



ΔΗΜΟΚΡΙΤΕΙΟ
ΠΑΝΕΠΙΣΤΗΜΙΟ
ΘΡΑΚΗΣ

DEMOCRITUS
UNIVERSITY
OF THRACE

HELLENIC REPUBLIC DEMOCRITUS UNIVERSITY OF THRACE
SCHOOL OF PHYSICAL EDUCATION, SPORTS, AND OCCUPATIONAL THERAPY
Department of Physical Education and Sports Science

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Πρόγραμμα Μεταπτυχιακών Σπουδών
Λειτουργική Διαχείριση Τραυματισμών
σε Αθλητές & Ασκουμένους

FUNCTIONAL TRAINING OF INJURIES IN ATHLETES AND TRAINEES

STUDY GUIDE

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CHAPTER A

Operation of the Graduate Program

The Department of Physical Education and Sports Science of the School of Physical Education Sports Science and Occupational Therapy, at Democritus University of Thrace has been organizing and operating, since the 2018–2019 academic year, a Master's Program (M.S.P.) entitled: "Functional Training of Injuries in Athletes and Trainees (LEIDIATAA), in accordance with the Internal Operating Regulations of the Master's Program, the Regulations for Postgraduate Studies of the Democritus University of Thrace (DUTH), and will operate in accordance with the provisions of the applicable legislation.

This Study Guide outlines the structure and operational organization of the Master's Program. Any issues or matters that may arise regarding the organization and operation of this Master's Program and that are not regulated or provided for by the relevant legislation, the Regulations, or this Study Guide, shall, depending on their severity, be resolved and decided by the Coordinating Committee (CC) of the Master's Program.

All information and announcements regarding the Program are available on the M.S. website [at https://leidiata.phyed.duth.gr/](https://leidiata.phyed.duth.gr/)

1.1 Purpose of the Master's Program – Learning Outcomes

The purpose of the Master's Program titled "Functional Training of Injuries in Athletes and Trainees" is to provide postgraduate education through interdisciplinary approaches to acquire specialized knowledge in the design and implementation of exercise programs and other related interventions for the prevention and rehabilitation of musculoskeletal injuries in athletes and trainees, in both acute and chronic phases, as well as the improvement of the functionality of athletes and trainees.

This Master's Program aims to train and specialize graduates of undergraduate programs at universities, in topics related to the design of exercise programs and other relevant interventions for the prevention and rehabilitation of musculoskeletal injuries in athletes and exercisers, both in acute and chronic phases, as well as for improving the functionality of athletes and exercisers.

The learning outcomes and qualifications acquired upon successful completion of this M.S. program are the provision of specialized knowledge regarding the design of exercise programs and other related interventions for the prevention and rehabilitation of musculoskeletal injuries in athletes and exercisers, in both acute and chronic phases, as well as for improving the functionality of athletes and exercisers.

More specifically, upon successful completion of this master's program, students will be able to:

- understand the mechanisms of knee ligament injuries and treatment options, as well



as design and implement rehabilitation and functional reintegration programs

- understand treatment options following a meniscus tear and design rehabilitation and functional reintegration programs for individuals who have suffered a meniscus tear
- be familiar with the most common ankle injuries an athlete may sustain and design rehabilitation and functional reintegration programs for ankle sprains
- be familiar with shoulder injuries (dislocation, tendon rupture, rotator cuff tear) and design rehabilitation and functional reintegration programs for athletes and trainees
- understand the causes of muscle injuries and design rehabilitation and functional reintegration programs for athletes and exercisers who have suffered muscle strains
- understand the biomechanics of injuries to muscles, bones, tendons, ligaments, and cartilage
- apply their knowledge of the biomechanics of skeletal tissue to current practical problems in the context of rehabilitation and physical conditioning
- assess an athlete's body composition and measure range of motion in the joints of the upper and lower extremities
- conduct field tests to assess physical fitness for the appropriate design of functional reintegration programs for athletes and trainees following injury.
- recognize and understand the behavioral issues and cognitive challenges faced by an injured athlete or trainee during rehabilitation, and understand their reactions.
- participate, through the application of techniques for managing the reactions of athletes or trainees and enhancing their motivation throughout the rehabilitation program
- be familiar with and understand counseling intervention techniques that can be applied during their rehabilitation.

1.2 Administrative functions of the Master's Program

1. The bodies responsible for the organization and operation of the Master's Program "Functional Training of Injuries in Athletes and Trainees" are as follows:

- a) the Senate of the Democritus University of Thrace,
- b) the Departmental Assembly,
- c) the Coordinating Committee (CC) of the Master's Program., and d) the Director of the M.S.P.

2. The SC consists of the Director of the MSc Program and four (4) faculty members of the Department who have expertise in a field related to that of the MSc Program and who teach in the MSc Program.

The members of the Steering Committee are appointed by decision of the Departmental Assembly.



3. The Director of the M.Sc. program is selected from among the faculty members of the Department, preferably at the rank of Professor or Associate Professor, and is appointed by a decision of the Departmental Assembly for a two-year term, renewable indefinitely.
4. In the event of the resignation, death, or inability to perform their duties for any reason of the Director of the Master's Program, the Departmental Assembly shall appoint a Director, giving priority to a Professor or Associate Professor with a field of expertise relevant to that of the M.Sc. program until the completion of the outgoing Director's term. The same procedure applies to a member of the Supervisory Committee.
5. The Director of the M.Sc. program, as well as the members of the Supervisory Committee and the curriculum committee, are not entitled to remuneration or any compensation for the performance of the duties assigned to them and related to the fulfillment of their responsibilities.

1.2.1. Responsibilities of the administrative functions of the Postgraduate Program's

1. The Senate of the Democritus University of Thrace has the following responsibilities regarding the Postgraduate Studies Program:
 - a) approves the establishment or amendment of the decision establishing the Postgraduate Studies Program,
 - b) approves the extension of the duration of the postgraduate programs,
 - c) establishes the Curriculum Committee (CC) in the case of interdepartmental, inter-institutional, or joint Master's programs,
 - d) decides on the abolition of the Master's programs offered by the University of Thrace.
2. The Assembly of the Single-Department School is responsible for the organization, administration, and management of the M.S. program, and in particular:
 - a) makes recommendations to the Senate, through the Committee on Graduate Studies, regarding the matters specified, at a minimum, in subparagraphs (a) through (n) of paragraph 3 of Article 80 of Law 4957/2022, together with the internal Operating Regulations of the M.Sc. program and the Diploma Supplement templates in Greek and English, the detailed budget of revenues and expenses, the feasibility and sustainability study, and the detailed report, in the case of a distance-learning Master's Program.
 - b) establishes committees to evaluate the applications of prospective graduate students and approves their enrollment in the program,
 - c) assigns teaching duties to the instructors of the M.S. program,
 - d) recommends to the Senate amendments to the decision establishing the M.S. program, as well as extensions of the program's duration,
 - e) establishes examination committees to evaluate the master's theses of graduate students and appoints a supervisor for each thesis,
 - f) verifies the successful completion of studies in order to award the



Master's degree,

g) approves the financial report of the Master's Program, upon recommendation of the Special Committee,

By decision of the Assembly of the Single-Department School, the responsibilities under items (a) and (d) may be delegated to the Program Committee of the Master's Program.

3. The Steering Committee is responsible for monitoring and coordinating the operation of the program, and in particular:

a) prepares the initial annual budget of the Postgraduate Program and any amendments thereto, provided that the Postgraduate Program has resources in accordance with Article 84, and recommends its approval to the Research Committee of ELKE-DUTH,

b) prepares the program's annual report and recommends its approval to the School Assembly,

(c) approves the expenditure of the Master's Program,

d) approves the awarding of scholarships, whether merit-based or not, in accordance with the provisions of the decision establishing the Master's Program and the Program's internal regulations,

e) recommends to the School Assembly the allocation of teaching duties, as well as the assignment of teaching duties to the categories of instructors specified in Article 83 of Law 4957/2022,

f) makes recommendations to the School Assembly regarding the invitation of Visiting Professors to meet the teaching needs of the Master's Program,

g) prepares a draft for the amendment of the curriculum, which it submits to the School Assembly,

h) makes recommendations to the School Assembly regarding the redistribution of courses across academic semesters, as well as matters related to the qualitative improvement of the curriculum.

