

HELLENIC

REPUBLIC

**DEMOCRITUS UNIVERSITY OF THRACE**

**SCHOOL OF PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY  
DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
UNDERGRADUATE STUDY PROGRAM: PHYSICAL EDUCATION AND SPORT**

University Campus, Komotini, 69100, Greece  
+302531039663  
www.phyed.duth.gr

**DIPLOMA SUPPLEMENT  
(Valid with diploma no )**

*This Diploma Supplement follows the model developed by the European Commission, the Council of Europe and UNESCO/CEPES. The aim of the Supplement is to provide sufficient and independent data to improve international "transparency" and fair academic and professional recognition of qualifications (diplomas, degrees, certificates, etc.). It is designed to provide a description of the nature, level, background, content and status of the studies successfully completed by the individual named on the original of the qualification to which this supplement is attached. It should be free from any value-judgement and equivalence statements or suggestions about recognition. Information will be provided in all eight sections. Where no information is provided, an explanation shall be given.*

**1. INFORMATIONS IDENTIFYING THE HOLDER OF THE QUALIFICATION**

**1.1 Family Name (s):** XXXXXXXXXXXXXXXX

**1.2 Given Name (s):** XXXXXXXXXXXX

**1.3 Date of birth (day/month/year), Place, Country of Birth:** XXXXXXXXXXXX

**1.4 Student identification number or code:** (student identification number or code)

**2. INFORMATION IDENTIFYING THE QUALIFICATION**

**2.1 Name of the qualification and (if applicable) title conferred (in original language):**

Πτυχίο Επιστήμης Φυσικής Αγωγής και Αθλητισμού transliterated into Ptychio Epistimis Fisikis Agogis kai Athlitismou in English Degree in Physical Education and Sport Science.

**2.2 Main field(s) of study for the qualification:**

Physical Education and Sport Science

**2.3 Name and status of awarding institution (in original language):**

Δημοκρίτειο Πανεπιστήμιο Θράκης transliterated into Dimokriteio Panepistimio Thrakis in English Democritus University of Thrace, D.U.Th., Public University

**2.4 Name and status of institution administering studies (in original language):**

As in 2.3

**2.5 Language(s) of instruction/examination:**

Greek

**3. INFORMATION ON THE LEVEL OF THE QUALIFICATION**

**3.1 Level of qualification:**

Undergraduate 1<sup>st</sup> Cycle

**3.2 Official length of the programme:**

4 years (8 semesters)  
240 ECTS

**3.3 Access requirement(s):**

Apolytirio (certificate) from Lykeion (High School – Secondary Education) and Pan-Hellenic examinations or Degree holders of other Universities, after placing examinations.

**4. INFORMATION ON THE CONTENT AND RESULTS GAINED**

**4.1 Mode of study:**

Full-time

#### **4.2 Program requirements:**

According to the internal regulation of the Department of Physical Education and Sport of the Democritus University of Thrace, students can graduate after having: attended and successfully passed all courses of the curriculum (Compulsory courses, Compulsory Elective Courses and Specialization Courses), Successfully Completed an internship (instead of two Compulsory Elective Courses), Successfully completed and defended the undergraduate thesis (instead of two Compulsory Elective Courses), and accumulated 240 ECTS.

Upon completion of their studies in the Department of Physical Education and Sport, graduates will be able to:

Teach Physical Education, Sport and Health Education in all levels of education (Preschool, Primary school, High School and Higher Education), in Sport Clubs, worksites and other setting of social activity.

Direct and serve Sport Federations, Sports' Halls, Physical Activity and Recreation Centres, companies that provide products and services in the sports' area.

Serve as technical and scientific consultants in Sports Federations, in organizations that are active in the areas of sports, physical education, health education, recreation and sports tourism.

Design and implement according to the finding of a medical examination, exercise physical activity and recreation programs supporting the rehabilitation process of health problems in patients and special populations in hospitals, health, rehabilitation and ergometric centres, health organizations and in institutions that provide services to individuals with special needs.

Design and implement exercise, physical activity and outdoor and indoor recreation programs in entities such as Local Authorities, Centres for the Elderly, Fitness and Sport Centres as well as summer camps.

