

UNDERGRADUATE STUDY PROGRAM				
2019-20				
1 <sup>st</sup> Semester				
Theoretical Courses (Core)				
CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
128	History and Philosophy of Physical Education and Sports	4	6	1 <sup>st</sup>
129	Descriptive Human Anatomy	4	6	1 <sup>st</sup>
130	Sports Psychology	4	6	1 <sup>st</sup>
Applied Courses (Core)				
CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
119	Teaching of Track and Field I	3	4	1 <sup>st</sup>
120	Teaching of Pedagogic Gymnastics I	3	4	1 <sup>st</sup>
121	Teaching of Greek Traditional Dances I	3	4	1 <sup>st</sup>
	<b>Total of ECTS credits</b>		<b>30</b>	
	<b>Total of Teaching Hours</b>		<b>21</b>	
	<b>Total of Courses</b>		<b>6</b>	
2 <sup>nd</sup> Semester				
Theoretical Courses (Core)				
CODE	COURSE TITLE (4)	h.	ECTS credits	Sem.
176	Human Physiology	2	4	2 <sup>nd</sup>
177	Sociology of Physical Education and Sport	2	4	2 <sup>nd</sup>
178	Ergophysiology	4	6	2 <sup>nd</sup>
477	Motor behaviour	4	6	2 <sup>nd</sup>
Applied Courses (Core)				

CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
169	Teaching of Track and Field II	3	4	2 <sup>nd</sup>
170	Teaching of Pedagogic Gymnastics II	3	4	2 <sup>nd</sup>
171	Teaching of Greek Traditional Dances II	3	4	2 <sup>nd</sup>
	<b>Total of ECTS credits</b>		<b>32</b>	
	<b>Total of Teaching Hours</b>		<b>21</b>	
	<b>Total of Courses</b>		<b>7</b>	
<b>3<sup>rd</sup> Semester</b>				
<b>Theoretical Courses (Core)</b>				
CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
229	Biomechanics	4	6	3 <sup>rd</sup>
231	Sports Management	2	4	3 <sup>rd</sup>
232	Special Education for People with Disabilities	2	4	3 <sup>rd</sup>
<b>Applied Courses (Core)</b>				
CODE	COURSE TITLE (4)	h.	ECTS credits	Sem.
218	Teaching of Football I	3	4	3 <sup>rd</sup>
219	Teaching of Handball I	3	4	3 <sup>rd</sup>
220	Teaching of Gymnastics I	3	4	3 <sup>rd</sup>
221	Teaching of Rhythmic Gymnastics I	3	4	3 <sup>rd</sup>
	<b>Total of ECTS credits</b>		<b>30</b>	
	<b>Total of Teaching Hours</b>		<b>20</b>	
	<b>Total of Courses</b>		<b>7</b>	
<b>4<sup>th</sup> Semester</b>				
<b>Theoretical Courses (Core)</b>				
CODE	COURSE TITLE (2)	h.	ECTS credits	Sem.

<b>280</b>	Exercise Biochemistry and Sport Nutrition	4	6	4 <sup>th</sup>
<b>383</b>	Training Science	4	6	4 <sup>th</sup>
<b>Applied Courses (Core)</b>				
<b>CODE</b>	<b>COURSE TITLE (4)</b>	<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>
<b>268</b>	Teaching of Football II	3	4	4 <sup>th</sup>
<b>269</b>	Teaching of Handball II	3	4	4 <sup>th</sup>
<b>270</b>	Teaching of Gymnastics II	3	4	4 <sup>th</sup>
<b>271</b>	Teaching of Rhythmic Gymnastics II	3	4	4 <sup>th</sup>
<b>Free Elective Courses</b>				
<b>CODE</b>	<b>COURSE TITLE (2)</b>	<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>
	Free Elective Course	2	2	4 <sup>th</sup>
	Free Elective Course	2	2	4 <sup>th</sup>
	<b>Total of ECTS credits</b>	<b>32</b>		
	<b>Total of Teaching Hours</b>	<b>24</b>		
	<b>Total of Courses</b>	<b>8</b>		
<b>5<sup>th</sup> Semester</b>				
<b>Theoretical Courses (Core)</b>				
<b>CODE</b>	<b>COURSE TITLE (1)</b>	<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>
<b>319</b>	Sports Medicine	4	6	5 <sup>th</sup>
<b>Applied Courses (Core)</b>				
<b>CODE</b>	<b>COURSE TITLE (3)</b>	<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>
<b>323</b>	Teaching of Volleyball I	3	4	5 <sup>th</sup>
<b>324</b>	Teaching of Basketball I	3	4	5 <sup>th</sup>
<b>325</b>	Teaching of Swimming I	3	4	5 <sup>th</sup>
<b>Compulsory Elective Courses</b>				

CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
	Compulsory Elective Course	2	4	5 <sup>th</sup>
	Compulsory Elective Course	2	4	5 <sup>th</sup>
	Compulsory Elective Course	2	4	5 <sup>th</sup>
	<b>Total of ECTS credits</b>	<b>30</b>		
	<b>Total of Teaching Hours</b>	<b>19</b>		
	<b>Total of Courses</b>	<b>7</b>		
<b>6<sup>th</sup> Semester</b>				
<b>Theoretical Courses (Core)</b>				
CODE	COURSE TITLE (1)	h.	ECTS credits	Sem.
179	Pedagogics	2	4	6 <sup>th</sup>
<b>Applied Courses (Core)</b>				
CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
373	Teaching of Volleyball II	3	4	6 <sup>th</sup>
374	Teaching of Basketball II	3	4	6 <sup>th</sup>
375	Teaching of Swimming II	3	4	6 <sup>th</sup>
<b>Compulsory Elective Courses</b>				
CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
	Compulsory Elective Course	2	4	6 <sup>th</sup>
	Compulsory Elective Course	2	4	6 <sup>th</sup>
	Compulsory Elective Course	2	4	6 <sup>th</sup>
	<b>Total of ECTS credits</b>	<b>28</b>		
	<b>Total of Teaching Hours</b>	<b>17</b>		
	<b>Total of Courses</b>	<b>7</b>		
<b>7<sup>th</sup> Semester</b>				

Theoretical Courses (Core)				
CODE	COURSE TITLE (0)	h.	ECTS credits	Sem.
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Applied Courses (Core)				
CODE	COURSE TITLE (2)	h.	ECTS credits	Sem.
425	Teaching of PE in Primary School: Practice	4	5	7 <sup>th</sup>
426	Sport Physiotherapy I	2	3	7 <sup>th</sup>
Free Elective Courses				
CODE	COURSE TITLE (3)	h.	ECTS credits	Sem.
	Free Elective Course	2	2	7 <sup>th</sup>
	Free Elective Course	2	2	7 <sup>th</sup>
	Free Elective Course	2	2	7 <sup>th</sup>
Specialty				
CODE	COURSE TITLE (1)	h.	ECTS credits	Sem.
	Specialty I	9	16	7 <sup>th</sup>
	<b>Total of ECTS credits</b>		<b>30</b>	
	<b>Total of Teaching Hours</b>		<b>21</b>	
	<b>Total of Courses</b>		<b>6</b>	
8 <sup>th</sup> Semester				
Theoretical Courses (Core)				
CODE	COURSE TITLE (1)	h.	ECTS credits	Sem.
281	Pedagogical Psychology	2	4	8 <sup>th</sup>
Applied Courses (Core)				

CODE	COURSE TITLE (2)	h.	ECTS credits	Sem.
475	Teaching of PE in Secondary School: Practice	4	5	8 <sup>th</sup>
476	Sport Physiotherapy II	2	3	8 <sup>th</sup>
<b>Specialty</b>				
CODE	COURSE TITLE (1)	h.	ECTS credits	Sem.
	Specialty II	9	16	8 <sup>th</sup>
	<b>Total of ECTS credits</b>	<b>28</b>		
	<b>Total of Teaching Hours</b>	<b>17</b>		
	<b>Total of Courses</b>	<b>4</b>		

<b>COMPULSORY ELECTIVE COURSES</b>				
<b>Competitive Sports (15)</b>				
<b>5<sup>th</sup> Semester</b>				
CODE	COURSE TITLE	h.	ECTS credits	Sem.
EP0231K	Training in children and adolescents	2	4	5 <sup>th</sup>
EP0149K	Training of team sports	2	4	5 <sup>th</sup>
02AK	Sport performance in different environmental conditions	2	4	5 <sup>th</sup>
058K	Biomechanical evaluation of sport performance	2	4	5 <sup>th</sup>
061K	Biochemical evaluation of sport performance	2	4	5 <sup>th</sup>
064K	Ergophysiological evaluation of sport performance	2	4	5 <sup>th</sup>
EP0128K	Control of voluntary movement skills	2	4	5 <sup>th</sup>

