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Inter-Institutional Postgraduate Program  
“Clinical Exercise & Applications of Technology in Health”



National Centre for Scientific Research “Demokritos”  
Institute of Informatics and Telecommunications  
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## STUDY GUIDE

### Inter-Institutional Postgraduate Program

**Clinical Exercise  
&  
Applications  
of Technology  
in Health**



Edited by  
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Clinical Exercise & Applications of Technology in Health»**

of the Department of Physical Education and Sport Science of the School of Physical Education, Sport Science and Occupational Therapy of Democritus University of Thrace in collaboration with the National Center for Science Research "DEMOKRITOS" - The Institute of Informatics and Telecommunications (IIT)

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## CHAPTER 1

### Operation of the Inter-Institutional Postgraduate Study Program

The Department of Physical Education and Sport Science (T.E.F.A.A.) of the School of Physical Education, Sport Science and Occupational Therapy of the Democritus University of Thrace (D.U.Th.) in collaboration with the National Center for Scientific Research "DEMOKRITOS" (E.K.H.R.E. "DEMOKRITOS") - Institute of Informatics and Telecommunications, have been operating, since the academic year 2018-2019, an Inter-Institutional Postgraduate Program (I.I.P.P.) entitled "***Clinical Exercise and Applications of Technology in Health***", in accordance with Law 4485/2017 (Government Gazette A' 114).

This Study Guide presents the structure and organization of the operation of the I.I.P.P. Any issues or other issues that arise, which are related to the organization and operation of this I.I.P.P. and are not regulated or provided for by the relevant legislation, the Special Cooperation Protocol, the Regulation or this Study Guide, depending on their seriousness, are resolved and decided by the Inter-Institutional Study Program Committee following the recommendation of the Coordinating Committee (C.C.) of the I.I.P.P.

The present regulation of the I.I.P.P. entitled "***Clinical Exercise and Applications of Technology in Health***", may be amended following the recommendation of the Coordinating Committee (C.C.) of the Program and a decision of the competent bodies, in accordance with the applicable legislation

On the website of the I.I.P.P. <https://clinextech.phyed.duth.gr/> all information and announcements of the Program are provided.

#### 1.1. Purpose of the I.I.P.P.

The purpose of the I.I.P.P. entitled "***Clinical Exercise and Applications of Technology in Health***" is postgraduate teaching through interdisciplinary approaches and practical training in the design and implementation of exercise programs and other related interventions for the prevention and rehabilitation of chronic diseases (cardiovascular, metabolic, neurological and musculoskeletal diseases) as well as the applications of technology in health.

This I.I.P.P. has been designed to provide specialized knowledge on the science of Clinical Exercise and the applications of technology in health, through academic and applied teaching and research, using modern interdisciplinary and interdisciplinary approaches and methods of education.



## 1.2. Administrative and operating bodies of the I.I.P.P.

Competent Bodies for the establishment, organization and operation of the Inter-Institutional Postgraduate Program "*Clinical Exercise and Applications of Technology in Health*" in accordance with article 31 of Law 4485/2017, which describes and their responsibilities respectively are:

1. **The Senate of the Democritus University of Thrace** is the competent body for issues of academic, administrative, organizational and financial nature and exercises all the responsibilities related to the I.I.P.P. that are not specifically assigned by law to other bodies.
  
2. **The Inter-Institutional Program Committee** has nine members and is composed of faculty members of T.E.F.A.A. elected by the Assembly of the Department and Researchers nominated by E.K.E.R.E. "DEMOKRITOS" - Institute of Informatics and Telecommunications, in proportion to the number of their lecturers in the I.I.P.P., for a two-year term, as well as two student representatives, elected by the students of the Program, for an annual term. The Special Inter-Institutional Committee exercises the responsibilities of the Department's Assembly as follows:
  - a) makes recommendations to the Senate through the Postgraduate Studies Committee of paragraph 5 of article 32 of Law 4485/2017 on the necessity of establishing the I.I.P.P., in accordance with article 32,
  - b) appoints the members of the Coordinating Committee (C.C.),
  - c) distributes the teaching work among the teachers of the I.I.P.P.,
  - d) sets up a committee for the selection or examination of prospective postgraduate students,
  - e) ascertains the successful completion of the studies in order to be awarded the Master's Degree,
  - f) exercises any other competence provided for by the provisions of Chapter F of Law 4485/2017.

Its President, as well as the Director of the Program, come from the Department that has the administrative support of the program.

The Director of the Program assumes the duties of the Chairman of the Special Interinstitutional Committee (E.D.E.).

3. **The Coordinating Committee (C.C.)** of the I.I.P.P. in accordance with articles 31 and 43 of Law 4485/2017 (A' 114), consists of five (5) members and is elected by the Special Inter-Institutional Committee (E.D.E.) of the I.I.P.P. for a two-year term. The members of the Coordinating Committee are also members of the E.D.E. The term of office of the President of the C.C. can be renewed once. The C.C. is responsible for monitoring and coordinating the operation of the program.



It also decides and makes recommendations to the Assembly regarding the assignment of course teaching, the timetable, the dates of the examinations, the website and the information leaflets of the I.I.P.P., etc.

4. **The Postgraduate Studies Committee**, which consists of the Vice-Rector for Academic Affairs, who serves as President and the Deans of the Democritus University of Thrace, as members and has the responsibilities provided for in article 32 in paragraph 5 of Law 4485/2017.
5. **The Director of the I.I.P.P. is** appointed, together with his/her Deputy, from among the members of the C.C. who hold the rank of professor or associate professor, by decision of the Inter-Institutional Study Committee for a two-year term and is of the same or related discipline as the discipline of the I.I.P.P.

