



**UNIVERSITY OF THESSALY**  
**SCHOOL OF SCIENCE OF PHYSICAL EDUCATION, SPORTS AND DIETETICS**  
**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE**

**European Master in Sport and Exercise Psychology**

*(MSc in European Sport and Exercise Psychology – European Master in Sport and Exercise Psychology)*

# **REGULATION**

**POSTGRADUATE STUDIES PROGRAM**

**"European Master in Sport and Exercise Psychology"**

**(according to the provisions of Law 4957/2022)**

**2025**

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## INTRODUCTION

The Master's Program entitled: "**European Master in Sport and Exercise Psychology**" of the Department of Physical Education and Sport Science of the University of Thessaly operates in accordance with the provisions of Law 4957/2022, as they have been formulated and are in effect.

The Internal Regulation of the "**European Master in Sport and Exercise Psychology**" follows the General Regulations of Postgraduate Studies of the University of Thessaly

[https://www.uth.gr/sites/default/files/contents/2023/20230222\\_kanonismos.pdf](https://www.uth.gr/sites/default/files/contents/2023/20230222_kanonismos.pdf) and is initially approved by the Assembly of the Department of Physical Education and Sport Science of the University of Thessaly and then by the Senate of the University of Thessaly, after the concurrence of the Postgraduate Studies Committee of the University of Thessaly. It is then published in the Government Gazette, posted on the Department's website, notified to the Ministry of Education & Religion and becomes effective. This regulation was approved by the 295th/29-08-2023 Meeting of the Senate of the University of Thessaly and is published on the Program website at the following link:

<https://emsep.uth.gr/documents.html>

The Internal Regulations may be amended and revised periodically with continuous improvements and updates, without losing its basic structure and content, by decision of the Assembly of the Department of Physical Education and Sport Science of the University of Thessaly, following a relevant proposal by the Director of the Program and approval by the Senate.

### Article 1. Object and Purpose of the Master's Program (MSc)

#### 1. Purpose of the Program

The Joint Transnational Interinstitutional Postgraduate Program "European Master in Sport and Exercise Psychology" in collaboration with the Universities of Leipzig (Germany) and Chieti - Pescara (Italy) has as its mission to cultivate and promote the high-level training of researchers and professionals for the development of sport and exercise psychology, which is based on the scientific foundations of sport and exercise, psychology and public health. Education in the Program focuses on the psychological support of athletes and the promotion of healthy habits and lifestyles through regular engagement in various forms of physical activity. The Program responds to the increased demands for specialists in Europe and around the world to (1) provide psychological support to athletes to improve their quality of life and performance, and (2) to address the major challenges associated with the poor health status and sedentary lifestyle of modern people. The program works in addition to the undergraduate studies provided by Departments of Greek Universities, filling a gap that exists in the education provided at national and European level

#### 2. Subject of the Program

Psychology of Sport and Exercise

### 3. Academic Title

The Program awards a Postgraduate Diploma with the title: "European Master in Sport and Exercise Psychology"

### 4. Candidates of the Program

Graduates from international Universities and all University Departments of recognized institutions abroad that are related to the broader subject of Sports and Exercise Psychology.

## Article 2. Graduate Diploma

### 1. Duration.

The duration of studies for obtaining the Postgraduate Diploma is defined in four (4) teaching semesters.

### 2. Conditions for obtaining a Master's Degree.

Students must accumulate thirty (30) ECTS in each semester, i.e. one hundred and twenty (120) ECTS in the four semesters of study.

### 3. Administrative bodies of the Program

1. The Senate of the University, which is the body responsible for any matter of an administrative or organizational nature related to postgraduate studies.
2. The Program Committee, which is established by decision of the Senate of the University of Th.
3. The Coordinating Committee, which may be set up by decision of the curriculum committee, with a two-year term, in which the Director of the Program and four of the members of the curriculum committee must participate.
4. The Director of the Program, who is appointed by the Program Committee of which he is a member.

