology of Adapted Physical Activity	7	O
Practicum I	6	O
Thesis Seminar	3	O
<b>3rd Semester</b>		
Quantitative and Qualitative Data Analysis	7	O
Clinical Exercise Psychology	7	O
Identification & Motivation of Youth who Mostly Need Physical Activity	7	O
Spectrum of Teaching Styles and Psychology of Physical Activity	7	O
Practicum II	16	O
<b>4th Semester</b>		
Thesis	30	C

C = Compulsory, O = Optional

## How to Reach out

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