The Director of the I.I.P.P. presides over the C.C., has all the responsibilities provided for in Law 4485/2017 (article 31 par. 8 and article 44 par. 2) and those defined by the Assembly of the Department (article 45 par. 1c) and performs the duties set out in Chapter F of Law 4485/2017 and the Postgraduate Studies Regulation.

Makes recommendations to the competent bodies of the Institution on any issue related to the effective operation of the program.

The Director is assigned the following responsibilities in addition to those arising from the current legislation:

- To convene the Coordinating Committee (C.C.)
- To implement the decisions taken by the Coordinating Committee (C.C.)
- To supervise the smooth educational and administrative operation of the I.I.P.P.
- To represent the I.I.P.P. in any body, natural or legal person.

The Director is not entitled to additional remuneration for his administrative work.

At the end of the term of office of the C.C., under the responsibility of the outgoing Director, a detailed report is drawn up of the research and educational work of the I.I.P.P., as well as its other activities, with the aim of upgrading studies, better utilization of human resources, optimization of existing infrastructure and the socially beneficial use of the available resources of the I.I.P.P.

For the preparation and implementation of the report, the Director is assisted by the Special Account for Research Funds of the Democritus University of Thrace.

The Director of the I.I.P.P., as the Scientific Coordinator of the respective project, issues and signs the payment orders for the relevant expenses and co-signs the project assignment contracts, in accordance with the approved budget. In addition, the Scientific Coordinator is responsible for the proper implementation and certification of the physical object of the I.I.P.P. and the expediency of the expenses associated with its execution and monitors its financial object.



Also according to par. 5 of article 30 of Law 4485/2017, the Rector's Council of the Democritus University of Thrace has the responsibility of complying with the law, regarding the organization and operation of the I.I.P.P. and the Postgraduate Studies Regulation.

### **1.3. Administrative support of the I.I.P.P.**

The administrative support of the I.I.P.P. is provided by the Department of Physical Education and Sports Science (accelerating Department) of the School of Physical Education, Sports Science and Occupational Therapy of the Democritus University of Thrace, where the Secretariat of the I.I.P.P. operates, which deals with the various issues for the operation of the program.

The administrative and technical support of the I.I.P.P. may be assigned to administrative and technical staff serving in the collaborating bodies as well as to external partners.

### **1.4. Logistical Infrastructure**

For the implementation of the Inter-Institutional Postgraduate Program, the existing material and technical infrastructure (classrooms, libraries, laboratory equipment, computer and teleconferencing rooms) of the Department of Physical Education and Sport Science of the School of Physical Education and Sport Science of the Democritus University of Thrace and the National Center for Scientific Research "DEMOKRITOS" is used.

### **1.5. Funding - Financial Management of the Master's Program**

The I.I.P.P. is self-funded and its funding comes mainly from the tuition fees paid by postgraduate students. Other resources of the I.I.P.P. may be from the budget of the Democritus University of Thrace, the budget of the Special Account for Research Funds (E.L.K.E.), sponsorships of public or private sector bodies, legal or natural people or resources from research and education, training or training programs or from any other legal cause.

For the entire program, the tuition fees amount to a maximum of 3,000 euros. By decision of the SIC and the approval of the competent bodies, the tuition fees may be adjusted.

The income of the I.I.P.P. is managed by the Special Account for Research Funds of the Democritus University of Thrace (E.L.K.E.-D.U.TH.).



### 1.6. Evaluation of I.I.P.S.

Ensuring the quality and continuous improvement of the program, the educational and research process, is the obligation of its operating factors.

1. The curriculum, teachers and students are subject to a continuous system of internal and external evaluation, in accordance with the standards in force in the internal Quality Assurance System (MODIP) of the Democritus University of Thrace.

At the end of each semester, an evaluation of each course and each instructor is carried out by the postgraduate students. An evaluation of the courses (in terms of content, the knowledge provided, its importance for their cognitive development and its application in the work environment) and of the teachers (in terms of consistency, organization, cognitive level and the general quality of their teaching) is carried out electronically, through the Information System of the Quality Assurance Unit.

2. At the end of the term of office of the C.C., under the responsibility of the outgoing Director, a detailed report is drawn up of the research and educational work of the I.I.P.P., as well as its other activities, with the aim of upgrading studies, better utilization of human resources, optimization of existing infrastructure and the socially beneficial use of the available resources of the I.I.P.P..
3. The internal and external evaluation procedures, as well as quality assurance and certification, provided for by Law 4009/2011 (A' 189).
4. External academic evaluation of the I.I.P.P. is carried out by a six-member Scientific Advisory Committee (E.S.E.). which is responsible for the external academic evaluation of the I.I.P.P. (article 44 par. 3 of Law 4485/2017).



## CHAPTER 2

### Study Instructions

#### 2.1. Number of Admissions

The number of admissions per year is set at a maximum of 34 postgraduate students.

The members of the categories E.E.P., E.DI.P. and E.T.E.P. are admitted as supernumerary in accordance with article 34 par. 8. of Law 4485/2017.

