



School of Physical Education and Sports

Science - A.U.Th

ACADEMIC CALENDAR - HOLIDAYS 2019-2020

		START	END
1st Semester			
	Courses	Monday 30-09-19	Tuesday 14-01-20
	Exams	Thursday 16-01-20	Thursday 06-02-20
2nd Semester			
	Courses	Monday 10-02-20	Friday 29-05-20
	Exams	Monday 01-06-20	Thursday 18-06-20

Holidays during which courses and exams will not be held

- Monday 28-10 *Anniversary of October 28th*
- Monday 23-12 until Tuesday 07-01 *Christmas Eve*
- Thursday 30-01 *Three Hierarchs*
- Thursday 27-02 until Tuesday 03-03 *Clean (Green) Monday*
- Wednesday 25-03 *Anniversary of the Revolution of 1821*
- Monday 13-04 until Friday 24-04 *Easter Eve*
- Friday 01-05 *May Day*
- Monday 08-06 *Feast of the Holy Spirit*

COMPULSORY THEORETICAL COURSES WINTER SEMESTER

A' YEAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30-13.15		Descriptive Human Anatomy ⁽³⁾			
13.15-14.00		<i>Thermi's Amphitheatre</i>			
14.00-15.00					
15.00-15.45	History and Philosophy of PE and Sports ⁽¹⁾			Sports Psychology ⁽²⁾	History and Philosophy of PE and Sports ⁽¹⁾
15:45-16.30	<i>Thermi's Amphitheatre</i>			<i>Thermi's Amphitheatre</i>	<i>Thermi's Amphitheatre</i>
16.30-16.45					
16:45-17.30	Sports Psychology ⁽²⁾			Descriptive Human Anatomy ⁽³⁾	
17:30-18.15	<i>Thermi's Amphitheatre</i>			<i>Thermi's Amphitheatre</i>	

Note (1) Anastasiou A.; (2) Doganis G.; (3) Koutlianos N.

B' YEAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30-13.15			Sports Management ⁽²⁾		
13.15-14.00			<i>Thermi's Amphitheatre</i>		
14.00-15.00					
15.00-15.45		Biomechanics ⁽¹⁾	Biomechanics ⁽¹⁾		
15:45-16.30		<i>Thermi's Amphitheatre</i>	<i>Thermi's Amphitheatre</i>		
16.30-16.45					
16:45-17.30		Special Education ⁽³⁾			
17:30-18.15		<i>Thermi's Amphitheatre</i>			

Note. (1) Chatzitaki V.; (2) Alexandris K.; (3) Fotiadou E.

C' YEAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:45-17.30	Sports Medicine ⁽¹⁾	Sports Medicine ⁽¹⁾			
17:30-18.15	TAXIP 1	TAXIP 1			

Note. (1) Kouidi E.



WEEKLY SCHEDULE WINTER SEMESTER

1st YEAR - TEACHING OF PEDAGOGIC GYMNASTICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30-14.00: A4 <u>Theory:</u> <i>Conference room</i> 10.15-11.00: A9, A10 11.15-12.00: A7, A8 12.00-12.45: Class for past students	09.15-10.45: A9 10.45-12.15: A8	11.15-12.45: A3 12.45-14.15: A1	11.15-12.45: A10 12.45-14.15: A7 <u>Theory:</u> <i>Conference room</i> 10.15-11.00: A5, A6 11.15-12.00: A3, A4 12.15-13.00: A1, A2	09.30-11.00: A2 11.00-12.30: A5 12.30-14.00: A6

Note. All lessons will be done at "Folea Klio" gym (Thermi)

1st YEAR – TEACHING OF GREEK TRADITIONAL DANCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.00-12.30: A3 (T2) 12.30-14.00: A6 (T2) <u>Theory:</u> <i>Hall 3</i> 12.15-13.00: A9, A10 13.15-14.00: A7, A8	10.45-12.15: A5 (T1) 10.45-12.15: A10 (T2)	11.00-12.30: A7 (T1) 12.30-14.00: A2 (T1)	12.30-14.00: A9 (T2) <u>Theory:</u> <i>Hall 3</i> 11.15-12.00: A5, A6 12.15-13.00: A3, A4 13.15-14.00: A1, A2	09.30-11.00: A4 (T1) 11.00-12.30: A8 (T1) 12.30-14.00: A1 (T1)

Note. (T1): Tennis Hall 1; (T2): Tennis Hall 2.