4. The Director of the Master's Program has the following responsibilities:

a) chairs the Academic Committee, drafts the agenda, and convenes its meetings,

b) submits matters concerning the organization and operation of the M.S. program to the Faculty Assembly, in the case of a single-department M.S. program,

c) submits to the Academic Council and other bodies of the Master's Program and the Institution matters concerning the effective operation of the Master's Program,

d) serves as the Academic Director of the program and exercises the corresponding responsibilities: is responsible for the proper implementation and certification of the program's academic content, the appropriateness of expenses related to its execution, and monitors the project's financial aspects and budget execution,

e) monitors the implementation of decisions made by the bodies of the Master's Program and the Internal Regulations for Graduate Studies,



(f) exercises any other responsibilities specified in the decision establishing the Master's program.

1.3 Administrative Support for the M.S. Program

Administrative support for the M.S. program is provided by the Department of Physical Education and Sports Science, of the School of Physical Education Sports Science and Occupational Therapy at Democritus University of Thrace, where the Secretariat of the M.Sc. program is located and handles various matters related to the program's operation.

1.4 Facilities

The Department of Physical Education and Sports Science, in order to ensure the smooth operation of the M.S.P. "Functional Training of Injuries in Athletes and Trainees," has classrooms equipped with technology for displaying educational materials, as well as internet access. There are also suitable laboratory spaces equipped with technological equipment to meet the specific teaching or research needs of the program's graduate students. More specifically, the Department of Physical Education and Sports Science at the Democritus University of Thrace has:

- Two (2) lecture halls, with a capacity of 600 and 250 people, respectively, which can be used to host workshops, conferences, seminars, and lectures.
- Six (6) classrooms: three (3) with a capacity of 50 people and three (3) with a capacity of 40 people, which can be used for teaching courses
- One (1) dance hall
- One (1) teleconference room with a capacity of 30 people
- Two (2) computer labs, each with a capacity of 25 people, with the option of individual computer use
- A multipurpose room equipped with weight training machines
- Physical Education and Sports Laboratory with six specializations:
 - Clinical Exercise Physiology & Exercise Physiology
 - Therapeutic Exercise & Rehabilitation
 - Biomechanics
 - Physical Performance
 - Kinesiology & Physical Education
 - Sports Tourism & Recreation
- Two (2) indoor gyms: one (1) small indoor basketball court and one (1) large indoor gymnasium with a capacity of 4,000 seats, featuring handball, basketball, and volleyball courts, as well as areas for wrestling, Taekwondo, and alternative



forms of exercise that can be used for data collection through field measurements.

- An Olympic-sized stadium featuring a grass soccer field, a 400m track with 8 lanes of synthetic turf, and stands with a capacity of 2,000 people.
- An indoor swimming complex with a 25m pool, a 25x25m diving pool, a small teaching pool, and stands with a capacity of 1,500 people, as well as classrooms, a gym, a medical clinic, and other auxiliary spaces designed to provide students with a comprehensive education and facilitate data collection.
- A library containing approximately 30,000 volumes of books, scientific journal titles, doctoral and master's theses, undergraduate theses, a large collection of videos, educational CD-ROMs, music CDs, and cassettes related to the sciences covered by the Department. Additionally, it offers online connections, allowing users continuous access to international databases for literature searches.

The Department building features an access ramp and two (2) elevators, allowing access to all teaching, training, and research areas for people with disabilities, ensuring their unimpeded participation in the educational and research process, provided they are selected as graduate students in the Program.

1.5 Funding – Financial Management of the Master's Program

The Master's Program is self-funded, with funding derived primarily from tuition fees paid by graduate students. Other sources of funding for the Master's Program may include donations, grants, and financial aid of any kind; bequests; funds from research projects or programs; the Higher Education Institution's (HEI) own resources; and, finally, the state budget or the public investment program.

The revenue of the Postgraduate Studies Program is managed by the Special Research Fund Account of the Democritus University of Thrace (ELKE-DUTH).

1.6 Evaluation of Postgraduate Programs

1 M.S.P.s are evaluated internally within the framework of the Internal Quality Assurance System (IQAS) in accordance with Article 215 of Law 4957/2022 to ensure their quality.

2 Master's programs must be accredited by the Hellenic Accreditation Agency (HEA) prior to their commencement in accordance with paragraph 7 of Article 80 of Law 4957/2022 and are evaluated periodically in accordance with Article 87 of the same law.

3 If, during the evaluation process described in paragraph 1, a graduate program is found not to meet the requirements for continuing its operation, its operation shall be terminated upon the graduation of currently enrolled students in accordance with the founding decision and the Regulations for Master's and Doctoral Programs.

4 Under the responsibility of the Director of the Master's Program, workshops are



organized to discuss the program's courses and their content, in order to assess, among other things, the extent to which the program is aligned with scientific progress, the job market, and the needs of society in general.

At the end of the Scientific Committee's term, under the responsibility of the outgoing Director, a detailed report is prepared on the research and educational work of the Master's program, as well as its other activities, with the aim of upgrading the program, better utilization of human resources, optimization of existing infrastructure, and the socially beneficial use of the program's available resources. The report is submitted to the relevant Department to which the program belongs.



CHAPTER B

Academic Matters

2.1. Number of Admissions

The maximum number of students admitted per year is set at thirty-four (34) graduate students, while the minimum number of students admitted to the Master's Program is set at ten (10) graduate students.

Members of the EEP, EDI, and ETEP categories may, upon request, be enrolled as supernumerary staff, and only one per year per Master's program, provided they are employed in the relevant Department and their academic degree and the work they perform in the relevant Department are related to the subject matter of the Master's program.

2.2. The requirements for admission to the Program are:

The requirements for admission to the Program are:

- a) A Bachelor's degree or diploma from a Greek institution of higher education, or a certificate of completion from a Greek institution of higher education or an equivalent recognized foreign institution (the institution awarding the foreign degree must be listed in the National Register of Recognized Foreign Institutions, and the type of degree must be listed in the National Register of Degree Types from Recognized Foreign Institutions, which is posted on the DOATAP website)
- b) Good knowledge (B2) of one of the following languages: English, French, German, Italian, or Spanish.

The language proficiency certificates submitted by candidates are evaluated based on the language proficiency table used by ASEP.



CHAPTER C

Admissions Process and Selection Criteria

A. Submission of Applications for Admission to Master's Programs

1. The Democritus University of Thrace, applying the principles of equal opportunity and promoting inclusivity, grants the right to participate in Master's programs to any interested individual who meets the necessary requirements.
2. By decision of the School Assembly, a call for applications for admission to graduate programs is published and posted on the Department's website. The announcement includes all relevant details (dates and location for submitting the application, required supporting documents, etc.).

The requirements and selection criteria for candidates are specific, quantitative and/or qualitative, and are made known to candidates through the announcement of the Master's program.

3. Interested parties must submit their application package (Application and Supporting Documents) electronically via the Master's Program website, in accordance with the application instructions and as specified in the relevant announcements, by the deadline set in the announcement, which may be extended by decision of the School Assembly or the Special Interdepartmental Committee. Applicants should carefully review the instructions to ensure that the application is submitted complete and on time. Supplementary, incomplete, or late supporting documents will not be accepted. Applications are processed electronically.

B. Candidate Selection Criteria

The evaluation of candidates for admission to the Program takes into account the following criteria. The points assigned to each criterion are cumulative; however, it is not necessary for the candidate to meet all of them. All criteria are quantifiable and are assigned a specific number of points on a case-by-case basis. Specifically, the criteria for selecting candidates are:

1. Overall degree grade. Diploma supplement or transcript of grades, which also states the degree grade (Maximum 20 points). The degree grade is multiplied by a factor of "2."
2. Time since degree conferral (Maximum 20 points). Points are calculated based on the number of years that have elapsed since the degree was conferred. One point is awarded for each year that has elapsed since the year the degree was conferred.
3. Publications in domestic and/or international scientific journals, Oral or poster presentations at scientific conferences or workshops, or short papers at domestic or international scientific conferences (Maximum 15 points, 5 points for each). The first author is awarded 5 points in all cases (presentations, publications, etc.), the second author 3



points, and 1 point for each subsequent author.