In addition, the maximum number of postgraduate students per instructor of the I.I.P.P. is 2 (30/15) while the maximum number of postgraduate students of the Department in relation to the number of undergraduate students of the Department is 0.12 (178/1475) and in relation to the number of teaching staff of the Department is 3.35 (178/53) (article 45 par. 1b of Law 4485/2018)

#### 2.2. Categories of Candidates for study in the I.I.P.P.

In the Inter-Institutional Postgraduate Program. "*Clinical Exercise and Applications of Technology in Health*" are accepted:

1. Graduates of the first cycle of studies of Universities (Universities and Technological Educational Institutes) of the country or equivalent institutions abroad, as defined by the Ministry of Education, Research and Religious Affairs, provided that the first cycle degree from a foreign institution has been recognized by the Interdisciplinary Organization for the Recognition of Academic Titles and Information (D.O.A.T.A.P.), in accordance with Law 3328/2005 (A' 80).
2. The members of the categories E.E.P., as well as E.DI.P. and E.T.E.P. may, upon their application, be registered as supernumerary, and only one per year and per I.I.P.P., provided that the degree and the work they perform are relevant to the subject of the I.I.P.P.. (Article 34 par. 8 of Law 4485/2017).

#### 2.3. Procedure and Criteria for the Selection of Admissions

##### i) Call for Expression of Interest

On dates set by the Postgraduate Studies Committee, the Department issues a call for expressions of interest by announcing positions with an open procedure for the admission of graduates to the I.I.P.P.

The Call for Expression of Interest states the admission requirements, the categories of graduates and the number of entrants, the method of admission, the



selection criteria, etc., the deadlines for submitting applications as well as the supporting documents required.

The applications together with the necessary supporting documents are submitted to the Secretariat of the relevant Department.

#### **ii) Admissions Selection Committee**

The selection of entrants to the I.I.P.P. is made by the *Admissions Selection Committee*, which is formed by decision of the Special Interinstitutional Committee (SIC) following a recommendation by the Coordinating Committee (C.C.) of the Program.

It consists of three members, who are faculty members of the Department of Physical Education and Sports Science of the Democritus University of Thrace as well as researchers of the E.K.E.F.E. "DEMOKRITOS, who have undertaken postgraduate work.

The committee evaluates all the candidacy files that meet the requirements and the final scoring of the candidates is made only for the documents accepted by the Committee.

The list of successful candidates is validated in any case by the Special Inter-Institutional Committee of the I.I.P.P.

#### **iii) The conditions and selection criteria**

The evaluation of candidates for admission to the I.I.P.P. is based on specific, quantitative and/or qualitative criteria that are made known to the candidates with the announcement of the I.I.P.P. of the candidates are specific, quantitative and/or qualitative, and are made known to the candidates with the announcement of the I.I.P.P.

The requirements for admission to the Program are:

- a) Degree of a Higher Education Institution
- b) Good knowledge (B2) of one of the languages English, French, German, Italian, Spanish.

The language certificates submitted by the candidates are evaluated on the basis of the language proficiency table used in ASEP.



### The Selection Criteria of the candidates are:

The evaluation of candidates for admission to the Program is done by taking into account the following criteria. The points corresponding to each criterion work cumulatively, but it is not necessary for the candidate to meet all of them. All criteria are measurable and give a certain number of points on a case-by-case basis. In particular:

1. Degree grade (Maximum 20 points): Points are awarded based on the degree grade multiplied by a factor of 2.
2. Oral or posted announcements or articles in scientific conferences or journals in Greece or abroad (Maximum 15 points, 5 points for each):  
The 1st author is awarded 5 points in all cases (announcements, publications, etc.), the 2nd author with 3 points and 1 point each in the other positions.
3. Proven professional experience (Maximum 15 points, 3 points for each year): Five years of professional experience, 60 months maximum, with 0.25 points per month.
4. Participation in a research or European project (maximum 15 points, 5 points per project)
5. Second degree from another Department of a University (25 points) or a TEI (15 points)\*  
*\*The maximum score in this criterion cannot exceed 25 points.*
6. For holders of certificates in the foreign language at a level higher than B2 (good knowledge), 10% of the points collected are added.

Following the recommendation of the Inter-Institutional Program Committee, the details of the application of these criteria are determined, which are mentioned in the call for expression of interest and are taken into account during the selection.

#### iv. Selection procedure

The relevant files of the interested parties are submitted at a specific time of each year, on dates specified in the call for expressions of interest.

Candidates are advised to carefully check the instructions regarding each individual criterion for their scoring, so that the file is submitted in its entirety on the predetermined dates. Supplementary, incomplete or deferred documents are not accepted.



### The selection process is as follows:

- 1) Initially, a complete list of those who have submitted an application is drawn up by the Secretariat of the I.I.P.P.
- 2) The *Admissions Selection Committee* :
  - i. rejects candidates who do not meet the requirements.
  - ii. ranks the candidates in terms of points and proceeds to the pre-publication of the provisional selection list and announces the duration of the objections.
  - iii. After the examination of the objections and based on the final score of the candidate, he/she prepares the final selection list in order of merit.
- 3) The final list of successful candidates is validated by the Inter-Institutional Study Committee, posted on the bulletin board and on the website of the I.I.P.P..

In case of a tie, all tied candidates are admitted, provided that they do not exceed 30. In the event that the maximum number of entrants to the I.I.P.P. is reached, the candidate with the highest degree grade is admitted.

In addition, members of the categories E.T.E.P., E.DI.P. and E.E.P. can be registered as supernumeraries upon their application and only one per year.(Article 34 par. 8 of Law 4485/2017).

