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# COURSE GUIDE

Postgraduate Studies Program

Soccer Training and Injury Prevention

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**Aristotle University of Thessaloniki**

Department of PE and Sport Science at Serres

Postgraduate Master's Degree  
Soccer Training and Injury Prevention

Aristotle University of Thessaloniki

Department of Physical Education and Sport Science at Serres

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## **Welcome message.**

Welcome to the Postgraduate Studies Program “Soccer training and injury prevention”, Department of Physical Education and Sport Science at Serres, Aristotle University of Thessaloniki. The program was founded in 2019 and its main aim is to offer the opportunity to coaches, clinicians or exercise specialists to gain specialized scientific knowledge in the field of soccer. It is the only postgraduate studies program in this this specific scientific area in Greece and internationally, which has been designed to meet r increasing demands of the modern soccer market for specialized executives.

The teaching staff of the postgraduate program welcomes you to the program!

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## **Aims of the program**

The main aims of the program are to a) prepare executive members of soccer clubs with specific knowledge in a very competitive working environment and b) to prepare new scientists in this field.

The objective of the program is to prepare graduates with specific skills in the design of training programs that improve performance of a soccer player in accordance with latest trends in modern soccer research and practice. Simultaneously, it provides all necessary knowledge regarding the design of exercise interventions which prevent injuries in soccer.

## **Learning Outcomes**

Studying in this degree allows graduates to gain expertise in:

- A. Understanding the ways a soccer player sustains an injury,
- B. Learn to identify and correct errors in training that lead to injury and performance enhancement,
- C. Monitor soccer players in the preseason and in-season period and,
- D. Incorporate new trends in training and exercise based on the latest developments in modern soccer

## **Innovation**

- The only Postgraduate Program in Greece in this scientific discipline,
- It connects training practice with injury prevention,
- It combines the scientific basis of training with on-field practice,
- Incorporates the latest techniques for evaluation of soccer player physical conditioning and corresponding adjustment of the training process.

## Course Structure

The overall duration of the program which leads to a postgraduate degree is 3 academic semesters (minimum) including the master's dissertation. The maximum duration can be 6 semesters.

The official language of the course is Greek

After decision by the Master's departmental committee, modules may also be taught in a language different than Greek while the same also applies for the language in which the master's dissertation may be written.

The Master's program is divided into three (3) semesters, the content of which apply to all postgraduate students. During the 1st and 2nd semester, all students attend 10 modules while during the 3<sup>rd</sup> semester students may opt to either attend 2 additional modules or write their master's thesis.

The modules of the program are the following:

<b>1st semester</b>	Teaching hours/week	ECTS
Exercise physiology in soccer	3	6
Tactic and technique training in soccer	3	6
Soccer injury biomechanics	3	6
Soccer injury prevention	3	6
Physical conditioning in soccer	3	6
SUBTOTAL		30
<b>2nd semester</b>		
Strength and power training in soccer	3	6
Research Methods – Statistics	3	6
Return to play programs after soccer injury	3	6
New technologies in soccer	3	6
Performance assessment and training planning	3	6
SUBTOTAL		30
<b>3rd semester</b>		
Option 1: Master's Thesis		30
Option 2		
Practical applications in soccer training (elective)	7	15
Return to play (elective)	7	15
SUBTOTAL		30
<b>TOTAL</b>	<b>30</b>	<b>90</b>

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The duration of a single lecture is 3 teaching hours. Every module includes a teaching load that represents 6 ECTS units while the master's dissertation equals to 30 ECTS units. Therefore, the total ECTS units for the master's program equals to 90 ECTS units with 30 ECTS units for each semester.

Participation in all taught modules and activities linked to attending these modules is compulsory. Students are allowed to be absent only for two lectures out of the thirteen lectures within a module. After decision of the Master's departmental committee, modules may be taught during days and hours that facilitate module attendance for some student categories (for instance, students with work responsibilities). Additional weeks may be added in the scheduling of the master's teaching duration to secure completion of the teaching requirements of a particular module. The distance-based lectures are taught using an electronic platform offered by Aristotle University of Thessaloniki. The maximum allowed duration for the completion of the Master's program requirements by students is 6 semesters.

Regarding student evaluation, the method of evaluation within a module is determined by the head of the module. Method of evaluation may include assignments, mid-term exams, various activities, and final exams. Evaluation may include written exams implemented via the use of an electronic platform offered by the Aristotle University of Thessaloniki or may be oral exams. The minimum pass grade to be achieved in a module is 6. Student exams are offered three times yearly, that is, during February, June, and September.

There are laboratory, soccer field seminars, and classroom-based activities as well as some activities are delivered by distance. In each semester, students attend: one (1) four-day intensive course, two (2) three-day intensive courses of which two (2) are delivered at the Department's campus at Serres and the third one is delivered at the premises of PAOK FC club or a professional club. There are also three lectures by distance learning.