1st YEAR – TEACHING OF TRACK AND FIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Theory:</u> <i>Amphitheatre</i> 11.15-12.00: A9, A10 12.15-13.00: A7, A8	09.45-11.15: A1 09.45-11.15: A2 09.45-11.15: A3 <u>Theory:</u> <i>Amphitheatre</i> 11.30-12.15: A1, A2, A3	12.30-14.00: A4 12.30-14.00: A5 12.30-14.00: A6 <u>Theory:</u> <i>Amphitheatre</i> 11.30-12.15: A4, A5, A6	11.30-13.00: A8	11.30-13.00: A7 11.30-13.00: A9 11.30-13.00: A10

Note. All lessons will be done at Track and Field stadium of Thermi

Note. All theory lessons will be done at Thermi's Lecture Halls



WEEKLY SCHEDULE WINTER SEMESTER

2nd YEAR – TEACHING OF HANDBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.00-10.15: B4 08.45-11.00: B9 11.45-14.00: B10	08.00-10.15: B1 08.45-11.00: B5 10.15-12.30: B7		08.00-10.15: B3 11.45-14.00: B6	08.45-11.00: B2 11.45-14.00: B8

Note. All practice lessons will be done at University Gym.

2nd YEAR – TEACHING OF GYMNASTICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.30-10.45: B1 (UG) 08.45-11.00: B5 (A) 10.45-13.00: B3 (UG) 11.00-13.15: B6 (A)	08.45-11.00: B4 (A)		08.00-10.15: B2 (UG) 09.30-11.45: B9 (UG) 11.45-14.00: B10 (UG)	09.30-11.45: B8 (A) 11.00-13.15: B7 (A)

Note. (A) Alexander Hall; (UG) University Gym.

2nd YEAR – TEACHING OF FOOTBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.00-11.15: B2, B8	09.30-11.45: B6 11.45-14.00: B9, B10	9.45-12.00: B7, B4		09.00-11.15: B1, B3 11.30-13.45: B5

Note. All practice lessons will be done at Thermi's football field.

2nd YEAR - TEACHING OF RHYTHMIC GYMNASTICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.30-10.45: B6 (A) 08.30-10.45: B3 (AB) 11.15-13.30: B5 (A) 11.15-13.30: B1 (AB)			11.00-13.15: B8 (A) 11.00-13.15: B2 (AB)	08.30-10.45: B7 (A) 08.30-10.45: B4 (AB) 11.15-13.30: B10 (A) 11.15-13.30: B9 (AB)

Note. All practice lessons will be done at Alexander Hall. (A): Alexander Hall ground floor; (AB): Alexander Hall basement.



WEEKLY SCHEDULE WINTER SEMESTER

3rd YEAR - TEACHING OF VOLLEYBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Theory (TAXIP 2) 10.00-10.45: C4, C6 11.00-11.45: C8, C10 11.45-12.30: C7, C9	09.30-11.00: C1 11.00-12.30: C2	09.30-11.00: C7 11.00-12.30: C6 12.30-14.00: C9 Theory 09.00-09.45: C1, C5 (TAXIP 2) 09.45-10.30: C2, C3 (TAXIP 2)	09.30-11.00: C8 11.00-12.30: C4	08.00-09.30: C3 09.30-11.00: C10 11.00-12.30: C5

Note. All practice lessons will be done at University Gym.

3rd YEAR - TEACHING OF BASKETBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30-11.00: C5 11.00-12.30: C1 Theory (TAXIP 1) 09.15-10.00: C3, C2 10.15-11.00: C8, C10 11.00-11.45: C7, C9	11.00-12.30: C10 12.30-14.00: C7	11.00-12.30: C2 12.30-14.00: C8 Theory (TAXIP 1) 09.00-09.45: C4, C6 10.00-10.45: C1, C5	09.30-11.00: C6 11.00-12.30: C3	09.30-11.00: C4 11.00-12.30: C9

Note. All practice lessons will be done at University Gym.

3rd YEAR - TEACHING OF SWIMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Theory (SMS) 08.00-08.45: C2, C3, C4, C5, C10 09.00-9.45: C1, C6, C7, C8, C9 11.30-13.00: Class for past students (NSP)	11.00-12.30: C5 12.30-14.00: C6	10.00-11.30: C4 11.30-13.00: C3 11.30-13.00: Class for past students (NSP)	11.00-12.30: C9 12.30-14.00: C10	10.00-11.30: C7 11.00-12.30: C8 11.30-13.00: C1 12.30-14.00: C2

Note. (NSP) National Swimming Pool; (SMS) Small Amphitheatre of Medicine School.



WEEKLY SCHEDULE WINTER SEMESTER

4th YEAR – SPORTS PHYSIOTHERAPY I

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15.00-16.30: 16.45-18.15:	15.00-16.30: 16.45-18.15:		

Note. The distribution of students in the classes will be announced at e-learning of the course Sports Physiotherapy. All lessons will be done at lecture hall TAXIP 2.

Lecturer: Sikaras V.

4th YEAR – TEACHING OF P.E. IN PRIMARY EDUCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Laboratory</u> (TAXIP 1): 12.30-13.15: D1, D2 13.15-14.00: D3, D4			<u>Theory:</u> (TAXIP 4) 15.00-16.30	<u>Laboratory</u> (TAXIP 1): 11.15-12.00: D5, D6 12.15-13.00: D7, D8 13.15-14.00: D9, D10

Note. In case of overlap of the specialty with the laboratory, students should contact the lecturer of Teaching for a change of class.