Design and implement coaching and physical fitness programs for athletes participating in competitive athletic activities.

Teach traditional and contemporary dance.

Demonstrate professional and leadership skills in their professional activities.

Implement basic knowledge relevant to technological and business processes necessary for creating and providing new products and services in the area of Sports and Physical Education.

More information: <https://www.phyed.duth.gr>

#### **4.3 Program details (e.g. modules or units studied) and the individual grades/marks/credits obtained:**

Courses that the student has successfully attended, as well as subjects that the student has received recognition or exemption (C= Compulsory Course, CE=Compulsory Elective, S=Specialization):

| CODE | TITLE OF COURSE                               | TYPE OF COURSE | GRADE | EXAMINATION PERIOD | TYPE OF EXAMINATION | ECTS CREDITS* |
|------|---|----------------|-------|--------------------|---------------------|---------------|
|      | COACHING & TEACHING VOLLEBALL                 | C              |       |                    |                     | 3             |
|      | GREEK DANCE                                   | C              |       |                    |                     | 3             |
|      | COACHING & TEACHING SWIMMING                  | C              |       |                    |                     | 3             |
|      | COACHING & TEACHING BASKETBALL                | C              |       |                    |                     | 3             |
|      | ANATOMY                                       | C              |       |                    |                     | 6             |
|      | PHYSIOLOGY                                    | C              |       |                    |                     | 6             |
|      | HISTORY OF PHYSICAL EDUCATION                 | C              |       |                    |                     | 6             |
|      | GYMNASTICS                                    | C              |       |                    |                     | 3             |
|      | COACHING & TEACHING HANDBALL                  | C              |       |                    |                     | 3             |
|      | COACHING & TEACHING OF TRACK AND FIELD SPORTS | C              |       |                    |                     | 3             |
|      | ICT IN PHYSICAL EDUCATION                     | C              |       |                    |                     | 3             |
|      | SPORTS PHYSIOLOGY                             | C              |       |                    |                     | 6             |
|      | BIOMECHANICS                                  | C              |       |                    |                     | 6             |
|      | MOTOR LEARNING                                | C              |       |                    |                     | 6             |
|      | TEACHING METHODOLOGY                          | C              |       |                    |                     | 6             |
|      | COACHING & TEACHING FOOTBALL                  | C              |       |                    |                     | 3             |
|      | ADAPTED PHYSICAL EDUCATION                    | C              |       |                    |                     | 6             |
|      | SPORTS INJURIES & IMMEDIATE TREATMENT         | C              |       |                    |                     | 6             |

|  |   |    |  |  |  |   |
|--|---|----|--|--|--|---|
|  | PEDAGOGY                                      | C  |  |  |  | 6 |
|  | RESISTANCE EXERCISE<br>TRAINING INSTRUCTION   | C  |  |  |  | 3 |
|  | ATHLETIC TRAINING                             | C  |  |  |  | 6 |
|  | DEVELOPMENTAL EXERCISE<br>SCIENCE             | C  |  |  |  | 6 |
|  | EXERCISE IN CLINICAL<br>POPULATIONS           | C  |  |  |  | 6 |
|  | RESEARCH METHODOLOGY IN<br>SPORTS SCIENCES    | C  |  |  |  | 6 |
|  | ELEMENTARY PHYSICAL<br>EDUCATION              | C  |  |  |  | 6 |
|  | PSYCHOLOGY                                    | C  |  |  |  | 6 |
|  | PHYSICAL EDUCATION<br>SECONDARY SCHOOL        | C  |  |  |  | 6 |
|  | ENTREPRENEURSHIP &<br>MARKETING IN SPORTS     | C  |  |  |  | 6 |
|  | NUTRITION & EXERCISE                          | C  |  |  |  | 6 |
|  | SPORT RECREATION & SPORT<br>FOR ALL           | C  |  |  |  | 6 |
|  | APPLIED SPECIALTY TEACHING                    | C  |  |  |  | 6 |
|  | PRACTICUM IN ELEMENTARY &<br>SECONDARY SCHOOL | C  |  |  |  | 6 |
|  | PHYSICAL EDUCATION IN<br>PRESCHOOL AGE        | C  |  |  |  | 6 |
|  | SPORT & SPORT TOURISM<br>MANAGEMENT           | C  |  |  |  | 6 |
|  | CLIMBING                                      | CE |  |  |  | 3 |
|  | WOMAN EXERCISE AND<br>HEALTH                  | CE |  |  |  | 3 |
|  | COACHING & TEACHING<br>BEACH VOLLEYBALL       | CE |  |  |  | 3 |
|  | INTRODUCTION TO GROUP<br>AEROBIC PROGRAMS     | CE |  |  |  | 3 |
|  | SUCCESSFUL COACHING                           | CE |  |  |  | 3 |