For the academic aspect of the program (curriculum, teaching, evaluation) a Coordinating Academic Interdepartmental Committee is appointed, with one representative and one deputy from each of the three universities (Thessaly, Leipzig , Chieti - Pescara ). For the administrative aspect of the program implemented at the University of Thessaly (organizing courses and managing resources at the University of Thessaly), a Coordinating Committee is appointed and comprises of members of the DPESS of the University of Thessaly. The Coordinating Committee of the Program at the University of Thessaly appoints the Director of the Program at the University of Thessaly who is also a member of the Coordinating Academic Interdepartmental Committee.

## Article 3. Applicants to the Program - Selection Procedure - Free Tuition

### 1. Applications

The evaluation of the applications of the candidates for Master's Students at the Program is carried out based on the overall rating (on a scale of 1 – 100) in the following criteria:

N/A	Selection Criteria	%
1	Level of knowledge of the foreign language (mandatory)	Equivalent of IELTS 6.5 or above

2	Publications in scientific journals, announcements in scientific conferences	20%
3	Possession of other Master's Degrees	10%
4	Relevant professional experience	10%
5	Reference Letter	10%
6	Letter of intent for study and career	20%
7	Interview	30%
	<b>TOTAL</b>	<b>100%</b>

## 2. Selection Process

During the spring semester of each year, prospective foreign students submit a file with the supporting documents described in the Table above. All supporting documents must be original copies certified by international competent authorities based on legislation (eg Embassy).

## 3. Tuition fees

4,200 Euros.

## 4. Free education

Free tuition is not provided based on current provisions for Greek students, because EMSEP students are international.

## Article 4. Curriculum

### 1. Syllabus for the Graduate Diploma

A) The Program consists of four (4) semesters - two (2) years. All students must attend the courses offered in each semester by the University they have chosen.

In the first semester, students enroll in one of the three enrollment universities, Chieti - Pescara (Italy), Leipzig (Germany) and Thessaly (Greece). In the 2<sup>nd</sup> semester the students of the University of Thessaly who choose the University of Leipzig move to the University of Leipzig, while in the third semester the students of the University of Leipzig and Thessaly who studied during the 2<sup>nd</sup> semester in Leipzig move to the University of Thessaly (Table 1).

In the second semester the students of the University of Chieti - Pescara who choose the University of Thessaly move to the University of Thessaly and in the third semester the students of the University of Thessaly who choose the University of Chieti - Pescara as well as the students of Chieti - Pescara who in the second semester studied in Thessaly move to the University of Chieti - Pescara.

In the fourth semester, students prepare their master's thesis at their university of enrollment.

The Master Thesis is written in the fourth semester of the Program in English or in the national language of each member state of the Universities. The Thesis is submitted at the end of the fourth semester in its final form and is defended before an examination committee of the respective University institution.

The course program consists of introductory courses, basic courses as well as specialization courses in Sports and Exercise Psychology, internship courses and research project courses which include the postgraduate thesis. The specialized courses in Sport and Exercise Psychology are defined by each

university depending on the specialization and excellence of each university in different areas of Sport and Exercise Psychology. The courses that the students will take at the University of Thessaly are described in Table 2. Based on the National and European legislation and on the basis of the cooperation pact between the Universities of Thessaly and Leipzig and between the Universities of Thessaly and Chieti - Pescara, students can replace some from the following courses with other elective courses that have the same number of ECTS provided at the University of Thessaly and at the Universities of Leipzig and Chieti - Pescara respectively.

B) Students must accumulate thirty (30) ECTS in each semester, i.e. one hundred and twenty (120) ECTS in the four semesters of study.

C) The courses of the Program are taught in the English language and in special cases in the national language of each member state of the Universities (Greek, German, Italian).