The successful candidates, after being informed by the Secretariat, are invited to respond in writing within three (3) days as to whether they accept their inclusion in the I.I.P.P. and its terms of operation. The non-response of the selected candidate within the above deadline is equivalent to refusal of acceptance and the Secretariat of the I.I.P.P. informs the next in the evaluation order from the relevant list of successful candidates.

#### iv. Enrollment in the I.P.P.S.

The Secretariat of the I.I.P.P. announces the duration of the registrations as well as the required supporting documents.

To enroll in the I.I.P.P., successful candidates must come in person to the Secretariat or send the relevant support documents by post. The registration is considered to have been completed when all the required supporting documents are submitted.

The places of the successful candidates who will not register on time are filled by other successful candidates from the list of runners-up based on the order of success.



## 2.4. Orientation of First Year Students

At the beginning of the courses of the first semester of studies, at the T.E.F.A.A. of the Democritus University of Thrace, a reception of first-year students is organized, which includes a tour of the Department's premises (halls, amphitheatres, secretariat, library, computer rooms, etc.) and information on:

1. the Postgraduate Program,
2. the digital services offered by the Foundation;
3. the European Student Mobility Programmes (ERASMUS) and
4. the institution of the Academic Study Advisor.

In the context of the reception, the meeting of the students with the Advisor Professor takes place, where all the syllabus issues of study and education of the I.I.P.P. are discussed.

## 2.5. Academic Study Advisor

At the T.E.F.A.A. of the Democritus University of Thrace, the institution of the "Academic Study Advisor" is active, who collaborates with each student throughout his/her studies, providing information about his/her studies and acting as the recipient of his/her concerns, questions and concerns.

During the reception of first-year students, all students are allocated to corresponding "Advisor Professors" and communication between them is renewed at regular intervals determined by both sides, or the possibility of students communicating freely with their "Academic Study Advisor" is freely provided during the office hours of communication between the Professors and the students.

## 2.6. Duration of Studies

### 2.6.1. Duration of study

The normal duration of study in the I.P.P.S. "*Clinical Exercise and Applications of Technology in Health*" is defined in three (3) semesters. The successful completion of all the courses offered, as they are divided into the first two (A and B) semesters, as well as the preparation of a Postgraduate Diploma Thesis or the implementation of an Internship in the last (C) semester of studies, is required.

The beginning and end of the semesters is determined by the C.C. Each semester lasts thirteen (13) full weeks.

The master's degree is awarded at the end of the third semester of studies, provided that all the obligations of study in the I.I.P.P. have been completed.



The postgraduate student is obliged to complete his/her postgraduate studies within three times the duration of the I.I.P.P.

### 2.6.2. Suspension of Studies

In exceptional cases, postgraduate students are provided, upon submission of a relevant application, with a temporary suspension of studies, which may not be less than one (1) semester or exceed two (2) consecutive semesters of study.

During the suspension, the graduate student loses student status. The time of suspension is not counted in the maximum duration of regular attendance. Upon his/her return to study, the student continues to be subject to the study regime of his/her registration time as a postgraduate student.

The suspension is granted by decision of the Inter-Institutional Program Committee, following the recommendation of the C.C. and only if there are serious personal or family reasons. The attendance of another educational program or another Postgraduate Program does not constitute a serious reason for the granting of suspension. The Steering Committee examines applications and decides on a case-by-case basis.

### 2.6.3. Extension of Studies

Postgraduate students may be granted an extension of their studies, if there are serious reasons that can support it for up to one year following a decision of the Inter-Institutional Program Committee, which examines the applications and decides on a case-by-case basis.

### 2.6.4. Deletion of postgraduate students

The Inter-Institutional Program Committee decides on issues of expulsion, following a proposal by the Coordinating Committee. Reasons for deletion are:

- a) the insufficient progress of the postgraduate student (which is documented by non-participation in the educational process, i.e. attendance, examinations),
- b) the improper fulfillment of other obligations defined by this Regulation,
- c) behavior that violates academic ethics, such as e.g. in the case where problems incompatible with the rules of academic ethics are found and there is a violation of the provisions on intellectual property
- d) exceeding the maximum time for the completion of studies in accordance with the provisions of Article 8 of this Regulation.
- e) failure in the re-examination of a course or courses in accordance with par. 6 of article 34 of Law 4485/2017.



f) at the request of the postgraduate student himself.

### 2.6.5. Study Regulations – Evaluation of postgraduate students

1. Postgraduate students enroll and participate in the I.I.P.P. under the terms and conditions of the regulation that governs it.
2. The teaching of the courses aims to deepen in individual fields of the scientific subject taught, to cultivate the critical thinking of students as well as to acquaint them with the scientific method of research and writing, it is carried out either with suggestions by the teachers or in the form of scientific discussions, or with the preparation and presentation of papers by the students, or in any other appropriate way that, at the discretion of the teachers, contributes to the most complete scientific approach to the subject and the training of the student. At the beginning of each academic semester, the lecturers make sure to update and post the content of the courses on the Postgraduate Program's website.
3. Students of the I.I.P.P. must attend all the courses of the program and actively participate in the discussions, presentations and other research activities of the I.I.P.P.. For the teaching of the courses, live teaching methods, e-learning systems and online applications, intensive courses and any other method deemed appropriate by the C.C. may be used for the proper functioning of the educational process (e.g. workshops, seminars, study visits, etc.). Their attendance is checked by the teachers and their performance is constantly evaluated by them. In all courses, workshops, practical exercises, participation is compulsory for all postgraduate students.
4. In the event of loss of teaching hours due to any reason, the teachers make up for it on days and hours that are announced in time.
5. The offered courses can also be attended by a limited number of doctoral candidates by decision of the Special Inter-Institutional Committee following the recommendation of the C.C. of the I.I.P.P..
6. The declaration for the preparation of a Postgraduate Diploma Thesis (MSc) and the implementation of an Internship (PA), in the third semester, is made before the end of the second semester.  
A change of declaration is allowed up to the 1st fortnight of the third semester.  
A change of declaration after the lapse of the above fortnight is allowed upon the student's request and on the condition that the preparation of the Master's Degree or the realization of the Internship takes place in the next academic semester.
7. The maximum number of absences allowed is set at 15%. In the event that the presence of students in the course is deemed incomplete, their participation in