4. Second degree from another university or technical college department (15 points). The maximum points for this criterion cannot exceed 15 points.
5. For holders of foreign language certificates at a level higher than B2 (good knowledge), 10% of the points they have accumulated are added.

The method of evaluation (scoring) of the above criteria falls under the jurisdiction of the School Assembly. Following a recommendation by the Coordinating Committee (CC), the details for applying these criteria are determined; these are outlined in the call for expressions of interest and are taken into account during the selection process.

The relevant application materials of interested parties must be submitted within the deadlines specified in the corresponding call for expressions of interest.

C. Evaluation of Applications for Admission to Master's Programs – Enrollment in Master's Programs

The selection process is as follows:

1. The Secretariat of the Master's Program first compiles a complete list of all applicants.
2. The Admissions Selection Committee:
 - i. rejects candidates who do not meet the requirements.
 - ii. ranks the candidates by score, publishes the provisional selection list, and announces the deadline for filing appeals.
 - iii. After reviewing the appeals and based on the candidate's final score, it compiles the final selection list in order of merit.

The final list of successful candidates is ratified by the Assembly of the Single-Department School and posted on the bulletin board and the program's website in accordance with data protection regulations

In the event of a tie, all tied candidates are admitted, provided that they do not exceed the maximum number of admissions specified in the Call for Expressions of Interest. If the maximum number of admissions to the Master's Program is reached, the candidate with the highest undergraduate GPA will be admitted.

Successful candidates, after being notified by the Secretariat, are required to respond in writing within three (3) days, indicating whether they accept admission to the M.S.P. and its terms of operation. Failure by the selected candidate to respond within the above deadline is considered a refusal to accept, and the Secretariat of the M.S.P. will notify the next candidate in the ranking order from the relevant list of successful candidates.

Successful candidates must submit the relevant supporting documents in person, by mail, or electronically. Enrollment is considered complete once all required supporting documents have been submitted.



Upon enrollment in the Master's Program, the student receives the Program's annual Academic Calendar from the Secretariat.

Postdoctoral researchers may be funded by resources derived from nationally and internationally funded research programs, co-funded initiatives (e.g., the NSRF), private sources, and their own funds. They may also receive scholarships from national or international bodies and institutions, from co-funded programs (e.g., NSRF), private sources, and the institution's own funds, in accordance with any specific regulatory framework of the funding body.

Graduate students may enter into scholarship agreements through the Research and Innovation Center (ELKE) of the Democritus University of Thrace, as defined by applicable legislation and the ELKE Funding and Management Guide of the Democritus University of Thrace.

3.1. Welcome for First-Year Students

At the start of the first semester of studies, the Department of Physical Education and Sports Science (TEFAA) at the University of Thrace organizes a welcome event for first-year graduate students, which includes a tour of the Department's facilities (classrooms, lecture halls, the registrar's office, the library, computer labs, etc.) and information on:

- the Master's Program,
- the digital services offered by the University,
- European student mobility programs (ERASMUS)

3.2. Duration of Studies - Part-time Study - Suspension of Studies

i. Duration of Studies

1. The standard duration of study in the Master's program leading to the award of a Master's Degree is set at a minimum of three (3)

semesters (90 ECTS), which includes the time required for the preparation and submission for evaluation of the Master's Thesis (MT) or the completion of the Internship. If the curriculum includes a thesis, the duration of its preparation is at least 6 months and corresponds to 30 ECTS. Similarly, the internship has a duration of at least 6 months and corresponds to 30 ECTS.

2. Enrollment in the M.Sc. program is considered complete upon fulfillment of: a) the minimum required duration of study,

b) the successful completion of all coursework, the internship, and the Master's Thesis, if required.

3. Regarding the maximum duration of study, the graduate student is required to complete his or her graduate studies within twice the prescribed duration of the Master's



Program.

4. Exceptions to the maximum duration of study.
 - a. The student may request an exception to the maximum duration of study for serious health reasons pertaining to the student or to a first-degree blood relative, spouse, or person with whom the student has entered into a civil partnership. The application addressed to the Special Committee must be submitted by the student to the Department Secretariat before the expiration of the maximum duration of study, accompanied by supporting documentation for the application and, in particular, evidence of health issues pertaining to:
 - (aa) the student himself or herself,
 - (b) a first-degree blood relative, spouse, or a person with whom the student has entered into a civil partnership. Serious health reasons must be substantiated by a document from a public hospital or a competent special committee of a public hospital.
 - b. To substantiate the cited health reasons, the application must be accompanied by a recent certificate of family status, in cases where the health reasons do not pertain to the students, and by a certificate from a Health Committee or a medical opinion from a public hospital bearing the signature and seal of the Director of either a National Health System (ESY) Clinic, Laboratory, or University Department. The competent department of the Institution may request any additional supporting documents it deems necessary for the review of the application.
 - c. The Secretariat forwards the applications to the Assembly, which decides on the approval or rejection of the application, as well as on the duration of the additional study period. Any further extension beyond the maximum study period may be approved again through the procedure described for part-time study and suspension of studies, provided that the conditions set forth in the relevant provisions and this decision continue to be met.

ii. Part-time Study

1. Part-time study is available to graduate students at the University of Thrace, the duration of which may not exceed twice the duration of full-time study.
2. The following are eligible to apply for part-time study:
 - a) Graduate students who can demonstrate that they work at least twenty (20) hours per week,
 - b) students with disabilities and special educational needs, as well as
 - c) students who are also athletes in sports clubs registered in the electronic registry of sports clubs under Article 142 of Law 4714/2020 (A' 148), maintained by the General Secretariat of Sports, under the following conditions:
 - (ga) for each year in which they place 1st through 8th in national championships for individual sports with the participation of at least twelve (12) athletes and eight (8) clubs, or



compete in teams in the top two (2) divisions of team sports, or participate as members of national teams in European championships, world championships, or other international competitions organized by the Hellenic Olympic Committee, or

(c) have participated at least once, during their enrollment in the degree program for which they are applying for part-time student status, in the Olympic Games, Paralympic Games, and Deaflympics, may, upon submission of their application (electronically/through an authorized representative/by mail/in person, via a KEP), to the Secretariat of the relevant Department, be enrolled as part-time students or be placed on part-time status.

3. The application, along with the documents proving the conditions required for part-time study, must be submitted electronically or in person to the aforementioned Secretariats no later than the end of the Department's course registration period. The Department Secretariat forwards the applications to the School Dean's Office for approval. Applications must be submitted during the registration renewal period, as specified in a relevant announcement by the respective Secretariat.

4. Along with the application, documents proving the requirements for part-time study must be submitted as attachments.

Specifically:

a) Students who fall under the category of employees and work at least twenty (20) hours per week must submit the relevant employment contract or a recent employer's certification, as well as the required social security stamps for those insured in the private sector.

b) Students with disabilities must submit a disability certification from a Disability Certification Center (KEPAs) or from a seven-member medical committee of a public hospital. Students who have enrolled under the special category of students with disabilities are not required to submit any additional documentation beyond what was submitted for their enrollment.

c) Students with disabilities who fall under the category of students with special educational needs must submit a certification of such needs from the competent authorities.

d) Students who fall under the category of athletes must submit a certificate from the General Secretariat of Sports or the Olympic Committee, or from the sports club registered in the General Secretariat of Sports' registry (the certificate must include the General Secretariat of Sports' registration number and the club's athletic identification number), as applicable, certifying the reason for requesting their admission to part-time student status, in accordance with the relevant provisions.

The certificates referred to in cases (a) and (d) must be resubmitted to the Department Secretariat at the beginning of each academic year so that it may be determined whether the grounds for enrollment in the part-time study program still apply.

e) The Institution's Special Committee may request any additional supporting documentation it deems necessary for the review of the application.