<b>087K</b>	Designing a year-round training program	2	4	5 <sup>th</sup>
<b>ΕΠ0127K</b>	Learning and development of motor skills	2	4	5 <sup>th</sup>
<b>3 courses are chosen from the compulsory elective courses in the 5<sup>th</sup> semester</b>				
<b>CODE</b>	<b>6<sup>th</sup> Semester</b>			
<b>ΕΠ0149K</b>	Training of team sports	2	4	6 <sup>th</sup>
<b>076K</b>	Psychological preparation of athletes	2	4	6 <sup>th</sup>
<b>ΕΠ0146K</b>	Ergometry	2	4	6 <sup>th</sup>
<b>ΕΠ0145K</b>	Athletic injuries	2	4	6 <sup>th</sup>
<b>088K</b>	Strength evaluation & neuromuscular control	2	4	6 <sup>th</sup>
<b>ΕΠ0220K</b>	First aids - Athletic pathology	2	4	6 <sup>th</sup>
<b>ΕΠ0159K</b>	Research methods and statistics	2	4	6 <sup>th</sup>
<b>3 courses are chosen from the compulsory elective courses in the 6<sup>th</sup> semester</b>				
<b>Recreation, Sport Tourism and Health (15)</b>				
<b>5<sup>th</sup> Semester</b>				
<b>CODE</b>	<b>COURSE TITLE</b>	<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>
<b>ΕΠ0232K</b>	First aids - Athletic pathology	2	4	5 <sup>th</sup>
<b>ΕΠ0124K</b>	Exercise and sensory disorders	2	4	5 <sup>th</sup>
<b>038K</b>	Applied sports medicine	2	4	5 <sup>th</sup>
<b>ΕΠ0144K</b>	Psychomotor treatment in people with disabilities	2	4	5 <sup>th</sup>
<b>ΕΠ0234K</b>	Marketing of recreational services and sports tourism	2	4	5 <sup>th</sup>
<b>ΕΠ0154K</b>	Exercise on individuals with chronic disorders	2	4	5 <sup>th</sup>
<b>ΕΠ0246K</b>	Design exercise programs for recreational athletes	2	4	5 <sup>th</sup>
<b>3 courses are chosen from the compulsory elective courses in the 5<sup>th</sup> semester</b>				
<b>6<sup>th</sup> Semester</b>				
<b>CODE</b>	<b>COURSE TITLE</b>	<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>
<b>ΕΠ0233K</b>	Organization of sport clubs	2	4	6 <sup>th</sup>

<b>098K</b>	Sports Cardiology	2	4	6 <sup>th</sup>
<b>ΕΠ0235K</b>	Sociological Approaches to Sport Tourism and Sport-Cultural Events	2	4	6 <sup>th</sup>
<b>ΕΠ0236K</b>	Psychology of Physical Activity and Recreation	2	4	6 <sup>th</sup>
<b>ΕΠ0237K</b>	Organization of Camps	2	4	6 <sup>th</sup>
<b>ΕΠ0244K</b>	Research Methods and Statistics	2	4	6 <sup>th</sup>
<b>075K</b>	Social Sport Psychology	2	4	6 <sup>th</sup>
<b>ΕΠ0152K</b>	Adapted Physical Activity	2	4	6 <sup>th</sup>
<b>3 courses are chosen from the compulsory elective courses in the 6<sup>th</sup> semester</b>				

<b>FREE ELECTIVE COURSES (56)</b>					
<b>THEORETICAL FREE ELECTIVE COURSES (20)</b>					<b>CODE</b>
Music – Rythmology	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>012</b>
Organization and management of sport academies and camps	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0221</b>
Special topics of Olympic Games	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>024</b>
Olympic education	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>095</b>
Swimming for people with disabilities	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>099</b>
Paralympic sports	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0125</b>
“Orthosomiki” Gymnastic	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0224</b>
Exercise and Obesity	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0225</b>
Exercise and quality of life in elderly	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0226</b>
New technologies in sport and education	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0227</b>
Foreign languages – English	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0228</b>
Entrepreneurship and innovation in sports	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0139</b>
Flexibility and performance	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0166</b>
Rehabilitation applications of exercise	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0167</b>
Swimming and physical health	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0168</b>
Thresholds of sport performance	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0161</b>
Introduction to computer use	2	2	4 <sup>th</sup> /7 <sup>th</sup>		<b>ΕΠ0239</b>