WEEKLY SCHEDULE OF SPECIALTY COURSES WINTER SEMESTER

E01 - TENNIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.00-11.15		09.00-11.15	09.00-11.15	

Note. All practice lessons will be done at *Thermi's Tennis courts*

E02 – WEIGHT LIFTING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30-11.45		09.30-11.45	09.30-11.45	

Note. All practice lessons will be done at *Alexander Hall*

E03 - GYMNASTICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	08.45-10.15 (Theory) <i>TAXIP 2</i> ⁽¹⁾ 10.30-13.15 (Practice) <i>(UG)</i> ⁽¹⁾	09.30-11.45 (Practice) <i>(UG)</i> ⁽¹⁾		

Note. (UG) = University Gym; (1) Siatras F.

E04 - SAILING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30-11.45 ^(1, 2)	09.30-11.45 ⁽²⁾		09.30-11.45 ⁽²⁾	

Note. (1) Loupos; (2) Kostas. All practice lessons will be done at *Aretsou Beach - AUTH Naval Sports Center*

E05 - BASKETBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	09.00 -11.15	09.00 -11.15	09.00 -11.15	

Note. All practice lessons will be done at *Thermi's Gym "Folea Klio"*

E06 – TRACK AND FIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.45-11.00 (T)		09.00-11.15 (T)	09.00-11.15 (T)	

Note. (T): Thermi



WEEKLY SCHEDULE OF SPECIALTY COURSES WINTER SEMESTER

E07 - SWIMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00-12.15 Theory ⁽¹⁾	09.30-11.45 Practice ⁽²⁾		09.30-11.45 Practice ⁽²⁾	

Note. All practice and theory lessons will be done at National Swimming Pool. (1) Alexiou; (2) Loupos.

E08 - ROWING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30-11.45 ⁽¹⁾		09.30-11.45 ^(1, 2)	09.30-11.45 ⁽¹⁾	

Note. All practice and theory lessons will be done at ΟΦΘ (Sea friends club). (1) Argyrakis; (2) Koutlianos.

E09 - WRESTLING

E10 - VOLLEYBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00-13.00 (Mikra's National Gym) ⁽²⁾	10.00-12.15 (Mikra's National Gym) ⁽¹⁾		10.00-11.30 Theory (Thermi's Football Lecture Hall) ⁽¹⁾	

Note. (1) Papadopoulou S.; (2) Charitonidis K.

E11 - FOOTBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.00-11.15 (TF)	09.00-11.15 (TF)		09.00-11.15 (Thermis Football Hall, ground floor)	

Note. TF = Thermi's Football Field

E14 – TAE KWON DO - WTF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00-12.15 TAXIP 3		10.00-12.15 Hall 45 (UG)		10.00-12.15 Hall 45 (UG)

Note. UG = University Gym

E15 – JUDO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Note. UG = University Gym



WEEKLY SCHEDULE OF SPECIALTY COURSES WINTER SEMESTER

E16 – WATER POLO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30-11.45 Theory ^(1,3)	09.30-11.45 Practice ^(2, 3)		09.30-11.45 Practice ^(2, 3)	

Note. All practice and theory lessons will be done at National Swimming Pool. (1) Alexiou; (2) Loupos; (3) Kostas

E17 – WINTER SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10.15-11.45 (TAXIP 3)	08.45-11.45 (TAXIP 4)	08.45-11.00 (TAXIP 3)	

E18 - HANDBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	09.00-11.15 (Mikra's National Gym) ¹	09.00-11.15 (Thermi) ^{1, 2}	09.00-11.15 (Mikra's National Gym) ²	

Note. (1) Giannakos A.; (2) Skoufas D.

E21 – GREEK TRADITIONAL DANCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.00-11.15 (Tennis Hall 1) ⁽¹⁾		09.00-11.15 Theory (Hall 1) ⁽¹⁾⁽²⁾	09.00-11.15 (Tennis Hall 1) ⁽²⁾	

Note. All practice lessons will be done at Thermi's Tennis Hall. (1) Douka S. (2) Lykessas G.