5. For the approval or rejection of the application, a decision of the General Assembly is issued, following a recommendation from the Academic Council, with the submitted application and the relevant supporting documentation attached thereto.
6. For graduate students enrolled in a part-time study program, each academic semester counts as half an academic semester. Graduate students have the option to choose the courses they wish to take and in which they will be examined.
7. Part-time students who have been placed on part-time status may, upon request to the Department Secretariat and without the need for additional documentation, return to full-time status at any time. For the return to full-time status, a confirmatory document is issued by the relevant Dean's Office, which is communicated to the applicant's Department.
8. The certificates issued to graduate students on part-time status shall include the relevant decision of the Assembly.

iii. Suspension of studies

1. In exceptional cases, graduate students may be granted a temporary leave of absence, upon submission of a relevant, substantiated request, which may not exceed two (2) consecutive semesters. The application must specify the requested duration of the suspension, as well as the reasons (including, but not limited to: health reasons, force majeure, personal, family, or financial reasons, etc.). The application must be accompanied by all relevant supporting documents from competent public authorities or organizations, which substantiate the cited health reasons of the applicant or their relatives up to the second degree of kinship, reasons related to military service or serious financial reasons, etc. In cases of force majeure or personal reasons, the application must be accompanied by a sworn statement under Law 1599/1986, describing the cited reasons, and no additional supporting documents are required.
2. The application is forwarded by the Special Committee to the Departmental Assembly for approval. In exceptional cases and for reasons of force majeure, the application may be submitted after the end of the registration period. The academic semesters during which the graduate student has been on leave of absence do not count toward the maximum duration of study.
3. A leave of absence is granted by decision of the General Assembly, following a recommendation by the Academic Council, or, in the case of an interdepartmental, inter-institutional, or joint master's program, by the Program Committee.
4. During the suspension, the student loses their student status. The duration of the suspension does not count toward the maximum duration of regular study.
5. Upon returning to studies, the graduate student remains subject to the academic status in effect at the time of their enrollment as a graduate student.



3.3. Study Regulations – Evaluation of Graduate Students

Each candidate, prior to enrollment, must familiarize themselves with the Regulations and accept the operating rules of the M.S. Program. Acceptance of the Regulations is a fundamental prerequisite for acquiring and maintaining the status of a graduate student.

Graduate students enroll in and participate in the M.S. program under the terms and conditions set forth in the regulations.

The educational process takes place in person and through the use of distance learning methods. The teaching of the courses aims to provide in-depth knowledge of specific areas of the academic discipline, to cultivate critical thinking among students, and to familiarize them with the scientific methods of research and writing. Instruction is conducted either through lectures by the instructors, in the form of academic discussions, or through the preparation and presentation of papers by the students, or in any other appropriate manner that, in the instructors' judgment, contributes to a more thorough scientific approach to the subject and the student's training. At the beginning of each academic semester, instructors ensure that the course content is updated and posted on the Master's Program's eClass website.

Students in the Master's Program must attend all courses in the program and actively participate in discussions, presentations, and other research activities of the Master's Program. For teaching the courses, face-to-face instruction, e-learning systems and online applications, intensive courses, and any other method deemed appropriate by the Academic Committee for the smooth operation of the educational process (e.g., workshops, seminars, educational visits, etc.). Their attendance is monitored by the instructors, and their performance is continuously evaluated by them. Participation is mandatory for all graduate students in all courses.

In the event that class hours are missed for any reason, instructors will make up the missed sessions on dates and times to be announced in advance.

A limited number of doctoral candidates may also attend the offered courses, subject to a decision by the School Assembly following a recommendation from the Special Committee of the Master's Program.

The declaration to write a Master's Thesis (MT) or to complete an Internship (I) in the third semester must be made before the end of the second semester.

Course attendance is mandatory and is verified under the instructor's responsibility. Up to three (3) absences {for example} are permitted per course. In the event that the number of absences exceeds three (3) and the reasons for absence are serious (excluding professional obligations), then, upon request by the graduate student concerned, the case is reviewed by the Coordinating Committee of the Master's Program, which approves or rejects the request and submits a recommendation to the Departmental Assembly for final approval.

If a student's attendance in the course is deemed insufficient, they are not permitted to take



the exams and are considered to have failed the course.

The academic year begins on September 1 of the current calendar year and ends on August 31 of the following calendar year. The academic program for each academic year is divided into two semesters: the winter and spring semesters. Each semester includes at least 13 weeks of instruction. The end of each semester is followed by an exam period. After the completion of courses in each academic semester, an exam period follows. There are three (3) exam periods: in February (for winter semester courses), in June (for spring semester courses), and in September (make-up exams for winter and spring semester courses). The academic calendar lists the start and end dates.

Exams and their administration are the responsibility of the course instructor and are announced before the start of classes.

Retake exams are not permitted for the purpose of improving a student's grade.

If a graduate student fails a course or courses more than three (3) times and is deemed not to have successfully completed the program, they are examined, upon their request, by a three-member committee of faculty members of the Graduate Program, who have the same or a related field of expertise as the course being examined and are appointed by decision of the School Assembly. The instructor responsible for the examination is excluded from the committee. The evaluation by the three-member committee takes place at any time during the academic year.

The grading scale for evaluating the performance of graduate students in all courses and the master's thesis ranges from 0 to 10, and a passing grade is 5 or higher on the 0–10 scale. A student is considered to have passed if they receive a grade of five (5) or higher. The grading scale is defined as follows: GOOD (5 to 6.49), VERY GOOD (6.50 to 8.49), EXCELLENT (8.50 to 10).

To calculate the grade for the Master's Degree (M.A.), the grade for each course and for the Master's Thesis or Internship is multiplied by the corresponding number of credit units, and the sum of the individual products is divided by the total number of credit units required to earn the M.A.

The grade is calculated to two decimal places.

The master's degree certificate bears the notation "SATISFACTORY" [for students with a grade point average between 5 and 6.49], "VERY SATISFACTORY" [for students with an average grade of 6.50 to 8.49], and "EXCELLENT" [for students with an average grade of 8.50 to 10].

The grade of the Master's Degree, under the responsibility of the Registrar's Office, is recorded in the student's individual file

For the completion of any course assignment, Master's Thesis, or Internship Report, the student is required to cite the source whenever they use information, ideas, opinions, etc., from other authors. It is the individual responsibility of the graduate student to follow the rules of academic ethics and to avoid practices that lead to a violation of copyright provisions because, under current legislation, penalties will be imposed by the competent



authorities.

Graduate students may support the research process and the overall operation of the M.S. program through their participation, for example, in research projects, the organization of conferences, and other academic events.

3.3.1. Rights and Obligations of Master's Students

1. Graduate students enroll in and participate in the Master's Program under the terms and conditions set forth in the Institution's Internal Regulations, the Master's Program Regulations, and the Department's Regulations. Acceptance of the above constitutes a basic prerequisite for acquiring and maintaining the status of a Ph.D. candidate.

2. Master's students have the rights of undergraduate and graduate students and any other rights defined by the Regulations for Graduate Studies.

More specifically, MF students:

a) They are entitled to use the University of Thrace's email services upon request.

b) They have the right to access the libraries of the Democritus University of Thrace and, using their institutional account, to access electronic journal subscriptions, etc.

c) Graduate students have the right, in the context of preparing assignments and master's theses, to use the material and technical infrastructure of the Laboratory, the Department, and the University of Thessaly in consultation with their supervising faculty member and with the consent of the head of the respective unit.

d) They have the right to participate, in accordance with the provisions of the applicable legislation, in collective administrative bodies.

e) They provide educational and other services to the Department (such as conducting workshops, tutorials, etc.), with the consent of the supervising faculty member and relevant decisions of the Departmental Assembly.

g) They may participate in research projects/programs of the University of Thrace and receive scholarships within the co-funded, self-funded, or other projects/programs for the financial support of research

h) They may participate in mobility programs through ERASMUS+, or in other mobility initiatives (e.g., through participation in projects or other scholarships).

3. They are entitled to specific social benefits under the conditions provided for by the provisions of current legislation, such as:

- Free Meals
- Transportation benefits (an Academic ID is issued, which also includes a Student Ticket)

In addition, the Philologus online platform provides language correction and literary editing



for texts written in Greek (research papers, monographs, articles, etc.). They may also use the study room and computers provided by the Department.