Measurement and evaluation of motor skills	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0129
Ergometry	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0123
Thesis		6	7 <sup>th</sup>	500
<b>APPLIED FREE ELECTIVE COURSES (36)</b>				<b>CODE</b>
Tennis	2	2	4 <sup>th</sup> /7 <sup>th</sup>	029
Classic ballet	2	2	4 <sup>th</sup> /7 <sup>th</sup>	011
Demonstration choreography	2	2	4 <sup>th</sup> /7 <sup>th</sup>	06A
Modern dance	2	2	4 <sup>th</sup> /7 <sup>th</sup>	013
International dances	2	2	4 <sup>th</sup> /7 <sup>th</sup>	089
Table tennis	2	2	4 <sup>th</sup> /7 <sup>th</sup>	043
Badminton	2	2	4 <sup>th</sup> /7 <sup>th</sup>	027
Aerobics -Fitness	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0223
Cycling	2	2	4 <sup>th</sup> /7 <sup>th</sup>	005
Mountain skiing	2	2	4 <sup>th</sup> /7 <sup>th</sup>	055
Sports acrobatics	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP017
Trampoline	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP018
Special applications of sport physiotherapy	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0142
Mountaineering	2	2	4 <sup>th</sup> /7 <sup>th</sup>	053
Sailing	2	2	4 <sup>th</sup> /7 <sup>th</sup>	047
Diving	2	2	4 <sup>th</sup> /7 <sup>th</sup>	059
Rowing	2	2	4 <sup>th</sup> /7 <sup>th</sup>	033
Life saving	2	2	4 <sup>th</sup> /7 <sup>th</sup>	049
Synchronized swimming	2	2	4 <sup>th</sup> /7 <sup>th</sup>	015
Technical Swimming	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0245
Water polo	2	2	4 <sup>th</sup> /7 <sup>th</sup>	045
Aqua gym – Aqua aerobics	2	2	4 <sup>th</sup> /7 <sup>th</sup>	003
Weight lifting	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0173
Martial Arts	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0180
Beach volleyball	2	2	4 <sup>th</sup> /7 <sup>th</sup>	006
TAE KWON DO	2	2	4 <sup>th</sup> /7 <sup>th</sup>	063

Judo	2	2	4 <sup>th</sup> /7 <sup>th</sup>	037
Wrestling	2	2	4 <sup>th</sup> /7 <sup>th</sup>	035
Baseball	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0230
Archery	2	2	4 <sup>th</sup> /7 <sup>th</sup>	082
Scuba diving	2	2	4 <sup>th</sup> /7 <sup>th</sup>	025
Techniques for strength and power development	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0229
Karate	2	2	4 <sup>th</sup> /7 <sup>th</sup>	EP0115
Swimming for beginners	2	2	4 <sup>th</sup> /7 <sup>th</sup>	009/4
Pedagogic games	2	2	4 <sup>th</sup> /7 <sup>th</sup>	034
Practice		6	7 <sup>th</sup>	EP0218
<b>From the Free Elective Courses are chosen 5 (2 theoretical-3 applied) in 4<sup>th</sup> and 7<sup>th</sup> semester</b>				

<b>SPECIALTIES</b>					
<b>(They are selected according to the direction the student has followed in the 5<sup>th</sup> and 6<sup>th</sup> semester)</b>					
<b>DIRECTIONS</b>					
<b>Competitive Sports</b>					
<b>COURSE TITLE (23)</b>		<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>	<b>CODE</b>
Weight Lifting		18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E02</b>
Gymnastics		18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E03</b>

Sailing	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E04</b>
Karate	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E34</b>
Basketball	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E05</b>
Track and Field	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E06</b>
Swimming	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E07</b>
Rowing	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E08</b>
Wrestling	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E09</b>
Volleyball	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E10</b>
Football	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E11</b>
Rhythmic Gymnastics	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E13</b>
TAE KWON DO VTF	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E14</b>
TAE KWON DO ITF	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E39</b>
JUDO	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E15</b>
Water Polo	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E16</b>

Winter Sports	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E17</b>
Handball	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E18</b>
Cycling	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E23</b>
Life Saving	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E27</b>
Badminton	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E28</b>
Tennis	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E01</b>
Jiu Jitsu – Martial Arts	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E39</b>
<b>Recreation, Sport Tourism and Health (4)</b>				
<b>COURSE TITLE</b>	<b>h.</b>	<b>ECTS credits</b>	<b>Sem.</b>	<b>CODE</b>
Greek Traditional Dances	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E21</b>
Indoor Sport Activities (Fitness)	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E37</b>
Special Physical Education – Therapeutic Gymnastics	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E22</b>
Outdoor Sport Activities and Sport Tourism	18 (2X9)	32 (2X16)	7 <sup>th</sup> -8 <sup>th</sup>	<b>E36</b>