- the examinations is not allowed and they are considered unsuccessful in the course.
8. After the end of the courses of each teaching semester, an examination period follows. There are three examination periods: February (winter), June (spring) and September (repeat). The examinations and the way they are conducted are the responsibility of the teacher in charge of the course and are announced before the start of the course.
  9. The re-examination is not allowed in order for the student to improve his grade.
  10. If the postgraduate student fails the examination of a course or courses more than three times and is considered not to have successfully completed the program, he/she is examined, upon his/her request, by a three-member committee of faculty members of the I.I.P.P., who have the same or related subject to the course being examined and are appointed by the Special Inter-Institutional Committee. The lecturer in charge of the examination is excluded from the committee (par. 6 of article 34 of Law 4485/2017).
  11. The grading scale for the evaluation of postgraduate students' performance for all courses, diploma thesis, and internships ranges from 0-10 and the pass grade is 5 and above on a scale of 0-10.
 

The student who received a grade of five (5) or more is considered to have succeeded.

The grading scale is defined as follows: good (5 to 6.49), very good (6.500 to 8.49), excellent (8.50 to 10).
  12. For the calculation of the grade of the postgraduate diploma, the grade of each course and the diploma thesis is multiplied by the corresponding number of credits and the sum of the individual products is divided by the total number of credits required to obtain the Master's Degree.
 

The grade is calculated to the second decimal place.

The Master's degree is marked "good" [for students with a grade point average of 5 to 6.49], "very good" [for students with a grade point average of 6.50 to 8.49] and "excellent" [for students with a grade point average of 8.50 to 10].
  13. For the implementation of any thesis in the context of a course or the Postgraduate Diploma Thesis, the student is obliged to indicate the source of origin in cases where he uses information, ideas, opinions, etc. of other authors.
 

It is the individual responsibility of the postgraduate student to follow the rules of academic ethics and to avoid practices that lead to a violation of the provisions on intellectual property because, according to the current legislation, sanctions will be imposed by the competent bodies.



14. Postgraduate students may support the research process and the general operation of the I.I.P.P. by participating, for example, in research programs, in the organization of conferences and other scientific events.

### 2.6.6. Rights and benefits

Postgraduate students have all the rights, benefits and facilities provided for students of the first cycle of studies until the end of any extension of studies granted, except for the right to provide free textbooks.

### 2.6.7. Obligations of postgraduate students

Postgraduate students have the following obligations:

- To continuously attend the courses of the Program of Study and to actively participate in the discussions, presentations and other research activities of the Program.
- Submit the required papers within the specified deadlines.
- To attend the prescribed examinations.
- Submit within the specified deadlines:
- the declaration of the completion of a Master's Thesis accompanied by a solemn declaration that the diploma thesis follows the rules of academic ethics and avoids practices that lead to a violation of the provisions on intellectual property because, according to the applicable legislation, sanctions will be imposed by the competent bodies or b) the declaration of the Internship.
- Pay the tuition fees as set out in this Regulation
- To respect and comply with the Postgraduate Studies Regulation, the decisions of the bodies of the Postgraduate Program, the Department and the Democritus University of Thrace, as well as academic ethics.

### 2.6.8. Tuition fees

Students of the I.I.P.P. are obliged to pay tuition fees.

The amount of tuition fees for the I.I.P.P. is defined in the Call for Expression of Interest following a proposal by the C.C.

The possibility of partial payment is provided, namely the first installment upon the student's enrollment and the other two installments before the start of the second and third semesters on the dates set by the Secretariat.

The payment of tuition fees is made to the Special Account for Research Funds (E.L.K.E.) of the Democritus University of Thrace, which is responsible for their management.

Students of the I.I.P.P. whose income (individual or family) do not exceed one hundred percent (100%) of the national median disposable equivalent income are exempt from tuition fees, and seventy percent (70%) of the national median disposable



equivalent income, according to the most recently published data of the Hellenic Statistical Authority.

Exempt students should not exceed thirty percent (30%) of the total number of students admitted to the I.I.P.P., if they have not received a corresponding exemption for their participation in another I.I.P.P.

If the beneficiaries exceed the above percentage, they are selected in order of ranking starting from those with the lowest income.

For the implementation of this paragraph, the Committee established pursuant to case d' of paragraph 3 of article 31 of Law 4485/2017 shall take into account the income of the last tax year, for which at the time of selection in the I.I.P.P. the tax clearance has been completed, in accordance with the provisions of the Income Tax Code.

The application for exemption from tuition fees is submitted by the interested party to the Secretariat of the I.I.P.P. after the completion of the selection process of the successful candidates. The financial situation of a candidate is in no way a reason for non-selection in the I.I.P.P.

Those who receive a scholarship from another source are not entitled to an exemption from tuition fees.