The Department of Philosophy provides students with an email service accessible through the “HERMES-webmail” service.

The University campus is covered by a free Wi-Fi network that anyone can connect to in order to browse the internet.

Using the Electronic Registrar’s Office application, students can stay informed about their program’s courses, view their courses and grades, and submit online requests for the issuance of certificates

Students can request assistance from specialized services at the Democritus University of Thrace to help them with problems they encounter during their studies.

The University’s goal is to offer students counseling and psychological support services through the Counseling and Accessibility Unit (DoSyP), which consists of the Department of Counseling and Psychosocial Support and the Department of Accessibility. These services offer individual counseling to students facing difficulties with their studies (learning difficulties, difficulties with studying and comprehension, inability to concentrate, exam anxiety) or with other psychological and social issues, while also aiming to promote constructive learning, academic success, and socialization among students at the Democritus University of Thrace who have special needs or disabilities.

The University of Thrace’s Office of Academic and Career Services serves as an information center for the University’s students and alumni, aspiring to act as a link between the academic and professional communities.

The University of Thrace operates the Office of the Student Ombudsman, with the aim of mediating between students and faculty or the institution’s administrative services, ensuring compliance with the law within the framework of academic freedom, to address instances of maladministration, and to safeguard the smooth operation of the institution.

To improve the operation of the Postgraduate Program, students are also provided with the opportunity to express any complaints or comments regarding the quality of the educational and administrative services provided by the Postgraduate Program.

The student chooses whether to voice or file a complaint regarding either academic or procedural matters. Such as:

- disagreement regarding academic or student affairs
- inappropriate behavior by a member of the academic or administrative staff
- inadequate communication with students by a member of the academic or administrative staff

The complaint management policy is intended for active graduate students and aims to resolve disputes or problems.



4. The Department actively ensures equal access for individuals with disabilities and those with special educational needs and guarantees students with disabilities and/or special educational needs access to the proposed programs or other accommodations or adjustments that may assist them in following the educational process and completing their studies.

5. Students are required to:

a) attend the courses of the Master's program,

b) submit the required assignments by the specified deadlines, c) attend the scheduled exams,

d) Submit, by the specified deadlines, the declaration of completion of an internship or master's thesis, accompanied by a sworn statement that the thesis complies with the rules of academic ethics and avoids practices that lead to violations of intellectual property provisions, as, in accordance with applicable law, sanctions will be imposed by the competent authorities.

e) adhere to established principles of academic integrity and respect and protect the facilities and equipment of the University of Thrace, ensure the cleanliness and orderliness of the premises and inform the supervising faculty member or the Department Chair of any related issues,

f) to be familiar with and comply with the Code of Academic Conduct, the Internal Regulations of the University of Thessaly, the institution's specific operating regulations, and the decisions of the Postgraduate Program, the Department, and the University of Thessaly that concern them, and to apply them consistently and responsibly.

g) be informed about the graduate program they are enrolled in and the academic calendar, and understand the educational process they are following.

h) to be informed about the structure and responsibilities of the administrative services of the University of Thrace and the Department.

i) Fully fulfill all their obligations to the University of Thessaly and promote the institution's image through their academic activities,

j) to seek active participation in the international academic community by attending conferences, workshops, and seminars,

k) participate in seminars or conferences organized by the Department/School, and cite the Department/School as their academic affiliation in every publication, speech, or presentation that is the product of their work in the Master's Program,

(l) pay tuition fees, as specified in these Regulations.

6. In the event that the student fails to fulfill his or her obligations, the Director of the Master's Program shall issue a written reminder of his or her obligations, with notification to the Academic Council. If, after a reasonable period of time, the graduate student fails to comply, the Assembly may decide to remove him or her from the Department's graduate



student registry.

3.3.2. Dismissal of graduate students

1. The Departmental Assembly decides on matters of retaking courses for outstanding credits or removal from the program upon the recommendation of the Coordinating Committee, which determines the conditions for retaking courses and the grounds for dismissal included in the Internal Regulations for Graduate Studies.
2. Reasons for dismissal from the Master's program are:
 - a) insufficient progress by the graduate student (as evidenced by non-participation in the educational process, i.e., coursework, exams),
 - b) failure to fulfill other obligations specified in the relevant Regulations,
 - d) conduct that violates academic ethics under applicable law and the code of ethics of the Democritus University of Thrace, e.g., plagiarism
 - e) a request by the graduate student themselves.

3.3.3. Tuition Fees

Students in the Master's Program are required to pay tuition fees. The maximum tuition fee for the Master's Program is "three thousand euros" (3,000). The amount of the tuition fees for the entire program is specified in the Government Gazette establishing the M.S. program.

In proportion to the various benefits provided to students, it is deemed necessary to impose tuition fees regarding:

- Salaries for faculty, administrative, and technical staff of the Master's Program
- Travel expenses for teaching
- Coverage of travel expenses and participation in training activities for faculty members and promotion of the Master's program
- Procurement of software and portable scientific instruments for conducting courses and collecting data for the completion of assignments.
- Maintenance of scientific instruments
- Coverage of expenses for the organization and implementation of educational activities (conferences, workshops, seminars, etc.) of the Master's Program
- Coverage of expenses for consumables

Payment may be made in installments; specifically, the first installment is due upon the



student's enrollment, and the second installment is due before the start of the second semester on the dates specified by the Secretariat. Timely payment of the first installment is a prerequisite for participation in the program.

graduate students are required to settle all their financial obligations on time. Please note that, in the event of withdrawal or interruption of studies, the portion of tuition fees that has already been paid is non-refundable.

Tuition fees are paid into the Special Research Fund Account (ELKE) of the Democritus University of Thrace, which is responsible for managing them. The Master's program offers the possibility of exemption from these fees in accordance with applicable legislation.

Excluded from the above are those students who are exempt from tuition fees. Students of the Master's Program who meet the criteria of the applicable legislation may be exempted from the obligation to pay tuition fees. After the completion of the student admission process to the Program and during the registration period, successful applicants may submit a request for exemption from the obligation to pay tuition fees. Applications not accompanied by the necessary certificates and other supporting documents required by law will not be considered. The acceptance or rejection of the application is announced before the completion of registration and the start of classes. Applicants for tuition fee exemption shall not pay fees until after the completion of the exemption process and only in the event of a negative response. This exemption is granted for participation in a single Master's program.

Tuition fees may be adjusted by decision of the Single-Department School and with the approval of the competent bodies.

3.3.4. Scholarships

In the M.S. program, if the number of students is the maximum allowed, one (1) scholarship will be awarded to a full-time student who has achieved the highest grade in the exams for the courses of the first and second semesters of study. The scholarship consists of an exemption from the obligation to pay tuition fees for the third semester of study.

In the event of a tie, the scholarship will be divided equally among the eligible recipients. If the maximum number of students is not reached, the Coordinating Committee will decide *accordingly*.

The number of scholarships may be adjusted by decision of the Coordinating Committee of the Master's Program based on: i) the number of admitted students, and ii) the number of students exempt from tuition fees in accordance with applicable legislation.

In accordance with the provisions of the applicable legislation, merit-based scholarships and awards may be granted based on academic performance, as well as work-study scholarships to students for their participation in research, scientific, administrative, technical, and other support work.



Furthermore, by a reasoned decision of the competent bodies, students of the Master's Program may be exempted, in whole or in part, from the obligation to pay tuition fees, provided they contribute to the program.



CHAPTER D

Organization of the Postgraduate Program

The educational process of the M.S. program may be conducted: a) in person, b) through synchronous distance learning methods, c) through asynchronous distance learning methods, d) through a blended learning system.

The educational process of the M.Sc. program is organized using a blended learning system (in-person, using synchronous distance learning methods, using asynchronous distance learning methods).

Classes begin on the last Monday of October and end after 13 weeks of instruction per semester. At the start of each semester, the semester schedule is drawn up. Each course is taught by one or more instructors. For each course, the Assembly appoints one instructor as the course coordinator.

Courses are assessed through a written or oral exam, an assignment, a presentation, a report, or a combination of the above. The exact form of assessment is determined by the instructor(s) in relation to the nature of each course.