E22 – SPECIAL PHYSICAL EDUCATION – THERAPEUTIC GYMNASTICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.00-10.30 Practice Class 1: ⁽¹⁾ Class 2: ⁽³⁾ Class 3: ⁽⁴⁾	08.15-09.45 Theory ^{(5, 6)**} (Lecture Hall 3 Thermi) 09.45-11.15 Theory* (Lecture Hall 3 Thermi) (1) (2) (3) (4) Co teaching	09.00-11.15 Practice Class 1: ⁽¹⁾ Class 2: ⁽³⁾ Class3: ⁽⁴⁾		

Note. 4 classes of specialty. (1) Giagoudaki; (2) Grouios; (3) Tsimaras; (4) Fotiadou; (5) Ioannidou; (6) Sykaras

* Lectures in semester: Tsimaras (5), Grouios (3) Fotiadou (3), Giagoudaki (3)

** Lectures in semester: Ioannidou (5); Sykaras (9)

E23 - CYCLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.00-11.15 (T) ⁽¹⁾		09.00-11.15 (T) ⁽¹⁾	09.00-11.15 (T) ⁽¹⁾	

Note. (T) = Thermi. (1) Christoulas



WEEKLY SCHEDULE OF SPECIALTY COURSES WINTER SEMESTER

E27 – LIFE SAVING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	09.00-11.15	09.00-11.15		09.00-11.15

Note. All lessons will be done at National Swimming Pool

E28 - BADMINTON

E34 - KARATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Note. UG = University Gym

E35 – INDOOR SPORT ACTIVITIES (FITNESS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.15-13.30 (Tennis Hall 1)	09.00-13.30 (Thermi’s strength training Hall)	08.45-13.15 (University Gym)	11.15-13.30 (Tennis Hall 1)	

Note. The above schedule corresponds to weekly schedule for two classes.

E36 – OUTDOOR SPORT ACTIVITIES AND SPORT TOURISM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	08.15-11.00 (Thermi’s Lecture Hall 1)	08.15-11.00 (Thermi’s Conference Hall)	08.15-11.00 (Thermi’s Lecture Hall 1)	

Note. In the schedule of the lessons are included two breaks of 45 minutes each.

E37 – RHYTHMIC GYMNASTICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	09.00-11.15 (A) Practice	10.45-13.00 (Thermi’s Lecture Hall 3)	09.00-10.30 (A) Practice	

Note. A = Alexander Hall

E38– JIU JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.45-12.00 Hall 45 (UG)	09.45-12.00 Hall 45 (UG)		09.45-12.00 Hall 45 (UG)	

Note. All practice lessons will be done at Hall 45 of University’s Gym (UG)



WEEKLY SCHEDULE OF SPECIALTY COURSES WINTER SEMESTER

E39 – TAE KWON DO - ITF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00-12.15 TAXIP 3		10.00-12.15 Hall 45 (UG)		10.00-12.15 Hall 18 (UG)

Note. UG=University Gym



**GROUP 6 – APPLIED FREE ELECTIVE COURSES
WINTER SEMESTER**

Code	Title	Course supervisor	Lecturer	Day-Time	Location
ΕΠ0223	Aerobics -Fitness	<i>Tzetzis J.G.</i>		Thursday 12.30-14.00	Thermi's tennis Hall
ΕΠ017	Sports acrobatics	<i>Milossis D.</i>	<i>Milossis D.</i>	Thursday 12.30-14.00	University Gym
027	Badminton	<i>Partemian S.</i>	<i>Partemian S.</i>	e-Learning	e-Learning
029	Tennis	<i>Theodosiou A.</i>	<i>Theodosiou A.</i>	Monday 12.30-14.00	Thermi's courts
ΕΠ0173	Weight lifting	<i>Manou V.</i>	<i>Saroglakis G.</i>	Tuesday, Wednesday & Thursday 12.30-14.00	Alexander Hall Weight Lifting
089	International dances	<i>Douka S.</i>	<i>Douka S.</i>	e-Learning	e-Learning
ΕΠ0142	Special applications of sport physiotherapy	<i>Sykaras E.</i>	<i>Sykaras E.</i>	Tuesday 18.30-20.00	TAXIP 3
009	Swimming for beginners	<i>Alexiou S.</i>	<i>Alexiou S.</i>	Monday 12.30-14.00	National Swimming Pool
043	Table tennis	<i>Theodosiou A.</i>	<i>Theodosiou A.</i>	e-Learning	e-Learning
ΕΠ0180	Jiu Jitsu - Self defense	<i>Zaggelidis G.</i>	<i>Zaggelidis G.</i>	Monday 12.30-14.00	University Gym Hall 45
047	Sailing	<i>Alexiou S.</i>	<i>Kostas G.</i>	Thursday 12.30-14.00	Aretsou beach
ΕΠ0115	Karate	<i>Zaggelidis G.</i>	<i>Zaggelidis G.</i>	Thursday 12.30-14.00	University Gym Hall 45
059	Diving	<i>Alexiou S.</i>	<i>Alexiou S.</i>	Tuesday 12.30-14.00	National Swimming Pool
011	Classic ballet	<i>Gianitsopoulou E.</i>	<i>Gianitsopoulou E.</i>	Tuesday 12.30-14.00	Alexander Hall rhythmic gymnastics
033	Rowing	<i>Alexiou S.</i>	<i>Argirakis P.</i>	Thursday 12.30-14.00	ΟΦΘ Sea friends club
013	Modern dance	<i>Douka S.</i>	<i>Douka S.</i>	e-Learning	e-Learning
ΕΠ0230	Baseball	<i>Panoutsakopoulos V.</i>	<i>Panoutsakopoulos V.</i>	e-Learning	e-Learning
049	Life saving	<i>Loupos D.</i>	<i>Loupos D.</i>	Tuesday 12.30-14.00	National Swimming Pool
053	Mountaineering	<i>Thomoglou G.</i>	<i>Thomoglou G.</i>	e-Learning	e-Learning