|  |  |    |  |  |  |   |
|--|--|----|--|--|--|---|
|  | APPLIED ETHICS IN SPORT  | CE |  |  |  | 3 |
|  | THERAPEUTIC EXERCISE & REHABILITATION  | CE |  |  |  | 3 |
|  | SAILING  | CE |  |  |  | 3 |
|  | FUNCTIONAL ANATOMY KINESIOLOGY   | CE |  |  |  | 3 |
|  | DANCE AS A PHYSICAL ACTIVITY   | CE |  |  |  | 3 |
|  | OLYMPIC EDUCATION  | CE |  |  |  | 3 |
|  | CYCLING  | CE |  |  |  | 3 |
|  | TRAINING PRACTICES IN THE ENVIRONMENT OF EXERCISE & SPORT                        | CE |  |  |  | 3 |
|  | COACHING & TEACHING OF CONTACT WRESTLING SPORTS (OLYMPIC AND NON-OLYMPIC STYLES) | CE |  |  |  | 3 |
|  | COACHING & TEACHING BADMINTON  | CE |  |  |  | 3 |
|  | COACHING & TEACHING TENNIS   | CE |  |  |  | 3 |
|  | COACHING & TEACHING WEIGHTLIFTING  | CE |  |  |  | 3 |
|  | ARTISTICS FYMNASTICS   | CE |  |  |  | 3 |
|  | COACHING & TEACHING PING PONG  | CE |  |  |  | 3 |
|  | COACHING & TEACHING 3X3 BASKETBALL   | CE |  |  |  | 3 |
|  | COACHING & TEACHING INDOOR SOCCER  | CE |  |  |  | 3 |
|  | COACHING & TEACHING RHYTHMIC GYMNASTICS  | CE |  |  |  | 3 |
|  | COACHING & TEACHING KARATE   | CE |  |  |  | 3 |
|  | COACHING & TEACHING TAEKWONDO  | CE |  |  |  | 3 |

|  |  |    |  |  |  |   |
|--|--|----|--|--|--|---|
|  | COACHING & TEACHING PADEL                                  | CE |  |  |  | 3 |
|  | COACHING & TEACHING<br>BASEBALL-SOFTBALL                   | CE |  |  |  | 3 |
|  | COACHING & TEACHING<br>RAQUETBALL SQUASH                   | CE |  |  |  | 3 |
|  | COACHING & TEACHING<br>SKIING                              | CE |  |  |  | 3 |
|  | ADAPTED STRENGTH TRAINING<br>FOR PEOPLE WITH DISABILITIES  | CE |  |  |  | 3 |
|  | SHOOTING WITH AIR RIFLE                                    | CE |  |  |  | 3 |
|  | SPORT AT HOTELS  | CE |  |  |  | 3 |
|  | PHILOSOPHY OF SPORT  | CE |  |  |  | 3 |
|  | DANCES & CULTURES OF THE<br>WORLD                          | CE |  |  |  | 3 |
|  | PSYCHOMOTOR ACTIVITIES                                     | CE |  |  |  | 3 |
|  | PERSONAL TRAINING  | CE |  |  |  | 3 |
|  | PILATES I  | CE |  |  |  | 3 |
|  | RECREATION IN ELDERLY<br>POPULATION                        | CE |  |  |  | 3 |
|  | ASSESSING PHYSICAL<br>PERFORMANCE IN THE FIELD             | CE |  |  |  | 3 |
|  | FORCE MEASUREMENTS &<br>RECORDINGS                         | CE |  |  |  | 3 |
|  | INTRODUCTION TO<br>COMPUTER PROGRAMMING                    | CE |  |  |  | 3 |
|  | INTRODUCTION TO EUROPEAN<br>& LATIN DANCES                 | CE |  |  |  | 3 |
|  | ALTERNATIVE GROUP<br>PROGRAMS AT THE GYM I                 | CE |  |  |  | 3 |
|  | CORPORATE FITNESS  | CE |  |  |  | 3 |
|  | ERGOMETRY – PHYCIOLOGICAL<br>TESTING                       | CE |  |  |  | 3 |
|  | INTERNET APPLICATIONS IN<br>PHYSICAL EDUCATION &<br>SPORTS | CE |  |  |  | 3 |