The assessment criteria for each course are announced at the beginning of the course by the faculty member responsible for or coordinating the course.

For courses in which grading is based on assignments and/or a final written exam, the following applies:

- 1) Winter semester courses are examined in February (1st exam period) and September (2nd exam period).
- 2) Spring semester courses are examined in June (1st exam period) and September (2nd exam period).

For courses requiring the submission of an assignment, the assignment must be submitted during the corresponding exam period. Each exam period lasts two weeks.

For teaching via distance learning methods, the proportion of asynchronous distance learning shall not exceed 25% of the ECTS credits of the Department of Physical Education and Sports Science has the appropriate infrastructure to support distance learning (teleconference rooms and licenses for appropriate teleconference and e-learning software). To ensure smooth participation in lectures conducted via distance learning methods (synchronous and asynchronous), the graduate student must have the necessary technological equipment—appropriate electronic devices (computer or tablet) and internet access.

A detailed description of the course content and the method of student assessment is provided in the respective course syllabi. The syllabi are posted on the program's e-learning platform (eclass) and on the program's website, and are updated by the course instructor.



Attendance is mandatory and is monitored by the instructor. Up to three (3) absences {for example} are permitted for each course. If the number of absences exceeds three (3) and the reasons for absence are serious (excluding professional obligations), then, upon request by the graduate student concerned, the case is reviewed by the Coordinating Committee of the M.S. program, which approves or rejects the request and submits a recommendation to the Departmental Assembly for final approval.

Postgraduate programs are evaluated internally within the framework of the Internal Quality Assurance System (IQAS) in accordance with Article 215 of Law 4957/2022 to ensure their quality.

MS programs must be accredited by the Hellenic Accreditation Agency (HEA) prior to their commencement in accordance with paragraph 7 of Article 80 of Law 4957/2022 and are evaluated periodically in accordance with Article 87 of the same law.

4.1. Curriculum

The total number of European Credit Transfer and Accumulation System (ECTS) credits required to earn the M.A. is ninety (90), with a program duration of three (3) semesters. The eight (8) courses offered (60 credit units) are distributed across the first two semesters of study (A, B) and the writing, public presentation, and successful evaluation of the master's thesis or the completion of an internship (30 credit units) in the third semester. The language of instruction for the courses is Greek; the Internship Report must be written in Greek, while the thesis may be written in either Greek or English.

Each required course consists of thirty-nine (39) instructional hours.

To earn the M.A., students must successfully complete all required courses and pass the evaluation of their Master's Thesis (MT) or Internship (IP). The table below presents the academic credit units per course and for the program as a whole. Each ECTS corresponds to 25 hours of coursework.

The detailed curriculum of the three-semester MSc program is as follows:

FIRST SEMESTER	
COURSES	ECTS
Tools and Techniques in Functional Exercise	7.5
Overuse syndromes and spinal dysfunctions	7.5
Injuries in athletes and trainees	7.5
Test & Evaluations in Functional Training of Injured Athletes	7.5
Total credits for the first semester	30

SECOND SEMESTER	
COURSES	ECTS



Individualized Physical Condition Exercise	7.5
Design of Prevention and Functional Return to Play Programs	7.5
Communication and Counseling in Injured Athletes and Trainees	7.5
Biomechanics of Musculoskeletal Injuries	7.5
Total Credits for the Second Semester	30

THIRD SEMESTER	
COURSES	ECTS
Master's Thesis (M.Th.) or Internship	30
Total credits for the third semester	30
TOTAL CREDITS FOR THE MASTER'S PROGRAM (ECTS)	90

Each course is taught by one or more instructors. For each course, the School Assembly appoints one instructor as the course coordinator following a recommendation by the Master's Program Coordinating Committee (CPC).

Courses will be conducted using a blended learning system (in-person, synchronous, and asynchronous distance learning). The percentage of instruction hours using asynchronous distance learning methods should not exceed 25%. A detailed description of the above courses is provided in their respective syllabi. The syllabi are posted on the program's e-learning platform (eclass) and are updated by the course instructor.

4.2. Brief Description (Syllabus) of M.Sc. Courses

Course Title	TOOLS AND TECHNIQUES IN FUNCTIONAL EXERCISE
Recommended semester	1 st semester of the Master's Program



Course Content and Objectives	<p>The course aims to provide an understanding of the underlying causes of musculoskeletal pain, as well as techniques that can help alleviate it and improve the patient's body control and posture.</p> <p>Upon successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • understand the myology and functional anatomy of the body • understand all necessary information regarding muscle activation (types, movements, levels) • understand the methods of muscle activation and the criteria for selecting them when designing functional rehabilitation programs • understand eccentric muscle activation and apply it in the process of prevention and functional management following an injury • understand the causes of musculoskeletal pain in the upper extremities, lower extremities, and trunk • design prevention, intervention, and rehabilitation programs for athletes and exercisers experiencing musculoskeletal pain in the upper extremities, lower extremities, and trunk. • are familiar with the methods and options for immediate first aid and treatment of injured tissue, including ice therapy, heat therapy, and their effects • know how to apply myofascial release to the upper and lower extremities • understand motor control and design an exercise program to improve motor control • be familiar with techniques for improving muscle elasticity
Delivery Method	<p>The educational process is conducted either through in-person lectures by instructors, or through remote (synchronous) lectures by instructors, or through remote (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or through any other appropriate method that, in the instructors' judgment, contributes to the most thorough scientific approach of the subject matter and the student's training.</p>



Student Assessment	<p>Language of assessment: Greek.</p> <p>Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods appropriate to the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.</p>
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Course Title	OVERUSE SYNDROMES AND SPINAL DYSFUNCTIONS
Recommended semester	1 st semester of the M.Sc. program
Course Content and Objectives	<p>The course aims to provide an understanding of overuse syndromes and spinal dysfunctions that occur in athletes and exercisers, as well as the organization and design of functional exercise programs for individuals exhibiting overuse syndromes and spinal dysfunctions. Upon successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • understand the treatment options available for lower extremity overuse syndromes and design functional exercise programs for the injured individual. • design rehabilitation programs for Achilles tendinopathy. • be familiar with the treatment options available for cartilage injuries and design functional exercise programs for the injured patient • be familiar with the treatment options available for shoulder conditions and design rehabilitation and functional exercise programs for the injured patient • be familiar with treatment options for adductor syndrome, including conservative treatment and surgical intervention • design prevention and functional reintegration programs for individuals with anterior abdominal wall syndrome • understand the causes of pain in the cervical and lumbar spine, and design prevention, intervention, and rehabilitation programs for individuals with chronic pain in the cervical or lumbar spine. • understand spinal deviations—lordosis, kyphosis, and scoliosis— and design corrective exercise programs for athletes and trainees exhibiting spinal deviations. • understand the causes leading to the development of epicondylopathy and to design programs for the prevention, intervention, and



	<p>functional reintegration programs for athletes and trainees who have developed patellofemoral pain syndrome.</p> <ul style="list-style-type: none"> • understand the causes of anterior patellofemoral pain and design rehabilitation and functional reintegration programs for the injured individual
Delivery Method	<p>The educational process is conducted either through in-person lectures by instructors, or through remote (synchronous) lectures by instructors, or through remote (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or through any other appropriate method that, in the instructors' judgment, contributes to the most thorough scientific approach of the subject matter and the student's training.</p>
Student Assessment	<p>Language of assessment: Greek.</p> <p>Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods appropriate to the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.</p>

Course Title	INJURIES IN ATHLETES AND TRAINEES
Recommended semester	1 st semester of the M.S. program