**Table 1 Period of mobility**

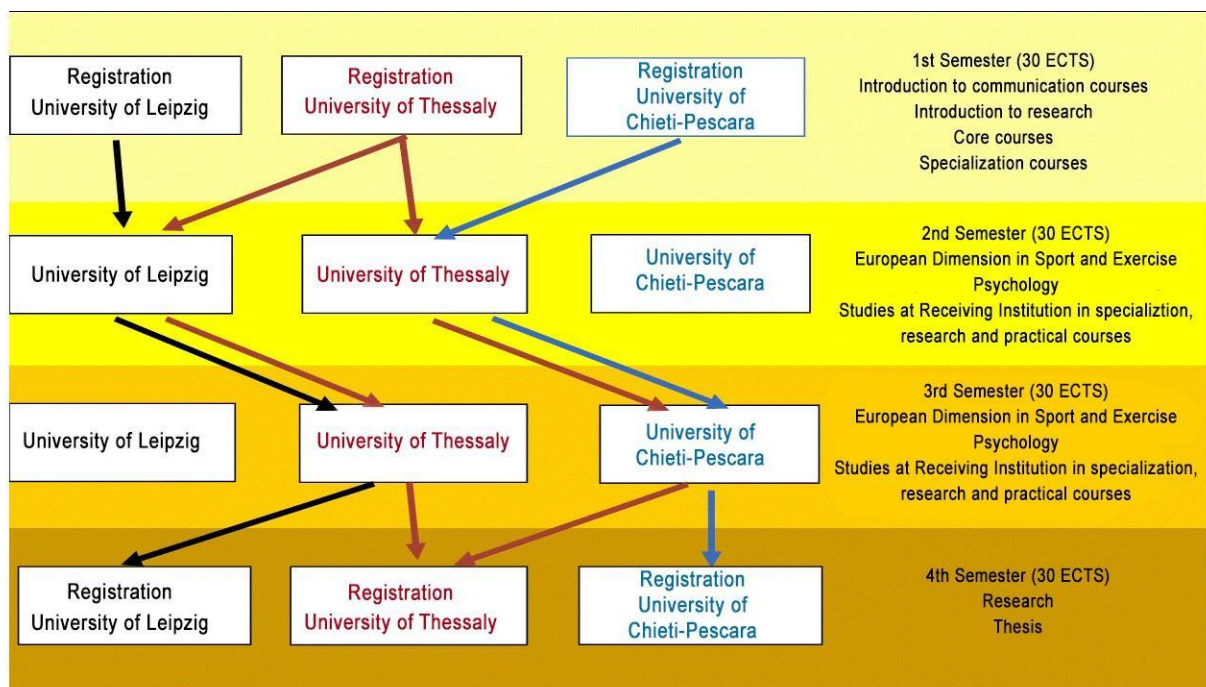


Table 2

## DETAILED STUDY PROGRAM – Courses at the University of Thessaly

First Semester

	CODE	TYPE (C/E)	MODULE	ECTS	FACULTY MEMBERS (Indicative)
1		C	Introduction and Development of Communication Skills	2	A. Papaioannou, A. Hatzigeorgiadis
2		C	Psychological Foundations of Sport and Physical Activity	7	A. Hatzigeorgiadis
3		C	Psychological skills in physical activities and sports	7	N. Komoutos. G. Theodorakis
4		C	Psychology in Physical Education and Youth sport	7	A. Papaioannou
5		C	Research Methods & Statistics	7	A. Hatzigeorgiadis, N. Komoutos, M. Hasandra
			<b>ECTS</b>	<b>30</b>	

\* C: Compulsory – E: Elective

Second Semester

	CODE	TYPE (C/E)	MODULE	ECTS	FACULTY MEMBERS (Indicative)
1		E	European Dimension of Sport and Exercise Psychology I	7	Invited Professors of European institutions & Thessaly, Leipzig , Chieti - Pescara
2		E	European Dimension of Sport and Exercise Psychology II	3	Invited Professors of European institutions & Thessaly, Leipzig , Chieti - Pescara
3		E	Exercise Psychology and Health Education	7	M. Hassandra, N. Dingelidis
4		E	ICT in Physical Education and Sport: e-Learning Platforms and Multimedia Development	7	A. Papaioannou B. Bouglas
5		E	Counseling Skills	7	A. Patsiouras and invited professors
6		E	Nutritional Behaviour and Education	7	O. Androutsos