034	Pedagogic games	<i>Chatzopoulos D.</i>	<i>Chatzopoulos D.</i>	Tuesday 12.30-14.00	University Gym Hall 18
035	Wrestling	<i>Pachtas G.</i>	<i>Pachtas G.</i>	e-Learning	e-Learning
006	Beach volleyball	<i>Giatsis G.</i>	<i>Giatsis G.</i>	Thursday 12.30-14.00	Mikra's National Gym
005	Cycling	<i>Christoulas K.</i>	<i>Christoulas K.</i>	Monday 12.30.-14.00	Thermi's Lecture Hall 2
015	Synchronized swimming	<i>Alexiou S.</i>	<i>Alexiou S.</i>	Wednesday 12.30-14.00	National Swimming Pool
063	TAE KWON DO	<i>Beis K.</i>	<i>Beis K.</i>	Wednesday 12.30-14.00	University Gym Hall 45
ΕΠ0229	Techniques for strength and power development	<i>Manou V.</i>	<i>Manou V.</i>	Wednesday 12.30-14.00	Thermi's strength training Hall and Thermi's Lecture Hall 1
037	Judo	<i>Zaggelidis G.</i>	<i>Siopis V.</i>	Tuesday 12.30-14.00	University Gym Hall 45
082	Archery	<i>Tsormpatzoudis C.</i>		e-Learning	e-Learning
ΕΠ018	Trampoline	<i>Proios M.</i>	<i>Proios M.</i>	Wednesday 12.30-14.00	University Gym
045	Water polo	<i>Loupos D.</i>	<i>Kostas G.</i>	Wednesday 12.30-14.00	National Swimming Pool
003	Aqua gym – Aqua aerobics	<i>Alexiou S.</i>		Thursday 12.30-14.00	National Swimming Pool
025	Scuba diving	<i>Alexiou S.</i>	<i>Alexiou S.</i>	Thursday 12.30-14.00	National Swimming Pool
055	Mountain skiing	<i>Thomoglou G.</i>	<i>Thomoglou G.</i>	e-Learning	e-Learning
06A	Demonstration choreography	<i>Douka S.</i>	<i>Douka S.</i>	Tuesday & Thursday 14.00-15.30	Alexander Hall Gymnastics



THEORETICAL FREE ELECTIVE COURSES
WINTER SEMESTER

Code	Title	Lecturer	Day-Time	Lecture Hall
EP0225	Exercise and Obesity	<i>Mavrovouniotis F.</i>	Tuesday 18.30-20.00	<i>TAXIP 1</i>
EP0226	Exercise and quality of life in elderly	<i>Mavrovouniotis F.</i>	Thursday 18.30-20.00	<i>TAXIP 1</i>
024	Special topics of Olympic Games	<i>Anastasiou A.</i>	Thursday 16.45-18.15	<i>TAXIP 3</i>
EP0239	Introduction to computer use	<i>Ardamerinos N.</i>	Thursday 12.30-14.00	<i>Thermi's Lecture Hall 2</i>
EP0254	Control of voluntary movement skills	<i>Chatzitaki V.</i>	Thursday 15.00-16.30	<i>TAXIP 1</i>
EP0139	Entrepreneurship and innovation in sports	<i>Tzetzis G.</i>	Monday 16.45-18.15	<i>TAXIP 3</i>
EP0166	Flexibility and performance	<i>Galazoulas C.</i>	Thursday 16.45-18.15	<i>TAXIP 2</i>
EP0167	Rehabilitation applications of exercise	<i>Mameletzi D.</i>	Thursday 16.45-18.15	<i>TAXIP 1</i>
099	Swimming for people with disabilities	<i>Mameletzi D.</i>	Friday 15.00-16.30	<i>TAXIP 2</i>
EP0168	Swimming and physical health	<i>Koutlianos N.</i>	Monday 15.00-16.30	<i>Thermi's Lecture Hall 1</i>
EP0253	Learning and developing of motor skills	<i>Tzetzis G.</i>	Monday 15.00-16.30	<i>TAXIP 3</i>
EP0129	Measurement and evaluation of motor skills	<i>Grouios G.</i>	Tuesday 11.00-12.30 12.30-14.00	<i>Motor control and learning Laboratory (Thermi)</i>
012	Music – Rythmology	<i>Douka S.</i>	Thursday 15.00-16.30	<i>Thermi's Lecture Hall 1</i>
EP0227	New technologies in sport and education	<i>Metaxas T.</i>	Monday 12.30-14.00	<i>Thermi's Football Hall 1</i>
EP0228	Foreign languages – English	<i>Douka S.</i>	Friday 15.00-16.30	<i>TAXIP 1</i>
095	Olympic education	<i>Anastasiou A.</i>	Monday 15.00-16.30	<i>TAXIP 2</i>
EP0221	Organization and management of sport academies and camps	<i>Papadopoulos P.</i>	Friday 15.00-16.30	<i>TAXIP 3</i>
EP0255/7	Organization of sport clubs	<i>Tzetzis G.</i>	Monday 12.30-14.00	<i>TAXIP 3</i>
EP0224	“Orthosomiki” Gymnastic	<i>Giagoudaki F.</i>	Friday 16.45-18.15	<i>TAXIP 1</i>



