



Aristotle University of Thessaloniki
Department of Physical Education and Sport Sciences



STUDENT'S HANDBOOK
Academic Year 2005-2006

reduction in transportation fares depend on the means of transport and ranges from 25 to 50%.

The Student Club is responsible for the catering, accommodation and medical care of the students in the Aristotle University. It also supports the organization of artistic, cultural and sports events. Presently, it caters for approximately 12000 students.

The total capacity of the students' Halls of Residence is 1740 beds, a ceremony hall, sports facilities, restaurants, reading rooms, café, etc. The halls are available for Greek students with low income and foreign students as well.

Foreign students are provided with health insurance, which covers free medical care, including hospitalization and medication, during the entire period of their studies at the University.

The University Sports Centre is established on the eastern side of the University campus and is open to all students daily from 15:00 to 20:30. Its facilities include a football field, a basketball / handball court, dancing and gymnastics halls, weightlifting and ping-pong. For water sports the sports center uses the facilities of the National and Posidonion Swimming Pools and for track and field sports the facilities of Kaftantzoglio and Ivanofio Stadiums.

Foreign students are eligible for scholarships granted by the State Scholarships Foundation for postgraduate and postdoctoral studies in Greece as well as scholarships for the Modern Greek Language and Culture program. The Aristotle University offers scholarships every year to foreign undergraduate and postgraduate students for studies and research. These scholarships can be renewed for all years of studies when initial conditions still apply. The monthly amount for postgraduate scholarships is 30% higher than the relative amount of undergraduate scholarships.

STRUCTURE OF STUDIES

Courses units

The minimal duration of studies to obtain a DPESS graduation degree is eight semesters. Courses to be attended are divided into six units.

The first three units include all core courses, the fourth unit includes the specialty courses, the fifth and sixth units include the elective courses.

The first unit includes the *Theoretical Compulsory Courses* that are taught during one semester four hours per week. All students must give examinations in all of them, but the attendance is not compulsory.

The second unit includes the *Theoretical Compulsory Elective Courses* that are taught during one semester three hours per week. All students are obliged to choose one of the two courses out of the pair of courses (a or b).

The third unit includes the *Applied Compulsory Courses* that are taught during both winter and spring semesters three hours per week. The attendance is compulsory.

The fourth unit includes the *Specialty Courses*. The attendance is compulsory during the 7th and 8th semesters (12 hours per week).

The fifth unit includes the *Compulsory Elective Courses for Specialties* that are taught during one semester three hours per week. They are spread in five groups of courses depending on the specialty. Each student has to choose and attend three of these courses from different groups.

The sixth unit includes the *Free Elective Courses* that are taught during one semester two hours per week. Each student has to choose and attend five of these courses.

Foreign students are obliged to attend Greek Language courses (codes: 145 and 195, 1st and 2nd semesters, respectively) in the Aristotle University School of modern Greek language.

ECTS credits

The European Credit Transfer and Accumulation System (ECTS) credits are designated by the European Community Course Credit Transfer and Accumulation System and reflect the work that has to be carried out by a student, in order to succeed the objects of an educational program. They represent a specific amount of workload that could be recognized in case of a transfer in another institution inland or abroad.

Thus, for each educational activity and with the acceptance that one ECTS credit equals to 30 hours:

ECTS credit = Time (lecture attendance+study+assignments+exams) / 30 (valid for one semester of 13 weeks duration)

ECTS is based on the principle that 60 credits correspond to a regular student's workload during one academic year. Thereupon, four years' credits are 240 approximately.

The Theoretical Compulsory Courses credits are five (5), the Theoretical Compulsory Elective Courses credits are four (4), the Applied Compulsory Courses credits are four (4), the Specialty Courses credits are thirteen (13), the Compulsory Elective Courses for Specialties credits are four (4) and the Free Elective Courses' credits are three (3).

ECTS coordinator for the Aristotle University is Mr A. Avdelas, Associate Professor at the School of Civil Engineering. ECTS coordinator for the DPESS is Mrs N. Aggelopoulou-Sakadami, Professor.

