

**DEMOCRITUS UNIVERSITY OF THRACE**



**Department of Physical Education and Sports Science**

**Quality Policy of the  
Postgraduate Studies Program (MSc)  
Functional Rehabilitation of Injuries in Athletes and Trainees**

January 2024

**POSTGRADUATE PROGRAM QUALITY POLICY STATEMENT**  
**"FUNCTIONAL REHABILITATION OF INJURIES IN ATHLETES AND TRAINEES"**  
**OF THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCE**  
**OF THE DEMOCRITUS UNIVERSITY OF THRACE**

The Department of Physical Education and Sports Science, in collaboration with the Quality Assurance Unit (MODIP) of the Democritus University of Thrace and the competent services of the Institution, has harmonized the Quality Policy of the Undergraduate Program (UPS) and its offered Postgraduate (PMS) and Doctoral (PDS) Programs with the Quality Policy of the Democritus University of Thrace. In particular, the Postgraduate Program (PMS)

"Functional Rehabilitation of Injuries in Athletes and Trainees" is part of the strategic planning of the University of Thrace. which aims to further promote knowledge, develop research and the arts, satisfy the educational, research, social, cultural and developmental needs of the country, and provide high-level specialization of graduates in theoretical and applied areas of specific disciplines, special thematic units or individual branches of the subjects of the first cycle of studies of the relevant Department.

The Postgraduate Studies Program (P.S.) "Functional Rehabilitation of Injuries in Athletes and Trainees" is committed to implementing a quality policy that supports the academic profile and orientation of the curriculum, promotes its purpose and object, implements its strategic goals, determines the means and methods of achieving them and aims for its continuous improvement.

The Postgraduate Studies Program (P.M.S.) " Functional Rehabilitation of Injuries in Athletes and Trainees ":

- Designs, modifies and improves its Curriculum with transparency and participation of all parties involved so that it:
  - To meet modern scientific requirements and teaching methods needs.
  - To achieve the learning outcomes and qualifications as described in the course outlines of the Curriculum and to offer qualifications in accordance with the European Qualifications Framework Higher Education.
  - To promote scientific knowledge and research on the prevention and management of musculoskeletal injuries that occur in both athletes and exercisers.
  - To provide postgraduate students with a comprehensive picture regarding the design and implementation of exercise programs and other related interventions

for the prevention and rehabilitation of musculoskeletal injuries in athletes and trainees, both in the acute and chronic phases, as well as for the improvement of the functionality of athletes and trainees

- Implements quality procedures in teaching work in full alignment with the quality policy of the Department and the Institution:

- Selecting the appropriate teachers according to the provisions in the relevant legislation.
- Evaluating the teaching work of the students in semesters base.
- Participating in the internal evaluation process such as this one is coordinated by the Department of Educational Sciences of the University of Thessaloniki.
- Utilizing a variety of teaching methods and techniques, with an emphasis on student-centered processes and methods.
- Ensuring the progress and development of students throughout the course of their studies.
- Encouraging every student to write articles, publish in reputable medical journals and make presentations at Panhellenic or International Conferences
- Ensuring learning resources are useful and accessible to male and female students
- Implementing the institution of the Academic Advisor.
- Participating in the procedures provided for in the Regulation of University of Thessaloniki Excellent Teaching Award
- Cultivating a climate of respect, cooperation, understanding and participation of all those involved in the Curriculum and applying best practices to resolve any issues problems that arise, as provided for in the Complaints and Objections Management Regulation.

- Ensures the quality (and quantity) of the research work of its members academic unit:

- Strengthening its extroversion with synergies both within the institution and with other institutions in Greece and abroad.
- Encouraging the participation of teachers in international and Greek conferences, research programs and international collaborations.
- Supporting their international mobility.

- Seeking alternative sources of funding (participation in programs, sponsorships, donations, etc.)
  - Encouraging the conduct of high-quality, publishable research and will be recognized internationally
- Ensures the connection between teaching and research.
  - It is informed about the level of vocational rehabilitation of its graduates and disseminates vocational rehabilitation information beyond the formal ones to male and female students.
  - Based on its capabilities (teaching staff-logistical infrastructure), it ensures the appropriate annual number of admissions, so that it can offer high-quality education to students.
  - Ensures quality at all levels of operation of the Curriculum and at the same time takes appropriate actions for its improvement.
  - It has posted the Curriculum Quality Assurance Policy on its website and communicates it in every way to all parties involved.
  - Ensures the updating of the P.M.S. website so that it is a constantly valid source of information for students.