



**UNIVERSITY of THESSALY**  
**SCHOOL OF PHYSICAL EDUCATION & EXERCISE SCIENCES**  
DEPARTMENT OF PHYSICAL EDUCATION & EXERCISE SCIENCES



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## **A BRIEF PROFILE**

(Academic year 2016-2017)

### **General Information**

The Department of PE and Sport Sciences was founded in 1984 and accepted its first students in 1994. Its facilities are situated in an area of 150.000 m<sup>2</sup> in Karyes, Trikala. The total area covered by the facilities is 3.000 m<sup>2</sup>, and includes laboratories, classrooms, a library, a videoconferencing room, a computer laboratory, etc. The following additional facilities have been planned or are currently under construction: indoors gymnasium, amphitheatre and classrooms 1.000 m<sup>2</sup> in total. There permanent contacts for 24 faculty members, 8 teaching/laboratory staff, and 11 technical/administrative staff. Many of the above are involved in projects of national and international level, such as: authoring physical education books for Greek primary/secondary education and implementing innovative European projects (e.g. through FP7 and Horizon 2020). Results from innovative research projects have been incorporated into guidelines of international agencies such as the World Health Organisation and the European League Against Rheumatology. The Department has about 20 active bilateral agreements within the framework of LLP/Erasmus academic exchange programmes, as well as numerous collaborations with various institutions (e.g., WomensSport International, Institute for Teaching and Learning) and universities (e.g., Universities of Glasgow, Wolverhampton, Edith Cowan και Manchester). It has also established collaborations with 12 universities within the framework of the common European Postgraduate Program Erasmus Mundus, entitled "European Masters Degree in Sports Psychology".

### **Our Vision**

*"To transform the lives of those who engage us through knowledge, education, research, and innovation, and to be nationally and internationally recognised as the Greek agent for excellence in exercise science, sport, health, and quality of life".*

The Department actively engages in the realization of this vision through a series of short-, mid- and long-term activities within the framework of a strategic plan aiming at further development and viability. It is noteworthy that we were amongst the first 10 Greek higher education departments that participated in the formal internal and external evaluation procedures set by the Greek Ministry of Education (for more information, see "Department Evaluation" at [www.pe.uth.gr](http://www.pe.uth.gr)).

### **Undergraduate and Postgraduate Studies**

The recently designed four-year curriculum fosters competitiveness and fully meets the international trends which highlight the need for graduates receiving more *education* and less *training*. With a view to meeting the formal internal evaluation requirements set by the Hellenic Quality Assurance Agency for Higher Education, the lecture notes of at least 55 modules have been made available to students through Internet, and many undergraduate students engage in various research projects. The postgraduate programmes run by the Department ("Exercise & Health", "Military Fitness & Wellbeing", "Sport and Exercise Psychology", delivered in English through Erasmus Mundus, and "Psychology of Exercise") have adopted actions to secure high standards of quality such as: selection

of instructors on the basis of their scientific profile, lectures and seminars by scientists from abroad (at least 20 experts have visited Trikala over the last five years, covering about 10% of the tuition), enrolment of foreign postgraduate students with European Union scholarships, introduction of external examiners/advisors, encouraging students to author their dissertations in English, and application of information and communication technologies in teaching, study and research.

### Laboratories

The four established laboratories produce 90% of the published scientific papers and host about 100% of its doctoral students. In an attempt to assure excellence, one of the laboratories has already been certified (ISO9001:2008); the remaining laboratories are about to do so.

### Research

*“No higher education can function without research activity, because in that case it does not constitute university education but training” (G. Babiniotis, Trikala 19-3-2010).*

Excellence has been internationally acknowledged as a central criterion related to innovation and, thus, progress. Excellence is also the main focus of our research policy. The improvement of the quality of research presupposes association between funding and the attainment of objectives included in policy agreements, with a view to ensuring both objectivity and international recognition. The Department closely collaborates with the Institute for Research and Technology, Thessaly, as well as with selected university departments in Greece and overseas, that have resulted in joint application for research funding and implementation of research programmes. The faculty members of the Department demonstrate a remarkable research output, which ranks them in top positions not only among their Greek colleagues in sport science, but also within the Greek academic community in general. The outcome of this activity is a high quality research-led-teaching with our undergraduate and postgraduate students being the main beneficiaries. The progress made during the last few years appear in the following table:

		Publications				Citations				h-index
		Scopus		ISI		Scopus		ISI		Scopus
	Faculty Members	Σ	Per Faculty Member	Σ	Per Faculty Member	Σ	Per Faculty Member	Σ	Per Faculty Member	Per Faculty Member
2007	26	310	12	302	12	2045	79	2560	98	3.8
2008	25	454	18	417	17	3946	158	3979	159	5.9
2009	25	485	19	480	19	4691	187	4516	180	7.0
2010	23	558	24	542	23	6610	287	6356	276	7.1
2011	22	582	27	572	26	7530	342	6829	310	7.8
2012	22	620	28	608	28	9225	419	8045	365	8.3
2013	21	693	33	666	32	11150	530	9445	450	9.0
2014	23	810	35	780	34	14366	624	12045	524	10.7
2015	24	964	40	907	38	17885	745	13912	578	12.9

Σ = Total