CORE COURSES (Theoretical Compulsory Courses, Theoretical Compulsory Elective Courses, Applied Compulsory Courses)

Code	Title	Responsible	Hours / Week	Credits
1st semester				
117	History - Philosophy of physical education and athletics	I. Mouratidis	4	5
143	a) English, or	I. Mouratidis	3	4
144	b) German	I. Mouratidis	3	4
122	a) Descriptive anatomy, or	A. Milonas	3	4
118	b) Physiology	Ch. Matziari	3	4
119	Didactics of track and field	S. Kellis	3	4
120	Didactics of pedagogic gymnastics	V. Kaimakamis	3	4
121	Didactics of Greek folklore dances	S. Douka	3	4
2nd semester				
172	General functional anatomy	A. Milonas	4	5
193	a) English, or	I. Mouratidis	3	4
194	b) German	I. Mouratidis	3	4
173	a) Sport sociology, or	S. Douka	3	4
174	b) History of physical educ. and sport	S. Giatsis	3	4
169	Didactics of track and field	S. Kellis	3	4
170	Didactics of pedagogic gymnastics	V. Kaimakamis	3	4
171	Didactics of Greek folklore dances	S. Douka	3	4
3rd semester				
215	Physiology of exercise	K. Mandroukas	4	5
216	Research methods and statistic	C. Tsorbatzoudis	4	5
218	Didactics of soccer	C. Kotzamanidis	3	4
219	Didactics of handball	A. Zakas	3	4
220	Didactics of gymnastics	Th. Siatras	3	4
221	Didactics of rhythmic gymnastics	E. Giannitsopoulou	3	4
4th semester				
266	Principles and methodology of training - Coaching	S. Kellis	4	5
267	Pedagogy and didactic of physical education and sport	C. Tsorbatzoudis	4	5
273	a) Ergometry, or	K. Mandroukas	3	4
272	b) Biomechanics	I. Kollias	3	4
268	Didactics of soccer	C. Kotzamanidis	3	4
269	Didactics of handball	A. Zakas	3	4
270	Didactics of gymnastics	Th. Siatras	3	4
271	Didactics of rhythmic gymnastics	E. Giannitsopoulou	3	4
5th semester				
319	Sports medicine	A. Deligiannis	4	5
326	Special education	N. Aggelopoulou	4	5
320	a) Coaching of developmental ages, or	C. Kotzamanidis	3	4
321	b) Team sports training	A. Zakas	3	4

Code	Title	Responsible	Hours / Week	Credits
322	Didactic of physical education in elementary school	C. Tsorbatzoudis	3	4
323	Didactics of volleyball	A. Zakas	3	4
324	Didactics of basketball	G. Tsitskaris	3	4
325	Didactics of swimming	S. Alexiou	3	4
6th semester				
376	Motor behavior	G. Grouios	4	5
377	a) Sports injuries, or	G. Abatzidis	3	4
378	b) Physiotherapy	G. Abatzidis	3	4
379	a) Sport psychology, or	G. Doganis	3	4
380	b) Adapted physical activity	N. Aggelopoulou	3	4
372	Didactic of physical education in secondary school	C. Tsorbatzoudis	3	4
373	Didactics of volleyball	A. Zakas	3	4
374	Didactics of basketball	G. Tsitskaris	3	4
375	Didactics of swimming	S. Alexiou	3	4
7th semester				
421	a) Sport hygiene and nutrition, or	A. Fachantidou	3	4
422	b) Exercise training in patients with chronic diseases	E. Kouidi	3	4
	Specialty		12	13
8th semester				
471	a) Sports management, or	K. Alexandris	3	4
470	b) Sport recreation	K. Alexandris	3	4
	Specialty		12	13

SPECIALTY COURSES

Code	Title	Responsible	Minimum Students Number
SP 01	Tennis	K. Koronas	5
SP 02	Weight lifting	G. Papaiakevou	5
SP 03	Gymnastics	Th. Siatras	5
SP 04	Sailing	S. Alexiou	5
SP 05	Basketball	G. Tsitskaris	8
SP 06	Track and field	S. Kellis	5
SP 07	Swimming	S. Alexiou	5
SP 08	Rowing	S. Alexiou	5
SP 09	Wrestling	G. Tsitskaris	5
SP 10	Volleyball	A. Zakas	8
SP 11	Soccer	C. Kotzamanidis	8
SP 12	Boxing	A. Giannakos	5
SP 13	Rhythmic gymnastics	E. Giannitsopoulou	5
SP 14	Taekwondo	G. Papaiakevou	5
SP 15	Judo	A. Giannakos	5
SP 16	Water polo	S. Alexiou	8

