

**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE – CITY: TRIKALA**

**ONLY FOR UNDERGRADUATE STUDENTS (1st cycle/EOF6):**

**Students can choose courses by both lists**

**Offered courses (by tutoring in English):**

<http://www.pe.uth.gr/index.php/en/studies/undergraduate-studies/course-guide>

**Offered courses in English language (lectures):**

WINTER SEMESTER				
CODE	COURSE	ECTS	SEMESTER	PROFESSOR
INT-101	Physical Conditioning in Basketball	6	Winter	V. Gerodimos, P. Ioakimidis
INT-102	Teaching in Physical Education	6	Winter	A. Kolovelonis, P. Natsis
INT-103	Exercise Physiology	6	Winter	C. Karatzaferi
INT -104	Adapted Physical Education	6	Winter	D. Kokaridas, G. Magouritsa
INT-105	Exercise for the Elderly	6	Winter	V. Zisi
INT-106	Sport Psychology	6	Winter	N. Comoutos, A. Hatzigeorgiadis
INT-107	Health Education	6	Winter	M. Hassandra
INT-108	Writing Research	6	Winter	V. Zisi
INT-109	Motor Learning	6	Winter	E. Pollatou
INT-110	Sociology of Education	6	Winter	A. Bekiari
INT-111	Sports Physiotherapy	6	Winter	P.Tsaklis
INT-311	Motor Creativity	4	Winter	E. Pollatou
SPRING SEMESTER				
CODE	COURSE	ECTS	SEMESTER	PROFESSOR
Int-203	Biomechanics	6	Spring	G. Giakas, A. Tsiokanos, P. Tsaklis
INT-204	Sport Pedagogy	6	Spring	A. Bekiari
INT-205	Clinical Nutrition	6	Spring	A. Jamurtas
INT-206	Exercise and Chronic Diseases	6	Spring	A. Flouris
INT-207	Ergonomics	6	Spring	P. Tsaklis
INT-208	Information Technology Applications in Sport and Physical Education	6	Spring	M. Papastergiou
INT-209	Ergogenics	6	Spring	C. Karatzaferi, G.K. Sakkas
INT-210	Applied Sport Physiology	6	Spring	V. Voutselas



INT-312	Aerobic Dance	4	Spring	E. Pollatou
YEARLY				
CODE	COURSE	ECTS	SEMESTER	PROFESSOR
INT-301	Traditional Greek Folk Dances	4	Both	Y. Dimas
INT-302	Football	4	Both	D. Batsilas
INT-303	Track and Field	4	Both	V. Voutselas
INT-304	Volleyball	4	Both	A. Patsiaouras
NT-305	Basketball	4	Both	P. Tsimeas
INT-306	Artistic Gymnastics	4	Both	V. Mellos
INT-307	Yoga-Pilates Dance	4	Both	A. Zafiroudi
INT-309	Tennis	4	Both	N. Comoutos
INT-310	Swimming	4	Both	G.K. Sakkas, A. Blanti

**COURSES IN ENGLISH LANGUAGE (lectures)**  
**ONLY FOR POSTGRADUATE STUDENTS (2st cycle/EQF7):**

CODE	COURSES FOR WINTER SEMESTER	TYPE*	ECTS
M1	Psychological Foundations of Sport and Physical Activity	C	7
M2	Psychological Skills in Physical Activity and Sports	C	7
M3	Psychology in Physical Education and Youth Sports	C	7
M4	Research Methods and Statistics	C	7
M7	Counseling Principles and Skills	O	7
M8	Quantitative & Qualitative Data Analysis	O	7
CODE	COURSES FOR SPRING SEMESTER	TYPE*	ECTS
EU	European Dimension of Sport and Exercise Psychology	O	10
M5	Exercise Psychology and Health Education	O	7
M10:	Nutritional Behaviour and Education	O	7

\* C = Compulsory, O = Optional