### **2.6.9. Scholarships**

The I.I.P.P. provides one (1) scholarship to a full-time student who has obtained the highest score in the examinations of the courses of the first and second semester of studies. The scholarship consists of exempting the student from the obligation to pay the tuition fees of the third semester of studies.

Scholarships for postgraduate studies are also provided by other bodies, such as IKY, Ministry of Education, GSRT, Community Programs, other Institutions and organizations, public or private.

In case a postgraduate student has a scholarship or a grant from another institution, he/she is not entitled to a scholarship from the I.I.P.P.



## CHAPTER 3

### Program Study

#### 3.1. Curriculum

To obtain the Master's Degree, students must complete at least three (3) academic semesters of full-time study (1st, 2nd, and 3rd semesters). During this period, the student must accumulate the required credit units from the courses and successfully complete either the Master's Thesis or the Internship.

All offered courses are compulsory and are delivered through intensive study, combining face-to-face instruction and distance learning using digital educational materials, learning systems, and online teaching platforms.

The Master's Degree is awarded upon completion of the third semester, provided that all academic obligations of the MSc Program have been fulfilled.

Postgraduate students are required to complete their studies within a maximum period equal to three times the standard duration of the MSc Program.

#### 3.2. Courses Description

The courses are divided into the two teaching semesters as follows:

1 <sup>st</sup> SEMESTER				
ID	COURSE	TYPE OF COURSE	TEACHING HOURS	ECTS
K101	Musculoskeletal Diseases and Exercise	Compulsory	39	7,5
K102	Neurological Diseases and Exercise	Compulsory	39	7,5
K103	Cardiovascular /Metabolic Diseases and Exercise	Compulsory	39	7,5
K104	Designing therapeutic aqua exercise programs	Compulsory	39	7,5
<b>TOTAL CREDITS - 1<sup>st</sup> SEMESTER</b>				<b>30</b>
2 <sup>nd</sup> SEMESTER				
ID	COURSE	TYPE OF COURSE	TEACHING HOURS	ECTS
K201	Research Methodology in Health	Compulsory	39	7,5
K202	ICT and Physical Activity	Compulsory	39	7,5
K203	Applications of Technology in Health	Compulsory	39	7,5
K204	Psychosocial Rehabilitation Techniques	Compulsory	39	7,5
<b>TOTAL CREDITS - 2<sup>nd</sup> SEMESTER</b>				<b>30</b>
3 <sup>rd</sup> SEMESTER				
ID	COURSE	TYPE OF COURSE		ECTS
K301	Master's Thesis	Compulsory		30
	OR			
K302	Student Internship	Compulsory		
<b>TOTAL CREDITS – 3<sup>rd</sup> SEMESTER</b>				<b>30</b>



Each course is taught by one or more instructors. In each course, the Special Inter-Institutional Committee (E.D.E.), appoints a lecturer as the responsible coordinator of the course, following a recommendation by the Coordinating Committee (S.C.) of the I.P.P.S.

The preparation of the teaching program is determined by the C.C. at the beginning of each semester which prepares the timetable. Teaching by means of distance learning does not exceed thirty-five percent (35%).

### **3.3. Description of courses I.P.P.S.**

#### **3.3.1. First Semester Courses**

##### **LESSON K101 - Musculoskeletal Disorders and Exercise**

The aim of the course is for students to understand the most common musculoskeletal diseases and to acquire the necessary knowledge to be able to design rehabilitation programs. More specifically, for each condition that will be mentioned, students will get to know the mechanism of the condition, measures that they should include in rehabilitation programs to reduce its incidence as well as how to design special exercise programs that the trainee will follow for the complete rehabilitation of the condition and reduce the chances of its recurrence.

##### **LESSON K102 - Neurological Diseases and Exercise**

The purpose of the course is for students to understand the ways to improve neuromuscular function and movement in people with various disorders of the functioning of the neuromuscular and musculoskeletal system, through exercise and other interventions. Students will understand the mechanisms of control of posture and movement, proprioception and their interaction with physical abilities. They will also learn how to prevent loss of balance and related falls, with an emphasis on the elderly, through exercise. At the same time, they will gain knowledge about the effects of exercise and other related interventions on people with stroke and Parkinson's disease, as well as about methods of improving gait and movement in general in children with cerebral palsy. In addition, they will get to know the effects of exercise on people with neck and lower back pain, as well as the new methods of intervention in cases of neuromuscular function disorders.

##### **LESSON K103 - Cardiovascular/Metabolic Diseases and Exercise**

The purpose of the course is to present the immediate and long-term reactions and adaptations of the body during exercise which is applied to people with cardiovascular and metabolic diseases. The necessary knowledge about the functions and adaptations of the body in people with chronic diseases concerns metabolism, endocrinology, the



cardiovascular system, the immune system, bone metabolism and the neuromuscular system and provides students with the opportunity to design special protocols and implement specialized exercise programs for people with cardiovascular and metabolic diseases.

#### **LESSON K104 - Design of therapeutic exercise programs in water**

The purpose of the course is to teach the peculiarities of the wet environment and the application of exercise programs in the water. Considering the specific needs as well as the limitations of clinical populations, the humid environment provides the possibility of designing and implementing appropriate exercise programs. Exercise in the humid environment is carried out safely and effectively, improving the functional capacity of people with health problems.