7		E	Special topics in sport and exercise psychology	7	E. Galanis
8		E	Psychology of Adapted Physical Activity	7	D. Kokkaridas
9		C	Thesis Seminar	3	M. Goudas N. Dingelidis
10		C	Practicum I	6	E. Galanis
			<b>Total teaching hours and ECTS</b>	<b>30</b>	

\* C: Compulsory – E: Elective

### Third Semester

	CODE	TYPE (C/E)	MODULE	ECTS	FACULTY MEMBERS (Indicative)
1		E	European Dimension of Sport and Exercise Psychology I	7	Invited Professors of European institutions & Thessaly, Leipzig , Chieti - Pescara
2		E	European Dimension of Sport and Exercise Psychology II	3	Invited Professors of European institutions & Thessaly, Leipzig , Chieti - Pescara
3		C	Quantitative and Qualitative Data Analysis	7	N. Komoutos, H. Krommidas, M. Goudas
4		E	Clinical psychology of exercise: Prescription for mental disorders	7	I.Morres
5		E	Identifying and Motivating Students in Need of Physical Activity	7	Ch. Krommidas, A. Papaioannou
6		E	Spectrum of teaching styles and the psychology of physical activity	7	N. Dingelidis
7		C	Practicum II	16	

### Fourth Semester

#### Master Thesis

	CODE	TYPE (C/E)	MODULE	ECTS
1		C	Master Thesis	30

## 2. Teaching Staff and assignment of teaching in the Master's Program

The teaching work of the Program is assigned, by decision of the Program Committee, following the recommendation of the Coordinating Committee, to the following categories of teachers:

- a) members of Faculty, Special Educational Staff, Laboratory Teaching Staff, and Special Technical Laboratory Staff of the Department or other Departments of the same or another Higher Educational Institution or Higher Military Educational Institution, with additional employment beyond their legal obligations.
- b) emeritus Professors or retired members of the Faculty of the Department or other Departments of the same or another Higher Educational Institution
- c) collaborating professors,
- d) appointed professors,
- e) visiting professors or visiting researchers,
- f) researchers and scientists of research and technological institutions of article 13A of Law 4310/2014 (A' 258) or of other national or foreign research centers and institutes,
- g) scientists of recognized prestige, who have specialized knowledge and relevant experience in the subject matter of the Program

By decision of the Program Committee, auxiliary teaching work may be assigned to the PhD candidates of the Department, under the supervision of teaching staff of the Program

In any case, the assignment of course teaching, seminars and assignments of the Program is decided by the Program Committee, after a recommendation from the Coordinating Committee.

The members of the Faculty are not allowed to be employed exclusively in the Program.

The professors' obligations include:

Teaching the courses, guiding the students in the preparation of assignments, research projects and internships.

## 3. Compensation for Teaching

All categories of teaching staff can be paid exclusively from the resources of the Program. Payment of remuneration or other benefits from the state budget or public investment program is not permitted. By decision of the competent body of the Program on the assignment of the teaching work, the amount of each teacher's compensation is determined. In particular, professors who are permanent faculty members, may be paid additionally for work they offer to the Program, as long as they fulfill their minimum legal obligations, as defined in paragraph 2 of the article 155 of Law 4957/2022. The last paragraph is applied proportionally to the members of E.E.P., E.D.I.P. and E.T.E.P., as long as they fulfill their minimum legal obligations.

Details on how to enter into the relevant remuneration contracts for faculty members are determined by the Research Committee.

#### 4. Supervision

For each student, one faculty member is appointed by the Coordinating Committee as an advisor and one as a supervisor. The advisor is responsible for monitoring and controlling the general progress of the graduate student's studies.

The lecturers of paragraphs a) to f) of Article 4 Paragraph 2 of this Regulation have the right to supervise diploma theses, provided that they hold a doctoral degree. By decision of the competent body of the Program, the supervision of diploma theses may also be assigned to members of D.E.P., E.E.P. and E.D.I.P. of the Department, who have not undertaken teaching work within the Program.