Course Content and Objectives	<p>The course aims to provide an understanding of the circumstances surrounding an athlete's or exerciser's injury and the limitations imposed by each injury, as well as the organization and design of functional exercise programs for athletes and exercisers with injuries.</p> <p>Upon successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • understand the mechanisms of injury to the anterior cruciate ligament of the knee, the surgical management of this specific injury, and design and implement rehabilitation and functional reintegration programs • be familiar with treatment options following a rupture of the posterior cruciate ligament of the knee and be able to design rehabilitation and functional reintegration programs for the injured patient • understand the mechanisms of injury to the medial and lateral
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	<ul style="list-style-type: none"> • be familiar with treatment options following a meniscus tear and design rehabilitation and functional reintegration programs for individuals who have suffered a meniscus tear • be familiar with the most common ankle injuries an athlete may sustain and design rehabilitation and functional reintegration programs for ankle sprains • be familiar with shoulder injuries (dislocation, tendon rupture, rotator cuff tear) and design rehabilitation and functional reintegration programs for athletes and trainees • be familiar with treatment options for patients with fractures or bone edema, and design rehabilitation and functional reintegration programs for athletes and trainees • understand the causes of muscle injuries and design rehabilitation and functional reintegration programs for athletes and exercisers who have suffered muscle strains
Delivery method	The educational process takes place either through in-person lectures by instructors, or through remote (synchronous) lectures by instructors, or through remote (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or through any other appropriate method that, in the instructors' judgment, contributes to a more thorough scientific approach of the subject matter and the student's training.
Student Assessment	Language of assessment: Greek. Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods consistent with the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.
	collateral ligaments of the knee, the options for surgical and conservative management, and design rehabilitation programs and the functional reintegration of the injured person

Course Title	TEST AND EVALUATIONS ON FUNCTIONAL TRAINING OF INJURED ATHLETES
Recommended semester	1 st semester of the M.Sc. program



Course Content and Objectives	<p>The course aims to provide an understanding of the process of assessing and evaluating body composition, range of motion, muscle strength, flexibility, aerobic capacity, and the functional tests necessary for evaluating athletes and exercisers.</p> <p>Upon completion of this course, students will be able to:</p>
	<ul style="list-style-type: none"> • assess an athlete's body composition • conduct a series of functional tests and interpret their results • measure the range of motion in the joints of the upper and lower extremities • conduct balance and neuromuscular control tests of the lower extremities • conduct field tests to assess physical fitness and appropriately design functional rehabilitation programs for athletes and trainees following injury • perform and interpret the 7 motor control tests included in the FMS (Functional Movement Screen) • conduct a series of assessments (strength, mobility, functional tests) of individuals with chronic lower back pain. • perform an isokinetic assessment of the knee joint and interpret the results, providing guidance for the design of appropriate lower-limb exercise programs • conduct jumping ability tests to assess jumping ability and appropriately design functional reintegration programs for athletes and trainees following an injury
Delivery Method	<p>The educational process is conducted either through in-person lectures by instructors or through distance (synchronous) lectures by instructors, or through distance learning (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or by any other appropriate means that, in the instructors' judgment, contributes to a more thorough academic approach to the subject and the student's training.</p>
Student Assessment	<p>Language of assessment: Greek.</p> <p>Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods appropriate to the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.</p>



Course Title	INDIVIDUALIZED PHYSICAL CONDITION EXERCISE
Recommended semester	2 nd semester of the M.A. program
Course Content and Objectives	The course aims to provide students with the knowledge and skills to design and implement a) training units for all physical abilities, b) weekly training plans for athletes in the functional rehabilitation phase.



	<p>Upon successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • design and implement effective training units for endurance, speed, agility, and strength for athletes based on their individual needs. • develop weekly training plans for athletes during the functional reintegration phase • design and implement training sessions based on scientific data
Delivery Method	<p>The educational process takes place either through in-person lectures by instructors, or through remote (synchronous) lectures by instructors, or through remote (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or through any other appropriate method that, in the instructors' judgment, contributes to a more thorough scientific approach of the subject matter and the student's training.</p>
Student Assessment	<p>Language of assessment: Greek.</p> <p>Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods consistent with the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.</p>

Course Title	DESIGN OF PREVENTION AND FUNCTIONAL RETURN TO PLAY PROGRAMS
Recommended semester	2 nd semester of the M.Sc. program
Course Content and Objectives	<p>The purpose of the course includes understanding the philosophy and requirements of designing exercise programs aimed at preventing musculoskeletal injuries, as well as the organization and design of functional exercise programs for athletes and trainees using various tools in the rehabilitation process, such as water, elastic bands, etc.</p> <p>Upon successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • design and implement exercise programs for the prevention of ligament and muscle injuries in athletes and trainees • perform, in accordance with FIFA's training guidelines, the warm-up and injury prevention program for soccer, 11+



	<ul style="list-style-type: none"> • design and implement exercise programs using the Pilates floor exercise manual for the management of musculoskeletal problems • design and implement exercise programs using the Pilates exercise manual on large equipment for the management of musculoskeletal problems • design and implement exercise programs using resistance bands for the upper extremities, lower extremities, and core • understand the specific characteristics of the aquatic environment and design aquatic exercise programs, both for the acute phase of an injury and for chronic musculoskeletal conditions
Delivery Method	The educational process is conducted either through in-person lectures by instructors, or through remote (synchronous) lectures by instructors, or through remote (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or through any other appropriate method that, in the instructors' judgment, contributes to the most thorough scientific approach of the subject matter and the student's training.
Student Assessment	Language of assessment: Greek. Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods appropriate to the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.

Course Title	COMMUNICATION AND COUNSELING FOR INJURED ATHLETES AND TRAINEES
Recommended semester	2 nd semester of the M.A. program
Course Content and Objectives	<p>The course aims to provide an understanding of the behavioral problems and cognitive challenges faced by an injured athlete/trainee during rehabilitation, as well as the counseling intervention techniques that can be applied during rehabilitation.</p> <p>Upon successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • recognize and understand which behavioral and what cognitive challenges a traumatized individual faces



	<p>athletes and trainees during their rehabilitation and understand their reactions.</p> <ul style="list-style-type: none"> • participate, through the application of techniques for managing the reactions of athletes or trainees and enhancing their motivation throughout the rehabilitation program • be familiar with and understand counseling intervention techniques that can be applied by both physical therapists and rehabilitation coaches, specifically tailored to the injured person's needs that arise during their rehabilitation. • design and understand the basic principles of applying pain management techniques for chronic neck or lower back conditions • participate in the different phases of rehabilitation and apply different counseling techniques each time, tailored to the needs of the athlete or trainee.
Delivery Method	<p>The educational process is conducted either through in-person lectures by instructors, or through remote (synchronous) lectures by instructors, or through remote (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or through any other appropriate method that, in the instructors' judgment, contributes to the most thorough scientific approach of the subject matter and the student's training.</p>
Student Assessment	<p>Language of assessment: Greek.</p> <p>Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods appropriate to the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.</p>

Course Title	BIOMECHANICS OF MUSCULOSKELETAL INJURIES
Recommended semester	2 nd semester of the M.Sc. program
Course Content and Objectives	<p>The course aims to provide an understanding of the biomechanical factors related to injuries of the musculoskeletal system, acquiring knowledge regarding the mechanisms of musculoskeletal injuries and the approaches used for their prevention, and presenting methods for assessing the factors responsible for injuries to the musculoskeletal system</p>



	<p>Upon successful completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • understand the normal mechanical function of muscles, bones, tendons, ligaments, and cartilage. • understand the pathomechanics of injuries to muscles, bones, tendons, ligaments, and cartilage • comment on current research issues in the biomechanics of musculoskeletal tissue. • comment on experimental approaches used to evaluate the mechanics of musculoskeletal tissue • critically analyze the current literature and use this literature to address common research questions. • apply knowledge of skeletal tissue biomechanics to current practical problems in the context of rehabilitation and physical fitness.
<p>Delivery method</p>	<p>The educational process takes place either through in-person lectures by instructors, or through remote (synchronous) lectures by instructors, or through remote (asynchronous) lectures by instructors, or through laboratory courses, or through the preparation and presentation of assignments by students, or through any other appropriate method that, in the instructors' judgment, contributes to a more thorough scientific approach of the subject matter and the student's training.</p>
<p>Student Assessment</p>	<p>Language of assessment: Greek.</p> <p>Student assessment may be conducted through written or oral exams, midterm exams, written assignments, a combination of different assessment methods, or other assessment methods consistent with the nature of the educational process. Student assessment is the responsibility of the course instructor and is announced at the beginning of the semester.</p>

By decision of the Assembly of the Single-Department School, following a recommendation from the Coordinating Committee (SC), the distribution of teaching duties is determined, the course schedule is drawn up for each academic semester, and the exact percentage of in-person and distance learning hours for the courses of the M.A. program is established.