Code	Title	Responsible	Minimum Students Number
SP 17	Winter sports - Skiing	K. Mandroukas	5
SP 18	Handball	A. Zakas	8
SP 19	Outdoor sport activities	K. Alexandris	5
SP 20	Indoor sport activities	K. Alexandris	5
SP 21	Greek folklore dances	S. Douka	5
SP 22	Special physical education - Therapeutic gymnastics	N. Aggelopoulou	5
SP 23	Cycling	K. Koronas	5
SP 27	Life saving	S. Alexiou	5
SP 28	Badminton	K. Koronas	5

COMPULSORY ELECTIVE COURSES FOR SPECIALTIES**a. For Specialties SP01-SP18 and SP23-SP28 (Coaching)**

Code	Title	Responsible	Semester	Credits
1th group				
CEC 038	Adapted sports medicine	E. Kouidi	5-8	4
CEC 042	First aids - Athletic pathology	E. Kouidi	5-8	4
CEC 098	Sports cardiology	A. Deligiannis	6, 8	4
CEC 0122	Biochemistry of exercise	V. Mougios	6, 8	4
2nd group				
CEC 080	Techniques for the development of power-strength	S. Kellis	6, 8	4
CEC 081	Basic exercises techniques for weight lifting	G. Papaiakevou	3-8	4
CEC 087	Designing a year-round training program	S. Kellis	5-8	4
3rd group				
CEC 065	Psychological evaluation of human performance - Laboratory experiments in sports psychology	C. Tsorbatzoudis	5, 7	4
CEC 075	Social sport psychology	G. Doganis	4, 6, 8	4
CEC 076	Psychological preparation of elite athletes	C. Tsorbatzoudis	5-8	4
CEC 0121	Neuromuscular system morphology	A. Milonas	3, 4	4
4th group				
CEC 058	Biomechanical evaluation of athletic performance	I. Kollias	6, 8	4
CEC 061	Biochemical evaluation of sports performance	V. Mougios	5, 7	4
CEC 064	Ergophysiological evaluation of athletic performance	K. Mandroukas	6-8	4
CEC 088	Neuromuscular control and strength assessment	C. Kotzamanidis	3-8	4

b. For Specialty SP19 (Outdoor Sport Activities)

Code	Title	Responsible	Semester	Credits
1st group				
CEC 038	Adapted sports medicine	<i>E. Kouidi</i>	5-8	4
CEC 042	First aids - Athletic pathology	<i>E. Kouidi</i>	5-8	4
CEC 098	Sports cardiology	<i>A. Deligiannis</i>	6, 8	4
CEC 0122	Biochemistry of exercise	<i>V. Mougios</i>	6, 8	4
2nd group				
CEC 025	Underwater diving	<i>S. Alexiou</i>	5-8	4
CEC 072	Sport tourism and environment	<i>K. Alexandris</i>	1-6	4
CEC 073	Adventure sports	<i>K. Alexandris</i>	1-8	4
3rd group				
CEC 065	Psychological evaluation of human performance - Laboratory experiments in sports psychology	<i>C. Tsorbatzoudis</i>	5, 7	4
CEC 075	Social sport psychology	<i>G. Doganis</i>	4, 6, 8	4
CEC 076	Psychological preparation of elite athletes	<i>C. Tsorbatzoudis</i>	5-8	4
CEC 0121	Neuromuscular system morphology	<i>A. Milonas</i>	3, 4	4

c. For Specialty SP20 (Indoor Sport Activities)