|  |   |    |  |  |  |   |
|--|---|----|--|--|--|---|
|  | ICT APPLICATIONS IN PHYSICAL EDUCATION & SPORTS                                 | CE |  |  |  | 3 |
|  | THERAPEUTIC RECREATION  | CE |  |  |  | 3 |
|  | FITNESS MANAGEMENT  | CE |  |  |  | 3 |
|  | GAMES & SPORT RECREATION  | CE |  |  |  | 3 |
|  | PHYSICAL LITERACY GAMES   | CE |  |  |  | 3 |
|  | PHYSICAL ACTIVITY & HEALTH PROMOTION: APPLICATIONS FROM THE FIELD OF PSYCHOLOGY | CE |  |  |  | 3 |
|  | ENGLISH LANGUAGE I (B2)   | CE |  |  |  | 3 |
|  | ENGLISH LANGUAGE II (F2)  | CE |  |  |  | 3 |
|  | WORKSHOP FOR SCIENTIFIC METHODOLOGY ON RESEARCH REPORTS                         | CE |  |  |  | 3 |
|  | ENGLISH SPORT TERMINOLOGY   | CE |  |  |  | 3 |
|  | SPORT BIOMECHANICS  | CE |  |  |  | 3 |
|  | EXERCISE PHYSIOLOGY   | CE |  |  |  | 3 |
|  | PERSONAL & PROFESSIONAL DEVELOPMENT   | CE |  |  |  | 3 |
|  | BIOCHEMISTRY OF EXERCISE  | CE |  |  |  | 3 |
|  | MULTICULTURAL PRACTICES AT SCHOOL & PHYSICAL EDUCATION                          | CE |  |  |  | 3 |
|  | NUTRITION & SPORT PERFORMANCE   | CE |  |  |  | 3 |
|  | SPECIAL TRAINING TOPICS IN TRACK & FIELD  | CE |  |  |  | 3 |
|  | EDUCATIONAL TOURISM & RECREATION  | CE |  |  |  | 3 |
|  | ALTERNATIVE GROUP PROGRAMS AT THE GYM II  | CE |  |  |  | 3 |



|  |   |    |  |  |  |   |
|--|---|----|--|--|--|---|
|  | MULTIMEDIA APPLICATIONS IN PHYSICAL EDUCATION & SPORTS                        | CE |  |  |  | 3 |
|  | APPLICATIONS OF TECHNOLOGY IN EXERCISE & SPORT                                | CE |  |  |  | 3 |
|  | TECHNOLOGY APPLICATIONS IN BASKETBALL   | CE |  |  |  | 3 |
|  | APPLIED ANALYSIS OF TECHNIQUE & TACTIC IN TEAM & INDIVIDUAL SPORTS            | CE |  |  |  | 3 |
|  | APPLIED PSYCHOLOGY IN PERFORMANCE   | CE |  |  |  | 3 |
|  | CARDIOVASCULAR DISEASES AND EXERCISE  | CE |  |  |  | 3 |
|  | MOTOR CONTROL   | CE |  |  |  | 3 |
|  | SPORT SOCIOLOGY   | CE |  |  |  | 3 |
|  | TECHNOLOGY APPLICATIONS IN VOLLEYBALL   | CE |  |  |  | 3 |
|  | ORGANIZATION OF MUNICIPAL SPORTS INFRASTRUCTURE, HUMAN RESOURCES AND SERVICES | CE |  |  |  | 3 |
|  | COUNCELING IN SPORTS INJURY   | CE |  |  |  | 3 |
|  | PLANNING AND GUIDING THE TRAINING PROCESS                                     | CE |  |  |  | 3 |
|  | VOLLEYBALL IN THE DEVELOPMENTAL AGE GROUP                                     | CE |  |  |  | 3 |
|  | COACHING BASKETBALL IN DEVELOPMENTAL AGES                                     | CE |  |  |  | 3 |
|  | MODERN OLYMPIC GAMES  | CE |  |  |  | 3 |
|  | EXERCISE PRESCRIPTION IN CLINICAL POPULATIONS                                 | CE |  |  |  | 3 |
|  | DESIGN OF RESISTANCE TRAINING   | CE |  |  |  | 3 |
|  | THE KID'S ATHLETICS   | CE |  |  |  | 3 |