The supervisor has the scientific responsibility for the preparation of the Master Thesis and is appointed by the Coordinating Committee at the request of the candidate, in which the proposed title of the thesis, the proposed supervisor and the summary of the proposed thesis are indicated.

For the examination of the Master Thesis, a three-member committee is appointed by the Coordinating Committee of the Program, in which the supervisor and at least two (2) other faculty members or researchers of grades A, B and C, who hold a Doctorate Degree, participate. The members of the committee must have the same or related scientific specialty as the subject of the Program.

The number of theses that each faculty member can supervise at the same time should not exceed ten.

#### 5. Evaluation

The evaluation and grading in each course is the exclusive responsibility of the professor, is carried out in complete independence from the other courses and is a derivative of the objective assessment of the student's performance in the specific course (assignments, exams, etc.). The evaluation criteria are clearly defined and stated in the outline of each course.

The student's maximum number of examinations in a course is up to eight (8) times. If he or she fails to obtain a passable grade in the eight examination periods, he or she is removed from the program.

#### 6. Master Thesis

During the 4th semester, each student prepares a thesis that is clearly of a research nature, on a topic relevant to one of the Program's courses, which they publicly defend before a three-member examination committee (1 supervisor and 2 faculty members) appointed by the Coordinating Committee after a relevant recommendation from the Director of the Program. The members of the Three-member Examining Committee must have the same or related scientific specialty as the subject of the Program. Members of the Examining Committee can be some of the professors of the collaborating universities of Leipzig and Chieti - Pescara

The lecturers who have the right to supervise diploma theses, in accordance with the current legislation, inform the Secretariat in writing about the subjects of the diploma theses they propose.

The presentation of the Master's Thesis is publicly supported, before the Three-Member Examining Committee on a date and place determined by the Program Committee, following the proposal of the Director of the Program. Following its approval by the Committee, it is compulsorily posted on the website of the Institutional Repository of the University of Thessaly <http://ir.lib.uth.gr>.

In exceptional cases, if there is an objective weakness or an important reason (illness, absence abroad, etc.), it is possible to replace the supervisor or a member of the Three-Member Examining Committee after a decision of the Director of the Program and the agreement of the Coordinating Committee.

The procedure for submitting the thesis for examination is as follows:

The Director of the Program is informed, the coordinating committee appoints the members of the examination committee and the date of the public presentation of the thesis.

**The thesis preparation guide** is posted on the postgraduate program website.

In order to **successfully complete** the obligations leading to obtaining the Diploma, they must have received a passable grade in at least ten (10) courses, in his internship and in his thesis.

The **grade of the Postgraduate Diploma** results from the average of the courses, the practicum and the thesis.

## Article 5. Finances, management of revenue and expenses

### 1. Resources

The resources of the program will come from the tuition fees and the management of the revenue and expenses will be done by the Special Account of Research Funds of the University of Thessaly based on the allocation provided for in article 84 of Law 4957/2022, i.e.: a) at a rate of 70% for the operational costs of the program which are allocated to the costs of teaching, administrative and technical support, travel, equipment, software, consumables, grant of scholarships to postgraduate students and other expenses and 30% to cover operational expenses of the Institution.

### 2. Management

The Coordinating Committee prepares the initial annual budget of the Program and its amendments and recommends its approval to the Research Committee of the Special Account of Research Funds of the University of Thessaly.

The Program Committee approves the budget of the Program, following the recommendation of the Coordinating Committee.

The Director of the Program is the Scientific Manager of the Program and exercises the corresponding powers in accordance with article 234 of Law 4957/2022. More specifically, the Director of the Program has the responsibility of monitoring, executing the budget and issuing payment orders for the relevant expenses, he is responsible for the feasibility and eligibility of the expenses and the submission of the required supporting expenses to the Special Account of Research Funds for checking and payment. If the expenditure is not foreseen in the project budget, a revision of the budget and a decision of the Research Committee is required after a substantiated request of the Director and approval by the Assembly of the Department.