Code	Title	Responsible	Semester	Credits
1st group				
CEC 038	Adapted sports medicine	<i>E. Kouidi</i>	5-8	4
CEC 042	First aids - Athletic pathology	<i>E. Kouidi</i>	5-8	4
CEC 098	Sports cardiology	<i>A. Deligiannis</i>	6, 8	4
CEC 0122	Biochemistry of exercise	<i>V. Mougios</i>	6, 8	4
2nd group				
CEC 025	Underwater diving	<i>S. Alexiou</i>	5-8	4
CEC 072	Sport tourism and environment	<i>K. Alexandris</i>	1-8	4
CEC 073	Adventure sports	<i>K. Alexandris</i>	1-8	4
3rd group				
CEC 065	Psychological evaluation of human performance - Laboratory experiments in sports psychology	<i>C. Tsorbatzoudis</i>	5, 7	4
CEC 075	Social sport psychology	<i>G. Doganis</i>	4, 6, 8	4
CEC 076	Psychological preparation of elite athletes	<i>C. Tsorbatzoudis</i>	5-8	4
CEC 0121	Neuromuscular system morphology	<i>A. Milonas</i>	3, 4	4

Code	Title	Responsible	Semester	Credits
4th group				
CEC 011	Classic ballet	<i>I. Prantsidis</i>	5-8	4
CEC 013	Modern dance	<i>I. Prantsidis</i>	5-8	4
CEC 037	Judo	<i>A. Giannakos</i>	1-8	4
CEC 063	Taekwondo	<i>G. Papaikovou</i>	1-8	4

d. For Specialty SP21 (Greek Folklore Dances)

Code	Title	Responsible	Semester	Credits
1st group				
CEC 011	Classic ballet	<i>I. Prantsidis</i>	5-8	4
CEC 013	Modern dance	<i>I. Prantsidis</i>	5-8	4
CEC 042	First aids - Athletic pathology	<i>E. Kouidi</i>	5-8	4
CEC 06A	Show choreography	<i>I. Prantsidis</i>	6, 8	4
2nd group				
CEC 012	Music - Rythmology	<i>I. Prantsidis</i>	5-8	4
CEC 089	International dances	<i>I. Prantsidis</i>	5-8	4
3rd group				
CEC 065	Psychological evaluation of human performance - Laboratory experiments in sports psychology	<i>C. Tsorbatzoudis</i>	5, 7	4
CEC 075	Social sport psychology	<i>G. Doganis</i>	4, 6, 8	4
CEC 076	Psychological preparation of elite athletes	<i>C. Tsorbatzoudis</i>	5-8	4
CEC 0121	Neuromuscular system morphology	<i>A. Milonas</i>	3, 4	4

e. For Specialty SP22 (Special Physical Education - Therapeutic Gymnastics)

Code	Title	Responsible	Semester	Credits
1st group				
CEC 038	Adapted sports medicine	<i>E. Kouidi</i>	5-8	4
CEC 042	First aids - Athletic pathology	<i>E. Kouidi</i>	5-8	4
CEC 0123	Ergonomy	<i>K. Mandroukas</i>	6, 8	4
CEC 0124	Exercise and sensory disorders	<i>N. Aggelopoulou</i>	5, 7	4
2nd group				
CEC 056	Special physical education and orthosomatic exercises	<i>G. Abatzidis</i>	5, 7	4
CEC 088	Neuromuscular control and strength assessment	<i>C. Kotzamanidis</i>	5, 7	4
CEC 0125	Paralympic sports	<i>N. Aggelopoulou</i>	5, 7	4

Code	Title	Responsible	Semester	Credits
3rd group				
CEC 065	Psychological evaluation of human performance - Laboratory experiments in sports psychology	C. Tsorbatzoudis	5, 7	4
CEC 075	Social sport psychology	G. Doganis	4, 6, 8	4
CEC 076	Psychological preparation of elite athletes	C. Tsorbatzoudis	5-8	4
CEC 0126	Ergometric evaluation of individuals with disabilities	K. Mandroukas	6-8	4