### **3.2.2. Second Semester Courses**

#### **LESSON K201 - Research Methodology in Health**

The purpose of the course is to teach successive steps of planning and carrying out a study in the subjects of the Postgraduate Program by applying the rules followed by a scientific paper. The choice of the topic, the review of the literature, the research approach, the development of the methodology, the collection of data, the presentation of the results, the way of developing the discussion that leads to the conclusions as well as the rules of writing the Master's Thesis are the main topics that are developed in detail in this course. In addition, the aim of the course is to acquire skills and familiarize students with the use of the basic rules of statistical data processing, which are a useful tool and an important means of evaluation for the interpretation of research data results in the field of health.

#### **LESSON K202 - ICT & Physical Activity**

The aim of the course is for students to acquire skills and become familiar with modern methods of assessing physical activity through the use of ICT in all age groups and in special populations. In particular, students will understand the timeless importance of exercise and physical activity as a factor of health and well-being and through ICT applications they will become familiar with the modern principles of prescribing exercise with the aim of promoting an active lifestyle and behavior modification in health issues.

#### **LESSON K203 - Applications of Technology in Health**

The aim of the course is for students to get to know information and communication technologies in the field of health so that they can use them as: a) instruments for collecting and processing data, b) as means of simulation and interaction with the environment and c) as tools for the prevention, treatment and restoration of



the functional capacity of people with health problems. In particular, students will become familiar with the methodology of developing interactive applications and their relationship with physical exercise (exergames) that are an innovative tool in the field of health. In addition, students will learn about the development of applications based on virtual reality that create a user-friendly environment by enhancing the entertainment factor and ensuring a basic motivation to engage in such an activity while improving the indicators of functional ability and quality of life of people with health problems.

### **LESSON K204 - Techniques for the Enhancement of Psychosocial Factors of Rehabilitation**

The aim of the course is to provide specialized knowledge and develop skills on the role of exercise in the prevention, treatment and rehabilitation of people with chronic cardiovascular, metabolic and oncological diseases, with emphasis on the biopsychosocial approach, safety, personalization of interventions and interdisciplinary health care. Postgraduate students a) know the principles of rehabilitation, cardiovascular physiology and the effects of exercise in complex clinical populations, b) critically evaluate medication and its interactions with exercise in chronic and multifactorial diseases, c) interpret and synthesize data on the physiological, vascular and psychological adaptations of exercise in cardiometabolic and oncology patients, d) design and document personalized and safe exercise and rehabilitation programs for cardiometabolic and oncology patients, e) analyze the experience of chronic disease and the needs/obstacles of the patient and family/caregivers, turning them into clinical goals and support strategies, f) use communication and counseling skills for a therapeutic relationship, joint decision-making, goal setting and strengthening commitment to treatment and h) implement and evaluate advanced communication, counseling and motivational skills, adopting the biopsychosocial model and the principles of interdisciplinary care.

### **3.2.3. Third Semester Courses**

#### **K301 - Diploma Master's Thesis or K302 - Internship**

The postgraduate student can either choose to prepare individually and successfully defend his/her Master's Diploma Thesis or carry out an Internship during the third semester of studies.



### 3.2.3.1. Diploma Master's Thesis

In the event that the postgraduate student chooses a Postgraduate Diploma Thesis, its topic must be included in the subject of the I.I.P.P. and make use of the knowledge acquired in the courses of the I.I.P.P. The postgraduate diploma thesis should contain recognizable elements of originality and contribution to scientific knowledge.

In order to write the diploma thesis, the postgraduate student must follow the instructions listed in the Postgraduate Thesis Writing Guide.

Absolute consistency with the instructions is necessary because the dissertation is checked by the Supervisor and is a basic condition for the final grading and acceptance of the dissertation by the Examination Committee on the day of its final presentation.

Regarding the undertaking, preparation and support of the Postgraduate Diploma Thesis, the following are defined:

#### 1. Application - Submission of Topic

By the end of the second semester of studies, the postgraduate student submits an application, in which the proposed title of the diploma thesis, the proposed supervisor is indicated, and a summary of the proposed thesis is attached to the Coordinating Committee, through the Secretariat of the I.I.P.P., with the consent of the supervisor.

Postgraduate students who do not submit the application within the time limits set by the Regulation, postpone at their own risk, by at least one academic semester, the start of the preparation of the diploma thesis.

#### 2. Supervision of Diploma Thesis

The Coordinating Committee, at the request of the postgraduate student, appoints the supervisor of the diploma thesis and establishes in accordance with the provisions of article 34 par. 4 of Law 4485/2017, the three-member examination committee for the approval of the work, one of the members of which is the supervisor.

The diploma thesis is prepared by the postgraduate student and is the product of original scientific research. For this purpose, postgraduate students sign a declaration of non-infringement of intellectual property.

It is not possible to change the subject of the student's postgraduate diploma thesis, except by decision of the C.C., following a reasoned proposal by the supervising professor.



### 3. Presentation and completion of the Master's Thesis

For the Postgraduate Diploma Thesis (M.D.E.) to be approved, the student must defend it before the Three-Member Examination Committee.

The presentation takes place in a public procedure, on dates determined by the C.C. of the I.I.P.P. in February, June or September, before a three-member examination committee and the student can attend the final evaluation, only if he has successfully completed all the examinations in all courses.

The final evaluation is completed with the presentation of the Postgraduate Diploma Thesis.

In the event of a negative judgment, it is possible, after the postgraduate student has improved the thesis according to the observations of the three-member examination committee, to present it on the next specified date.