|  |  |      |  |  |  |     |
|--|--|------|--|--|--|-----|
|  | PROGRAM. TRAINING & COMPETITION APPLICATION K8-10-12 IN CLASSICAL SPORTS |      |  |  |  |     |
|  | EXERCISE IN CHILDREN AND ADOLESCENTS WITH CHRONIC DISEASES               | CE   |  |  |  | 3   |
|  | PILATES II   | CE   |  |  |  | 3   |
|  | STATISTICAL ANALYSIS AND DATA PRESENTATION LABORATORY                    | CE   |  |  |  | 3   |
|  | **COUNCELLING IN INTERNSHIP – TRAINING AND HUMAN RESOURCES DEVELOPMENT   | CE   |  |  |  | 6   |
|  | **UNDERGRADUATE THESIS   | CE   |  |  |  | 6   |
|  | SPECIALTY COURSE I   | SPEC |  |  |  | 6   |
|  | SPECIALTY COURSE II  | SPEC |  |  |  | 6   |
|  | SPECIALTY COURSE III   | SPEC |  |  |  | 6   |
|  | SPECIALTY COURSE IV  | SPEC |  |  |  | 6   |
|  | TOTAL ECTS   |      |  |  |  | 240 |

\* The ECTS Credits column shows the number of credits corresponding to each course

Recognition is applied when a student carries the ECTS credits from previously completed and recognized studies e.g. Erasmus.

\*\* Title of the Undergraduate Thesis: *(complete title)*

\*\* Title of Internship:

#### 4.4 Grading scheme and, if available, grade distribution guidance:

According to the Institution's Internal Regulations, the grading system falls into the 0-10 scale as follows:

8.5 - 10: "Excellent"

6.5 - 8.49: "Very Good"

5.0 - 6.49: "Good"

0.0 - 4.99: "Fail"

At least a grade of 5.0 is required for the successful completion of a course.

**4.5 Overall classification of the qualification (in original language):**

«Λίαν Καλώς» - Very Good: 7.30

**5. INFORMATION ON THE FUNCTION OF THE QUALIFICATION**

**5.1. Access to the further study:**

Access to postgraduate studies.

**5.2. Professional status:**

According to the Presidential Decree 456/83 the holder of the Degree (Ptychio) in Physical Education and Sport Science has the following professional status:

Teacher of Physical Education and Sports in all levels of the educational system, in Sports' clubs, in worksites and in areas of social activity. Teacher of courses related to the topic of Physical Education and Sports in General, Technical and Professional Education. Director and/or supervisor Sports' Halls and Facilities. Technical and scientific consultant in Sports and Physical Activity Organizations and in entities active in respective fields.

Additionally, the holder of the Degree (Ptychio) in Physical Education and Sport Science can work as: Director, Teacher, Instructor, Exercise and Fitness Specialist in private fitness centres and in private sport schools according to par. 5, art. 3, of PD 219/2006 (Gazette A' 121) and art. 20 of Law 3599/2007 (Gazette A' 176).

Sport Coach for the sport that the holder has obtained the respective specialization title according to par. 2 case a' of art. 31 of Law 2725/1999 (Gazette A' 121).

Fitness instructor in the Sports for all programs of the Organizations of the Local Authorities according to Law 1735/87 and to Ministerial Decision Fin/27902/2007, B' 1243, Ministerial Decision 130/2007, B' 816, and Ministerial Decision 689/2007, B' 465).