4.3. Master's Thesis or Internship.

4.3.1. Master's Thesis (MT)

The graduate student is required to complete and successfully defend their master's thesis



during the third semester of study.

The topic must fall within the scope of the M.Sc. program and utilize the knowledge acquired in the program's courses.

The thesis must be written in Greek or English. When writing the thesis, the graduate student must follow the guidelines set forth in the Master's Program's guide for writing graduate theses.

Strict adherence to these guidelines is essential because the thesis is reviewed by the supervising professor and constitutes a fundamental prerequisite for the final grading and acceptance of the thesis by the Examination Committee on the day of the final presentation.

The following provisions apply to the undertaking, preparation, and defense of the Master's Thesis:

A. Application - Submission of Topic

By the end of the second semester of study, the graduate student submits an application stating the proposed title of the thesis, the proposed advisor, and a summary of the proposed thesis to the Coordinating Committee, through the Secretariat of the Master's Program, with the advisor's consent.

Graduate students who do not submit their application within the time limits specified in the Regulations shall, at their own risk, postpone the start of their thesis work by at least one academic semester.

B. Supervision of the Master's Thesis (M.T.)

The following are eligible to supervise theses:

- a) Faculty members, Special Teaching Staff, Technical and Laboratory Staff, and Special Laboratory Teaching Staff of the Department or other Departments of the Democritus University of Thrace or another domestic or foreign university or Higher Military Educational Institution (ASEI) with additional employment beyond their statutory obligations, if the graduate program charges tuition fees,
- b) full professors or retired faculty members of the Department or other Departments of the Democritus University of Thrace or another domestic or foreign university
- c) visiting professors, d) adjunct instructors,
- e) visiting professors or visiting researchers,
- f) researchers and specialist operational scientists from research and technology bodies under Article 13A of Law 4310/2014 (A' 258) or other domestic or foreign research centers and institutes, provided that they hold a doctoral degree.

The Assembly of the Single-Department School, upon request by the graduate student,



appoints the supervisor of the Master's Thesis and forms a three-member examination committee for the approval of the thesis, one of whose members is the supervisor.

The Master's Thesis is prepared by the graduate student and constitutes the product of original scientific research. For this purpose, graduate students sign a declaration of non-infringement of intellectual property.

It is not possible to change the topic of the student's master's thesis, except by decision of the Coordinating Committee following a substantiated recommendation by the supervising professor.

In exceptional cases of loss, objective inability to perform supervisory duties, or for a compelling reason, the supervisor or a member of the Three-Member Examination Committee may be replaced following a decision by the Coordinating Committee of the Master's Program.

C. Presentation and Completion of the Master's Thesis

In order for the Master's Thesis (M.T.) to be approved, the student must defend it before the three-member examination committee.

The presentation takes place as part of a public process, on dates set by the Executive Committee of the Master's Program in February, June, or September, before a three-member examination committee; students may attend the final evaluation only if they have successfully completed all exams in all courses.

The final evaluation is completed with the presentation of the Master's Thesis.

In the event of a negative evaluation, the graduate student has the option, after revising the thesis in accordance with the comments of the three-member examination committee, to present it on the next scheduled date.

Prior to the presentation of the thesis to the three-member examination committee, the graduate student is required to either publish the Master's Thesis or a portion thereof, either through a presentation (oral or as a poster presentation)

at a scientific conference, symposium, or workshop in Greece or abroad that has a scientific committee and publishes proceedings, or in a reputable scientific journal.

Plagiarism, copyright infringement, or any form of fraud in the M.Sc. program process or research results entails expulsion from the M.Sc. program by decision of the Departmental Assembly and constitutes a disciplinary offense. If the violation is discovered after graduation, the Assembly initiates procedures to revoke the Master's degree.

Master's theses, once approved by the examination committee, are posted on the School's website.



4.3.2. Internship (P.A.)

By decision of the Assembly of the Single-Department School, following a recommendation by the Coordinating Committee of the M.S.P., the Internship Coordinator is appointed from among the members of the Teaching and Research Staff (T.R.S.) or Special Teaching Staff (S.T.S.) who teach in the M.S.P. Their role is to provide general oversight of the internship process within the curriculum and to coordinate with internship supervisors and host organizations.

The Internship is directly relevant to the subject matter of the Master's Program; that is, it takes place within the student's field of study with the aim of linking graduate studies to their practical application in the workplace, and it is expected that students will gain work experience in new areas, experience the practical application of new knowledge, and prepare for new work environments or conditions.

By the end of the second semester of study, the graduate student submits an application, indicating the proposed thesis advisor, through the Secretariat of the Graduate Program, with the advisor's consent.

Graduate students who do not submit their application within the time limits specified in the Regulations shall, at their own risk, postpone the start of their internship by at least one academic semester.

The internship corresponds to 30 credit units (ECTS), which collectively reflect the scope of the student's obligations for its completion.

A. The Internship Supervisor

The Internship Supervisor may be one of the faculty members of the Master's Program, either selected by the student or appointed by a decision of the Assembly

of the Single-Department School following a recommendation by the Coordinating Committee of the Master's Program, in the event that the graduate student has difficulty finding a supervisor for the internship, upon their written request.

B. Location of the Internship

The internship may be conducted at any location where activities related to the subject matter of the Master's Program take place. Examples include sports teams, training centers, gyms, senior citizen centers, medical centers, private clinics, rehabilitation centers, physical therapy clinics, convalescent centers, etc.

The Coordinating Committee of the Master's Program recommends internship and training sites from which students may choose to complete their internship.

For working students, the internship will take place outside of the student's regular work hours.



Prior to the start of the internship, a special form, duly signed, must be completed with the details of the organization where the internship will take place.

The internship will be carried out in accordance with the procedures set forth in the applicable legislation.

C. Completion of the Internship

Upon completion of the internship, the student must submit the final report to the email address of the Internship Supervisor, with a copy to the Internship Coordinator.

The graduate student is required to present the internship or part thereof either through a presentation (oral or in the form of a poster presentation) at a scientific conference, symposium, or workshop in Greece or abroad that has a scientific committee and publishes proceedings, or in a reputable scientific journal.

The grade for the research paper is submitted by the Supervisor, and the grading form is accompanied by:

- A Certificate of Completion of the student's Internship, issued by the institution where the internship was conducted.
- A statement from the Supervisor regarding the publication of the internship in a reputable scientific journal or conference proceedings
- Final report.

To complete the internship, the graduate student must strictly follow the instructions provided for its completion.

4.4. Faculty

The assignment of teaching duties in the Master's Program to the categories of instructors provided for by the applicable legislation is carried out by decision of the School Assembly upon the recommendation of the Coordinating Committee.

It is not mandatory to assign teaching duties to all members of the Department's teaching staff who are eligible to teach in the Master's Program, nor are members required to provide their services to the Master's Program if they fulfill their obligations as prescribed by law.

All categories of instructors may be remunerated exclusively from the resources of the Master's Program. No remuneration or other benefits may be paid from the state budget or the public investment program. By decision of the competent body of the Postgraduate Program regarding the assignment of teaching duties, the amount of remuneration for each instructor is determined, provided they fulfill their minimum legal obligations.

By decision of the competent bodies, postgraduate students and doctoral candidates may be



approved to assist in teaching under the supervision of a faculty member of the Postgraduate Program.

4.5. Award of the Diploma

The M.S. program awards a Master of Science (M.S.) degree in “Functional Management of Injuries in Athletes and Trainees.”

The student completes their studies to obtain the M.S. upon successful completion of the required number of courses and the Master’s Thesis or Internship, thereby earning the credit units necessary to obtain a Level 7 qualification under the National and European Qualifications Framework.

A graduating master’s student may receive, even before their official conferral of the degree, a certificate confirming the successful completion of the Master’s Program.

A diploma supplement is attached to the Master’s Degree in accordance with the applicable provisions of Article 15 of Law 3374/2005 and Ministerial Decision Φ5/89656/B3/13-8-07 (Government Gazette 1466, Vol. B).

The Master’s Degree is conferred at a special ceremony held at the Department.