FREE ELECTIVE COURSES

Code	Title	Responsible	Semester	Credits
FEC 001	Conjectural camp activities	I. Mouratidis	1-8	3
FEC 003	Aquagym - Aquaerobics	S. Alexiou	1-4	3
FEC 004	Managing sport camps	K. Alexandris	1-8	3
FEC 005	Cycling	K. Koronas	1-8	3
FEC 006	Beach volleyball	G. Papaiakevou	1-4	3
FEC 007	Triathlon	S. Alexiou	1-4	3
FEC 009	Swimming for novices	S. Alexiou	1, 2	-
FEC 014	Ancient sport history	I. Mouratidis	3, 5, 7	3
FEC 015	Synchronized swimming	S. Alexiou	1-4	3
FEC 016	Sport sketching	I. Mouratidis	1-8	3
FEC 017	Youth camping	K. Alexandris	2, 4, 6, 8	3
FEC 018	Usual pediatric problems	N. Aggelopoulou	4, 6, 8	3
FEC 019	Sports acrobatics - Trampoline	Th. Siatras	1-4	3
FEC 021	Aerobics	K. Alexandris	1-8	3
FEC 022	Mechanical analysis of movement	I. Kollias	4-8	3
FEC 024	Modern Olympic Games	S. Giatsis	1, 3, 5	3
FEC 027	Badminton	K. Koronas	1-4	3
FEC 029	Tennis	K. Koronas	1-8	3
FEC 031	Women soccer	C. Kotzamanidis	1-8	3
FEC 033	Rowing	S. Alexiou	1-4	3
FEC 034	Pedagogic games	V. Kaimakamis	1-8	3
FEC 035	Wrestling	G. Tsitskaris	1-8	3
FEC 036	Laboratory biochemistry of exercise	V. Mougios	6, 8	3
FEC 041	Boxing	A. Giannakos	1-8	3
FEC 043	Table tennis	K. Koronas	1-8	3
FEC 045	Water polo	S. Alexiou	5-8	3
FEC 047	Sailing	S. Alexiou	1-4	3
FEC 049	Life saving	S. Alexiou	5-8	3
FEC 051	Fencing	V. Chatzitaki	5, 6	3
FEC 052	Statistics	I. Mouratidis	6, 8	3
FEC 053	Mountaineering	K. Mandroukas	1-8	3

Code	Title	Responsible	Semester	Credits
FEC 054	Artistic gymnastics	Th. Siatras	1-4	3
FEC 055	Skiing	K. Mandroukas	1, 3, 5, 7	3
FEC 059	Diving	S. Alexiou	5-8	3
FEC 062	Principles of school hygiene	A. Fachantidou	1-8	3
FEC 082	Archery	C. Tsorbatzoudis	5, 6	3
FEC 085	Shooting	C. Tsorbatzoudis	5, 6	3
FEC 086	Experimental physiology	Ch. Matziari	6, 8	3
FEC 091	Riding	I. Kollias	1-8	3
FEC 095	Olympic education	I. Mouratidis	1-8	3
FEC 099	Swimming for persons with disabilities	N. Aggelopoulou	6, 8	3
FEC 0111	Physiotherapy for people with special needs	G. Abatzidis	6-8	3
FEC 0113	Gender, exercise and sport participation	C. Tsorbatzoudis	1-8	3
FEC 0114	Physical activity and environmental phys. education	G. Tzetzis	1-4	3
FEC 0115	Karate	G. Papaiakevou	1-8	3
FEC 0127	Learning and development of motor skills	G. Tzetzis	4, 6	3
FEC 0128	Control of voluntary movement skills	V. Chatzitaki	3, 5, 7	3
FEC 0129	Measurement and assessment of motor skills	G. Grouios	4	3
FEC 0130	Physical education as a way of prevention	F. Mavrovouniotis	5-8	3
FEC 0136	Baseball - Softball	I. Kollias	1-8	3
FEC 0137	Rhythmic gymnastics shows	E. Giannitsopoulou	3-8	3
FEC 0138	Swimming and physical health	N. Koutlianos	5-8	3
FEC 0139	Business dexterity and innovation in sports domain	G. Tzetzis	6, 8	3
FEC 0140	Recreational services in tourism destinations	K. Alexandris	1-6	3
FEC 0141	Managing sport organizations	K. Alexandris	1-4	3
FEC 01A	Sociology of leisure	S. Douka	6-8	3
FEC 02A	Performance in different environmental conditions	K. Mandroukas	5-8	3
FEC 04A	Flexibility of joints at athletes and untrained persons	A. Zakas	1-8	3
FEC 05A	General gymnastics	Th. Siatras	3, 5, 7	3
FEC 07A	Cricket	A. Giannakos	1-8	3
FEC 08A	Team sports special training	A. Zakas	5, 8	3
FEC 500	Undergraduate thesis		7, 8	3