



UNIVERSITY OF  
THESSALY

# Sport and Exercise Psychology

PhD



## Program Overview

Our International Doctoral Program in Physical Education, Sport Science and Dietetics is designed for International Master's level graduates who want to conduct excellent research at doctoral level, in a truly international and multidisciplinary environment.

Students who are accepted in the Program are expected to do innovative research on major global challenges under the supervision of internationally known experts in the field of Physical Education, Sport Science and Dietetics. Our experts mentor doctoral students to develop themselves as researchers by conducting and publishing top-level research in respectful scientific outlets, which are critical for graduate careers alongside their doctoral degree from an accredited European university.

Students are co-supervised by academics of the University of Thessaly and leading European universities in the areas of sport science, health, psychology of sport and exercise, well-being, as well as biomedical engineering and technology, such as: Free University of Bozen-Bolzano (Italy), D'Annunzio University of Chieti-Pescara (Italy), KU Leuven (Belgium), and Leipzig University (Germany). Students who successfully complete the program receive a Joint Doctoral Degree provided by of the University of Thessaly and the European institution(s) where their co-supervisors will be located can receive a Joint Doctoral Degree.

Major features of this Doctoral Program:

- The internationally preeminent research expertise of academics of the School of Physical Education, Sport Science and Dietetics at the University of Thessaly.
- The opportunities of joint supervision and joint award of a Doctoral Diploma from



two leading European universities in the areas of sport science, health, psychology of sport and exercise, well being, as well as biomedical engineering and technology.

- The coherent Doctoral Program of studies including advanced research courses and a doctoral thesis addresses major global challenges through state-of-the-art multidisciplinary research in the areas of sport science, physical activity, psychology of sport and exercise, physical education, nutrition, health, environment, well-being, and technology.
- Supportive mentoring, the warm, friendly, and multicultural social environment for postgraduate students, and the relaxing environment of the city of Trikala surrounded by beautiful nature.

## Why Us

**Diversity:** An international environment with students from different countries across all continents.

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

**Educational Attainment:** The University of Thessaly, in collaboration with European Universities will award a joint degree to students who will successfully complete doctoral studies as specified in the bilateral agreements between these universities. Collaborating universities: D'Annunzio University of Chieti–Pescara, Italy; Free University of Bozen-Bolzano, Italy; KU Leuven, Belgium; University of Leipzig, Germany.

**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.

**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).

**Rankings:** Despite its small size of 27 faculty members, the Department of Physical Education and Sport Science is ranked among the best 100-150 internationally on the Shanghai list of Sport Science departments. The Sport & Exercise Psychology lab is considered one of the best in Europe. For 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 companies to achieve a successful career.

## 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 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 assist those in need. From 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 aim to alleviate any 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 and Master's degree, preferably one of them in Sport Science, Psychology, Health Science, Dietetics or another relevant field
- Proof of English Language Abilities
- You can demonstrate 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:

- Your Curriculum Vitae.
- Proposal for Research Thesis (maximum 3000 words).
- Your university degrees (with an official translation into the English language if required). Current students expecting to graduate until the summer might provide an official letter from their university confirming that they completed all the requirements to obtain their degree.
- For graduates from non-English speaking universities: Proof of your proficiency in English.
- Applicants will also be invited to participate in an online interview.

### MODULES

- Research Methods
- Evidence Based Practice
- Advanced Statistics
- Multi-disciplinarity in research and academia

### DOCTORAL THESIS

- Option for joined supervision from academics from different European universities



## How to Reach out

European Master in Sport & Exercise Psychology  
School of Physical Education & Sport Sciences  
University of Thessaly  
42 100 Trikala, Greece

Tel.: +30 24310 47049 / +30 24310 47024  
Fax: +30 24310 47057

Email: [emsep.pe.uth@gmail.com](mailto:emsep.pe.uth@gmail.com)  
Website: <http://postgrad.pe.uth.gr/pse/index.php/en>

LinkedIn: <https://www.linkedin.com/company/uth-pse> Facebook: <https://www.facebook.com/groups/mscsportpsychology>