The remuneration of a teacher from the Program is carried out after the submission of the documents provided for by the Special Account of Research Funds of the University of Thessaly. The provisions of Law 4957/2022 apply uniformly from the 2022-2023 academic year for all financial management procedures of the Program.

### 3. Expenses

The operating costs of the Program are broken down into the following categories:

1. Hardware and software costs
2. Expenses for awarding scholarships to postgraduate students
3. Consumable expenses
4. Travel expenses of the Program's professors.
5. Travel expenses of the Program's students for educational purposes.
6. Teaching compensation for staff of HEIs and research centers and institutes participating in the organization of the Program
7. Remuneration of part-time teaching staff of HEIs participating in the organization of the Program
8. Administrative and technical support fees
9. Other costs, such as in particular costs of publicity - promotion, purchase of educational material, organization of conferences, costs of field work.
10. Institution Operating Expenses - intended contribution to Special Account of Research Funds of 30% (Excluding Donations, Bequests or Sponsorships for a specific purpose, as well as government grants)

## Article 6. Studying at the Program

### 1. Attending courses

Each cycle (duration) of the Program leading to a Diploma of Postgraduate Studies is four semesters for **full study**, of which the last semester is available for the preparation of the master thesis.

Course attendance is compulsory. The upper limit of permitted absences for each course is set at 30%.

The declaration of courses that will be attended is mandatory for each semester. Violation of the registration deadline is equivalent to losing the possibility to attend the current semester. In this case, for the continuation of studies, a decision of the Department Assembly is required, following a proposal from the Coordinating Committee.

It is possible to **expel** a student from the Program, without the return of tuition fees, by decision of the Department Assembly after a relevant proposal of the Coordinating Committee, in the cases of non-compliance with the following obligations: E.g.

- The regular attendance of the courses at a rate of at least 70% of the lectures held in each semester.
- To submit the required assignments for each course within the prescribed deadlines.
- To attend the exams.
- To respect and abide by the decisions of the departments' bodies as well as academic ethics.

**An extension of studies** may be granted following a reasoned decision of the Curriculum Committee.

## 2. Suspension of studies.

Postgraduate students may be granted, upon submission of a relevant application, a temporary **suspension of studies**, which may not exceed four (4) consecutive semesters. During the suspension, the graduate student loses his or her student status. The time of the suspension is not counted towards the maximum duration of normal studies.

## 3. Part-time study.

It is possible **to partially study** the Program for eight (8) semesters without additional financial burden. In part-time study, students choose 50% of the total courses of the standard study program to attend/semester of study before the start of the courses.

Part-time students declare this preference from the beginning in their application for admission to the Program, if they are unable to meet the minimum requirements of the "full" study program for reasons related to: illness, workload (more than 20 hours per week), family matters, conscription, etc., which are examined and decided by the Program Committee. The duration of the part-time course may not exceed twice the normal study period.

## 4. Infrastructure.

The Program will operate in the premises of the Department of Physical Education and Sport Science of the University of Thessaly in four (4) buildings, which are also available for the operation of the Postgraduate Study Program.

The classrooms of the Program's courses where these are held are the Postgraduate Studies room of the Department and all the rooms and laboratories of it.

## 5. Completion of studies.

A student is considered the holder of the Diploma from the moment they have fully completed their obligations.

In order to take part in the ceremony, the student must have:

Successfully completed the study cycle, as described in the Study Program.

- To have handed over their Academic ID.
- To have no pending issues with the library.
- To have arranged their outstanding financial obligations

The certification of the postgraduate students is carried out by the Dean of the School, in the presence of the Director of Program and the Dean of the Department.