ΕΠ0161	Thresholds of sport performance	<i>Christoulas K.</i>	Thursday 12.30-14.00	<i>TAXIP 1</i>
ΕΠ0125	Paralympic sports	<i>Tsimaras V.</i>	Thursday 18.30-20.00	<i>Thermi's Lecture Hall</i>
ΕΠ0252	Training of team sports	<i>Galazoulas C.</i>	Thursday 15.00-16.30	<i>TAXIP 2</i>



COMPULSORY ELECTIVE COURSES
Track: COMPETITIVE SPORTS
WINTER SEMESTER

Code	Course Title	Lecturer	Day-Time	Lecture Hall
02AK	Sport performance in different environmental conditions	<i>Christoulas K.</i>	Tuesday 12.30-14.00	<i>Thermi's Lecture Hall 1</i>
058K	Biomechanical evaluation of sport performance		Thursday 18.30-20.00	<i>Thermi's Biomechanics Laboratory</i>
061K	Biochemical evaluation of sport performance	<i>Mougiou V.</i>	Wednesday 15.00-16.30	<i>Thermi's Lecture Hall 1</i>
ΕΠ0128K	Control of voluntary movement skills	<i>Chatzitaki V.</i>	Thursday 15.00-16.30	<i>TAXIP 1</i>
064K	Ergophysiological evaluation of sport performance	<i>Christoulas K.</i>	Monday 12.30-14.00	<i>Thermi's Lecture Hall 1</i>
087K	Designing a year-round training program	<i>Manou V.</i>	Wednesday 16.45-18.15	<i>TAXIP 1</i>
ΕΠ0127K	Learning and development of motor skills	<i>Tzetzis G.</i>	Monday 15.00-16.30	<i>TAXIP 3</i>
ΕΠ0159K	Research methods and statistics	<i>Mavromatis G.</i>	Tuesday 15.00-16.30	<i>TAXIP 1</i>
ΕΠ0231K	Training in children and adolescents	<i>Manou V.</i>	Wednesday 15.00-16.30	<i>TAXIP 1</i>
ΕΠ0149K	Training of team sports	<i>Galazoulas C.</i>	Thursday 15.00-16.30	<i>TAXIP 2</i>



COMPULSORY ELECTIVE COURSES
Track: Recreation, Sport tourism and Health
WINTER SEMESTER

Code	Course Title	Lecturer	Day-Time	Lecture Hall
ΕΠ0154K	Exercise on individuals with chronic disorders	<i>Kouidi E.</i>	Thursday 16.45-18.15	<i>TAXIP 4</i>
ΕΠ0232K	First aids - Athletic pathology	<i>Kouidi E.</i>	Wednesday 16.45-18.15	<i>TAXIP 4</i>
038K	Applied sports medicine	<i>Kouidi E.</i>	Wednesday 12.30-14.00	<i>Thermi's Lecture Hall</i>
ΕΠ0234K	Marketing of recreational services and sports tourism	<i>Alexandris K.</i>	Wednesday 15.00-16.30	<i>TAXIP 4</i>
ΕΠ0244K	Research methods and statistics	<i>Mavromatis G.</i>	Tuesday 15.00-16.30	<i>TAXIP 1</i>
ΕΠ0124K	Exercise and sensory disorders	<i>Fotiadou E.</i>	Thursday 12.30-14.00	<i>Thermi's Sports Injuries & Physiotherapy Hall</i>
ΕΠ0245K	Design exercise programs for recreational athletes	<i>Manou V.</i>	Monday 15.00-16.30	<i>TAXIP 1</i>