The postgraduate student has the obligation to publish the Master's Degree or part of it:

1. Either in a reputable scientific journal (printed or electronic) in Greece or abroad, which has a Scientific Committee and the articles published are judged by an independent review process,
  1. Either to announce it (orally or in the form of a posted announcement) at a Scientific Conference or Symposium or Conference in Greece or abroad with conference proceedings in the form of a short paper.

In exceptional cases of loss, objective inability to exercise supervision duties or important reasons, it is possible to replace the supervisor or a member of the Three-Member Examination Committee following a decision of the C.C. of the I.I.P.P.

The Postgraduate Diploma Theses of the I.I.P.P., if approved by the examination committee, must be posted on the School's website.

#### 3.2.3.2. Internship

If the postgraduate student chooses to implement an Internship (P.A.), the following apply:

The P.A. is coordinated by the Internship Coordinator who is a lecturer at the I.I.P.P. and is appointed by the Special Inter-Institutional Committee (E.D.E.), following a recommendation by the Coordinating Committee of the I.I.P.P..

The Internship is directly related to the subject of the I.I.P.P., i.e. it takes place in the student's field of study with the aim of linking postgraduate studies with their practical application in the workplace and students are expected to gain work



experience on new topics, to experience the application of new knowledge in practice and to prepare for new environments or working conditions.

By the end of the second semester of studies, the postgraduate student applies, in which the proposed Supervisor of the Internship is indicated, through the Secretariat of the I.I.P.P., with the consent of the supervisor.

Postgraduate students who do not submit the application within the time limits set by the Regulation, postpone at their own risk, by at least one academic semester, the start of the Internship.

The Internship corresponds to 10 credits (ECTS), which as a whole express the weight of the student's obligations for its completion.

### **1. The Supervising Professor of the Internship**

The Supervisor of the Internship may be one of the lecturers of the I.I.P.P. who is either chosen by the student himself or appointed by the Coordinating Committee of the I.I.P.P., in case the postgraduate student has difficulty in finding a supervisor following a written request.

### **2. Place of the Internship**

The Internship can take place in all areas where activities related to the subject of the I.I.P.P. take place. Indicatively, sports teams, training centers, gyms, KAPI, medical centers, private clinics, rehabilitation laboratories, physiotherapy centers, recovery centers, laboratory facilities of the collaborating bodies of the I.I.P.P., etc. are mentioned.

The Coordinating Committee of the I.I.P.S. proposes exercise and training areas, which the student can choose to carry out his internship.

In the case of a working student, the Internship will take place outside the student's working hours.

Before the start of the Internship, a Special Form will be completed, signed accordingly, with the details of the institution in which the Internship will be carried out as well as its detailed timetable.

A report of the student's activities (description of the exercises he/she applied according to the timetable, etc.) as well as representative photos and videos of his/her activities are submitted by the student.

### **1. Completion of the Internship**

Upon completion of the Internship, the final report must be sent by the student to the email address of the Supervisor of the Internship after its completion.



The postgraduate student has the obligation to publish the Internship or part of it:

1. Either in a reputable scientific journal (printed or electronic) in Greece or abroad, which has a Scientific Committee and the articles published are judged by an independent review process,
2. Either to announce it (orally or in the form of a posted announcement) at a Scientific Conference or Symposium or Conference in Greece or abroad with conference proceedings in the form of a short paper.

The grade of the P.A. is submitted by the Supervisor and the mark form is accompanied by:

1. Certificate of Completion of the student's Internship, which is issued by the institution in which the P.A. was implemented.
2. Certificate from the Supervisor for the publication of the Internship in a reputable scientific journal or conference proceedings in the form of a short paper
3. Final report .

### **1. Teaching staff**

The lecturers of the Postgraduate Program "Clinical Exercise and Applications of Technology in Health" come from at least eighty percent (80%) faculty members, special staff members or retired faculty members of the Department or lecturers in accordance with Presidential Decree 407/1980 (A' 112) or article 19 of Law 1404/1983 (A' 173) or par. 7 of article 29 of Law 4009/2011 and Researchers of E.K.E.P.E. "DEMOCRITUS".

Also, scientists from other educational and research institutions in Greece and abroad, as well as other categories of teachers, can teach at the I.I.P.P. in accordance with the provisions of Law 4485/2017 (A' 114).

The Special Inter-Institutional Committee and/or the Management of the I.I.P.P. are not obliged to assign teaching to all the faculty members of the Department, nor are the faculty members obliged to provide their services to the I.I.P.P., if they cover their obligations under the law in the undergraduate programs of the Institution.

In any case, the assignment of the teaching of the courses, seminars and exercises of the I.I.P.P. is decided by the Special Inter-Institutional Committee, following the recommendation of the C.C.

### **2. Diploma Award**

The Inter-Institutional Postgraduate Program awards a Master's Degree in "*Clinical Exercise and Applications of Technology in Health*".

The title is awarded by the Department of Physical Education and Sport Science (T.E.F.A.A.) of the School of Physical Education and Sport Science of the Democritus University of Thrace with reference to the National Center for Scientific Research



"DEMOKRITOS" (E.K.E.P.E. "DEMOKRITOS") - Institute of Informatics and Telecommunications.

The student completes his/her studies to obtain the Master's Degree with the successful completion of the number of courses, the Postgraduate Diploma Thesis or the Internship by completing the credits required to obtain it.

A graduate postgraduate student may receive, even before his official proclamation as a diploma holder, a certificate for the successful completion of the course of studies of the I.I.P.P.

A diploma supplement is attached to the Postgraduate Diploma 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 award of the Postgraduate Diploma takes place in a special ceremony held at the Department.