## 6. Institutional repository.

The approved Master Theses, after the potential corrections proposed by the examination committees have taken place, are submitted by the student to the library in one (1) copy in electronic form and is posted on the website of the relevant School. The Secretariat of the Department will not proceed with the stages required for awarding the academic title, if it does not previously receive from the candidates, a certificate of submission of the postgraduate thesis from the Library of the institution. Under the responsibility of the central library of the University of Thessaly, all these works are published in the institutional repository of the University <http://ir.lib.uth.gr>.

## **7. Certifications.**

The format of the Master's Degree, and the awarding ceremony, are defined in the Institution's Regulations. For the format of the Diploma Supplement, the decision of the Rector's Council of its 224<sup>th</sup>/17-10-2008 meeting and the provisions of the Minister's Decision Φ5/89656/B3/13-8-2007 apply.

## **8. Secretarial, technological and financial support.**

The secretarial support of the Program is carried out by an employee of the Department of Physical Education and Sport Science who has the appropriate experience and responsibility and their compensation comes from the budget of the Program.

## **9. Scholarships.**

It is possible to grant excellence scholarships to postgraduate students after a decision of the Coordinating Committee of the Program.

A scholarship is not granted if the graduate student is already receiving a scholarship from another source.

## **10. Program's Website**

The official website of the Program – [emsep.uth.gr](http://emsep.uth.gr) is constantly updated and contains all the information and announcements of the Program and is the official information space for students.

## **Article 7. Quality assurance**

### **1. Copyright and Plagiarism**

The copyright of Master's Theses or patent or commercial exploitation rights of the works are determined by relevant decisions of the Ethics Committee of the University of Thessaly.

Any kind of plagiarism in coursework, publications or the writing of Master's Theses, fabrication of research data and unscientific behavior in general is prohibited. The Ethics Committee is responsible for informing the students of the Program and imposing penalties, where necessary. Detailed instructions on the subject will be issued by the University's Ethics Committee.

No graduate thesis can be submitted unless it is first checked by the Institution's Central Library online plagiarism prevention service.

### **2. Research Ethics Committee – Three-member Internal Research Ethics Subcommittee.**

In accordance with Law 4957/2022 article 279, the Research Ethics Committee can give an opinion on ethics issues concerning an article to be published in a scientific journal or a diploma thesis or doctoral thesis under preparation.

However, according to the decision of the Rector's Council in no. 53/23-10-2019 meeting, regarding the matters of confidentiality control, respect for personal data and other rules of ethics of undergraduate theses, master's theses and doctoral theses, each Department sets up a three-member Research Ethics Subcommittee .

In terms of the procedure, interested parties submit: 1) application for examination of the proposal, 2) description of the research proposal, 3) research protocols, consent forms and other supporting documents, which are deemed necessary based on the scientific fields. The templates for writing the relevant forms can be found on the website of the University of Thessaly at the electronic address:

[https://2018.uth.gr/panepistimio/thesmika/themata-deontologias/Internal\\_Ethics\\_and\\_Ethics\\_Committee/Related\\_Forms-Documents](https://2018.uth.gr/panepistimio/thesmika/themata-deontologias/Internal_Ethics_and_Ethics_Committee/Related_Forms-Documents)

After the review of the proposal, the Departmental Committee issues a Certificate of Approval of the proposal of the Diplomatic Undergraduate Thesis, Master's Thesis or Doctoral Thesis. In the event that the application is rejected or there is a disagreement between the members of the Committee, it will be forwarded to the Research Ethics and Ethics Committee of the University of Thessaly. The Approval Certificates will be posted on the MODIP information system.

### **3. Evaluation / Quality Control of the Program**

The Program as a whole, but also the individual courses will be systematically evaluated according to the proposed procedures and criteria established by the Internal Quality Assurance System of the University of Thessaly and at the same time contribute to its further improvement.

### **Article 8. Transitional arrangements**

Any issue that arises in the future that is not covered by the relevant legislation or the relevant Regulation, will be handled by decisions of the Program Committee after a proposal by the Director and the Coordinating Committee and the Senate of the Institution by amending the Regulation and publishing it in the Government Gazette.

The regular revision of this Internal Regulation of Postgraduate Studies may be carried out every two years.