WEEKLY SCHEDULE OF THERMI'S AMPHITHEATRE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30					General Assembly Spec. Conv DPESS
9.30-10.15					«
10.15-11.00					«
11.00-11.45	Teaching of Track and Field	Teaching of Track and Field	Teaching of Track and Field		«
11.45-12.30	«	«	«		«
12.30-13.15	«	Descriptive Human Anatomy	Sports Management		«
13.15-14.00		«	«		«
14.00-15.00					
15.00-15.45	History and Philosophy of PE and Sports	Biomechanics	Biomechanics	Sports Psychology	History and Philosophy of PE and Sports
15.45-16.30	«	«	«	«	«
16.30-16.45					
16.45-17.30	Sports Psychology	Special Education for People with Disabilities		Descriptive Human Anatomy	
17.30-18.15	«	«		«	
18.15-18.30					
18.30-19.15				Paralympic Sports	
19.15-20.00				«	
20.00-20.45					
20.45-21.30					

WEEKLY SCHEDULE OF THERMI'S HALL 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45		Outdoor activities		Outdoor activities	
8.45-9.30		Specialty	Greek Traditional Dances	Specialty	
Specialty 9.30-10.15	Gymnastics	«	Specialty	«	
10.15-11.00	Specialty	«	«	«	
11.00-11.45	«				
11.45-12.30	«				
12.30-13.15	Ergophysiological evaluation of sport performance	Sport performance in different environmental conditions	Techniques for strength and power development	Beach volleyball	
13.15-14.00	«	«	«	«	
14.00-15.00					
15.00-15.45	Swimming and physical health		Biochemical evaluation of sport performance	Music – Rythmology	
15.45-16.30	«		«	«	
16.30-16.45					
16.45-17.30					
17.30-18.15					
18.15-18.30					
18.30-19.15					
19.15-20.00					
20.00-20.45					
20.45-21.30					

WEEKLY SCHEDULE OF THERMI'S HALL 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.45-9.30	Track and Field Specialty		Track and Field Specialty	Track and Field Specialty	
9.30-10.15	«		«	«	
10.15-11.00	«		«	«	
11.00-11.45					
11.45-12.30					
12.30-13.15	Cycling		Applied sports medicine	Introduction to computer use	
13.15-14.00	«		«	«	
14.00-15.00					
15.00-15.45					
15.45-16.30					
16.30-16.45					
16.45-17.30					
17.30-18.15					
18.15-18.30					
18.30-19.15					
19.15-20.00					

WEEKLY SCHEDULE OF THERMI'S HALL 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45		Special Physical Education – Therapeutic Gymnastics			
8.45-9.30		Specialty			
9.30-10.15		«		Special Physical Education – Therapeutic Gymnastics	
10.15-11.00		«		Specialty	
11.00-11.45		«	Rhythmic Gymnastics Specialty	Teaching of Greek Traditional Dances	
11.45-12.30	Teaching of Greek Traditional Dances		«	«	
12.30-13.15	«		«	«	
13.15-14.00	«			«	
14.00-15.00					
15.00-15.45			Interdepartmental Postgraduate Program	Interdepartmental Postgraduate Program	
15.45-16.30			«	«	
16.30-16.45					
16.45-17.30			Interdepartmental Postgraduate Program	Interdepartmental Postgraduate Program	
17.30-18.15			«	«	

WEEKLY SCHEDULE OF THERMI'S CONFERENCE HALL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.00-08.45			Outdoor Sport Activities		
08.45-9.30		Indoor Sport Activities (Fitness) Specialty	Specialty		
09.30-10.15		Specialty	«		
10.15-11.00	Teaching of Pedagogic Gymnastics	«	«		
11.00-11.45	«			Teaching of Pedagogic Gymnastics	
11.45-12.30	«			«	
12.30-13.15				«	
13.15-14.00				«	
14.00-15.00					
15.00-15.45					
15.45-16.30					
16.30-16.45					
16.45-17.30					
17.30-18.15					
18.15-18.30					
18.30-19.15					
19.15-20.00					
19.15-20.00					

WEEKLY SCHEDULE OF THERMI'S FOOTBALL HALL 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30	Football	Football			
9.30-10.15	Specialty	Specialty		Volleyball	
10.15-11.00	«	«		Specialty	
11.00-11.45				«	
11.45-12.30					
12.30-13.15					
13.15-14.00					

Note: Thermi's football hall 1 is on the ground floor.

WEEKLY SCHEDULE OF THERMI'S FOOTBALL HALL 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30					
9.30-10.15					
10.15-11.00					
11.00-11.45					
11.45-12.30					
12.30-13.15					
13.15-14.00					

Note: Thermi's football hall 2 is on the 1st floor.