Fitness instructor in summer camps organized by the local authorities, the Health Ministry and the Ministry of Agriculture according to Ministerial Decision Π1β/2007, B' 798, Ministerial Decision 2/2/2006, B' 918, Ministerial Decision 203/1998, B' 719, Ministerial Decision 203/1993.

Recreation specialist according to the decision of Prefecture of Thessaly, 122/2007/B-2240.

Executive member in Sport Tourism and Fitness Centres according to Ministry of Tourism, Ministry of Finance and Ministry of Environmental Planning, Ministerial Decision 120/2007, B' 1393.

Fitness Instructor and sport coach for individuals with special needs according to par. 7, art. 29 Law 2725/1999 - A' 121.

Fitness Instructor in Centres for Creative Activities for Children with Special Needs, according to Law 2725/1999 - A' 121, organized by the Local Authorities according to the Ministry of Health decision, P3α/2003, B' 875.

Movement Specialist and Fitness Instructor (Grade A') in institutions of Adapted Education according to the Ministry of Health decision 147/2003, B' 716.

Physical Education Teacher (Specialization: Adapted Physical Activity and Physical Education) for children with special educational needs according to Law 2817/2000, A' 78 and par. 5, c. e', art. 2 of Law 2817/2000, A' 78.

Fitness Instructor in units of the Centre for Mental Health and Research according to Gazzete: ASEP 30/2007 and in units of the Centre for Elderly Care according to art. 13, of the Ministerial Decision P1c /2007, B' 1136.

More information: <https://www.phyed.duth.gr>

## **6. ADDITIONAL INFORMATION**

### **6.1 Additional information:**

Erasmus:

Practical Placement Programme:

(Information about any distinctions of the graduate, Erasmus placement at Employer, distinctions in competitions, awards, scholarships etc.)

### **6.2 Further information sources:**

Department of Physical Education and Sport website: <http://www.phyed.duth.gr>

Democritus University of Thrace website: <http://www.duth.gr>

Ministry of Education and Religious Affairs website: <http://www.minedu.gov.gr>

## **7. CERTIFICATION OF THE DIPLOMA SUPPLEMENT**

**7.1 Date:** *(issue date of the Diploma)*

**7.2 Name and Signature:**

**7.3 Capacity:** Secretary of the Department of Physical Education and Sport

**7.4 Official Stamp or seal:**

## **8. INFORMATION ON THE NATIONAL HIGHER EDUCATION SYSTEM**

(i) Structure

According to the Framework Law (2007), higher education consists of two parallel sectors: the University sector (Universities, Polytechnics, Fine art Schools, the Open University) and the Technological sector (Technological Education Institutions (TEI) and the School of Pedagogic and Technological Education). The same Law regulates issues concerning governance of higher education along the general lines of increased participation, greater transparency, accountability and increased autonomy.

There are also State Non University Tertiary Institutions offering vocationally oriented courses of shorter duration (2 to 3 years) which operate under the authority of other Ministries.

DUTH-DEPARTMENT OF PHYSICAL EDUCATION AND SPORT -FAMILY AND GIVEN NAME(S)  
AND STUDENT IDENTIFICATION NUMBER OR CODE

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Entrance to the various Schools of the Universities (Panepistimio) and Technological Education Institutions (Technoligo Ekpaideftiko Idryma - TEI) depends on the general score obtained by Lyceum graduates on the Certificate, on the number of available places (numerous clausus) and on the candidates' ranked preferences among schools and sections.

Students who successfully complete their studies in Universities an TEI are awarded a Ptychio (first cycle degree). First cycle programmes last from four years for most fields to five years for engineering and certain other applied science fields and six years for medicine. The Ptychio leads to employment or further study at the post-graduate level that includes the one year second cycle leading to the second degree, Metaptychiako Dimpoma Eidikefsis – equivalent to the Master's degree – and the third cycle leading to the doctorate degree, Didactoriko Diploma.

Recent legislation on quality assurance in Higher Education, the Credit Transfer System and the Diploma Supplement defines the framework and criteria for evaluation of university departments and for certification of student degrees. These measures aim at promoting student mobility and contributing to the creation of a European Higher Education Area.

A detailed description of the Greek Education System is offered in EURYDICE (<http://www.eurydice.org>) database of the European Education Systems.

<http://www.eurydice.org>