WEEKLY SCHEDULE TAXIP 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30			Teaching of basketball		
9.30-10.15	Teaching of basketball		«		
10.15-11.00	«		«		
11.00-11.45	«				Teaching of P.E. in primary school
11.45-12.30					Lab
12.30-13.15	Teaching of P.E. in primary school Lab			Thresholds of sport performance	«
13.15-14.00	«			«	«
14.00-15.00					
15.00-15.45	Design exercise programs for recreational athletes	Research methods and statistics	Training in children and adolescents	Control of voluntary movement skills	Foreign languages
15.45-16.30	«	«	«	«	«
16.30-16.45					
16.45-17.30	Sports medicine	Sports medicine	Designing a year-round training program	Rehabilitation applications of exercise	“Orthosomiki” gymnastic
17.30-18.15	«	«	«	«	«
18.15-18.30					
18.30-19.15		Exercise and obesity		Exercise and quality of life in elderly	
19.15-20.00		«		«	



WEEKLY SCHEDULE TAXIP 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30		Gymnastics	Teaching of volleyball		
9.30-10.15	Teaching of volleyball	Specialty	«		
10.15-11.00	«		«		
11.00-11.45	«				
11.45-12.30	«				
12.30-13.15					
13.15-14.00					
14.00-15.00					
15.00-15.45	Olympic Education	Physiotherapy	Physiotherapy	Training of team sports	Swimming for people with disabilities
15.45-16.30	«	«	«	«	«
16.30-16.45					
16.45-17.30		Physiotherapy	Physiotherapy	Flexibility and performance	
17.30-18.15		«	«	«	
18.15-18.30					
18.30-19.15					
19.15-20.00					



WEEKLY SCHEDULE TAXIP 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30				Skiing specialty	
9.30-10.15				«	
10.15-11.00	TAE KWON DO specialty WTF & ITF	Skiing specialty		«	
11.00-11.45	«	«			
11.45-12.30	«				
12.30-13.15	Organization of sport clubs				
13.15-14.00	«				
14.00-15.00					
15.00-15.45	Learning and development of motor skills				Organization and management of sport academies and camps
15.45-16.30	«				«
16.30-16.45					
16.45-17.30	Entrepreneurship and Innovation in Sports			Special topics of Olympic Games	
17.30-18.15	«			«	
18.15-18.30					
18.30-19.15		Special applications of Sport Physiotherapy			
19.15-20.00		«			



WEEKLY SCHEDULE TAXIP 4

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30			Skiing specialty		
9.30-10.15			«		
10.15-11.00					
11.00-11.45					
11.45-12.30					
12.30-13.15			Skiing		
13.15-14.00			«		
14.00-15.00					
15.00-15.45			Marketing of recreational services and sport tourism	Teaching of P.E. in primary school	
15.45-16.30			«	«	
16.30-16.45					
16.45-17.30			First aids - Athletic pathology	Exercise on individuals with chronic disorders	
17.30-18.15			«	«	
18.15-18.30					
18.30-19.15					
19.15-20.00					



WEEKLY SCHEDULE OF MEDICINE SCHOOL AMFITHEATRE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45	Teaching of Swimming				
8.45-9.30	«				
9.30-10.15					

WEEKLY SCHEDULE OF UNIVERSITY'S GYM HALL 45

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30					
9.30-10.15	Jiu Jitsu	Jiu Jitsu		Jiu Jitsu	
10.15-11.00	Specialty	Specialty	TAE KWON DO Specialty WTF & ITF	Specialty	TAE KWON DO Specialty WTF
11.00-11.45	«	«	«	«	«
11.45-12.30	«	«	«	«	«
12.30-13.15	Martial Arts	Judo	TAE KWON DO	Karate	
13.15-14.00	«	«	«	«	

WEEKLY SCHEDULE OF UNIVERSITY'S GYM HALL 18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45					
8.45-9.30					
9.30-10.15					
10.15-11.00					TAE KWON DO Specialty ITF
11.00-11.45					«
11.45-12.30					«
12.30-13.15		Pedagogic games			
13.15-14.00		«			

WEEKLY SCHEDULE THERMI'S PRACTICE HALLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30-14.00: A4	09.15-10.45: A9 10.45-12.15: A8	09.00-11.15: BS 11.15-12.45: A3 12.45-14.15: A1	09.00-11.15: BS 11.15-12.45: A10 12.45-14.15: A7	09.30-11.00: A2 11.00-12.30: A5 12.30-14.00: A6

FOLEA KLIO

Note. (BS): Basketball Specialty (A): A' Year Classes of Teaching of Pedagogic Gymnastics

THERMI'S TENNIS HALL 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.30-10.45: GTDS 10.45-13.00: ISAS	10.45-12.15: A5 Free Elective course of Aerobics	08.45-10.30: GTDS 11.00-12.30: A7 12.30-14.00: A2	08.30-10.45: GTDS 10.45-13.00: ISAS	09.30-11.00: A4 11.00-12.30: A8 12.30-14.00: A1

Note. (GTDS): Greek Traditional Dances Specialty, (ISAS): Indoor Sport Activities Specialty, (A): A' Year Classes of GTD

THERMI'S TENNIS HALL 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.00-12.30: A3 12.30-14.00: A6	10.45-12.15: A10		12.30-14.00: A9	

Note. (A): A' Year Classes of Teaching of Greek Traditional Dances