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## Course Descriptors

### Semester 1

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# Exercise Physiology in soccer

## Learning outcomes

Upon successful completion of the course, students will be able to:

- understand the biological adaptations caused by exercise to maximize human performance in soccer
- apply the basic principles of exercise physiology in soccer
- describe the mechanism of the oxygen transport and consumption system during training
- design exercise programs for soccer players at various levels based on the principles of exercise physiology

## Content

- Energy sources - Metabolism- Muscle work
- Oxygen transportation and consumption system
- Exercise-induced effects and adaptations of the respiratory muscles
- Exercise-induced hypoxemia. Hemoglobin saturation curve
- Muscle contraction - Electromechanical coupling
- Cardiovascular system and exercise (theory)
- Cardiovascular system and exercise - exercise testing (practise)
- Ergogenic aids
- Free Radicals - Antioxidants
- Exercise testing in soccer I
- Exercise testing in soccer II
- Practice in professional club
- Practice in professional club

## Assessment

Written final exams

## Bibliography/journals

Journal of applied physiology

European Journal of applied physiology

Journal of neurophysiology



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# Tactic and technique training in soccer

## Learning outcomes

Students will be able to:

1. Teach soccer tactics in a team based on the new market principles and scientific evidence
2. Analyse soccer team tactics using advanced techniques
3. Apply new behavioral learning methods
4. To develop a control and feedback mechanism for the team management plan
5. To criticize the current professional practices based on new trends in professional soccer and on latest literature in soccer.

## Content

1. Introduction - Training methods for technique and tactique
2. Soccer technique I
3. Soccer technique II
4. Individual defensive and offensive tactiques in soccer
5. Quasi-team defensive and offensive tactiques in soccer
6. Principles of defense and offence in soccer- Case studies
7. Soccer game style-team management
8. Team tactique
- 9-10. Team systems
11. Four phases in soccer
12. Practice in premises of a professional team (PAOK FC)
13. Practice in premises of a professional team (PAOK FC)

## Assessment

Students are evaluated using:

- α) Written essay (40%)
- β) Team essay presentation (20%)
- γ) Field work performance examination (40%)

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## **Bibliography/journals**

Journal of Biomechanics

Sports Biomechanics

Science and Football

Sports

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences

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# Soccer injury biomechanics

## Learning outcomes

Students will be able:

1. To understand the methods of analysing soccer injury mechanisms
2. To plan and perform a biomechanical motion recording
3. To analyse and present a small-scale experiment
4. To incorporate the results of a biomechanical analysis into their training practice

## Content

1. Introduction
2. Vertical jump ability assessment protocols
3. Force plate analysis laboratory
4. Landings
5. Change of direction
6. Strength and core muscle evaluation laboratory
7. Muscle strength
8. Core muscle theory
9. Electromyography
10. Muscle architecture
11. Injury kinematics
12. Practice at a professional soccer club
13. Practice at a professional soccer club

## Assessment

Assessment includes a) Written team project (50%) and written exams at the end of the semester (50%)

## Bibliography/journals

Journal of Biomechanics

Sports Biomechanics

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Science and Football

Sports

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences

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# Soccer injury prevention

## Learning outcomes

Students will learn to:

1. To identify basic injury mechanisms of soccer
2. To design a basic injury audit of a soccer team
3. To adopt an injury prevention strategy, based on scientific standards
4. To present injury epidemiology results
5. To apply injury prevention exercise programs

## Content

1. Introduction - Injury prevention strategic plan
2. Injury risk factor analysis
3. Ligament injuries management
4. Muscle injuries management
5. Epidemiology of injuries: Data report forms.
6. Eccentric exercise and injury prevention
7. A case study of an injury prevention program
8. Applied example: role play
9. Stretching and injury prevention
10. Isokinetics and injury prevention
11. Core muscles and injury prevention
12. Practice in professional soccer club
13. Practice in professional soccer club

## Assessment

Assessment consists of a) team project which is presented at the end of the semester (50% and b) short examination quiz (individual) test (50%)

## Bibliography/journals

Science and Football



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## Sports

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences

Clinical Biomechanics

Journal of Sport Science and Medicine

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# Physical conditioning in soccer

## Learning outcomes

By the end of this course, students will be able to:

1. Plan and apply soccer specific ability training programs
2. Organize and team training plan
3. Criticize to existing professional practices in training taking into consideration latest developments in market and scientific evidence
4. Organize practical application of training process in soccer, with an emphasis on physical conditioning in developmental ages

## Content

1. Introduction - Training theory
2. Training loading - Principles of training
3. Strength in soccer
4. Endurance in soccer
5. Speed in soccer
6. Flexibility-agility in soccer
7. Co-ordination skills
8. Neuromuscular adaptations
9. Sided games in soccer
10. Practical applications in strength and conditioning I
11. Practical applications in strength and conditioning II
12. Practice at the premises of a professional team (PAOK FC)
13. Practice at the premises of a professional team (PAOK FC)

## Assessment

Student assessment includes:

- α) Written essay (50%)
- β) Team presentation (10%)
- γ) Practical application (40%)

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## **Bibliography/journals**

Journal of Biomechanics

Sports Biomechanics

Science and Football

Sports

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences

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## Semester 2

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# Strength and power training in soccer

## Learning outcomes

Upon successful completion of this course the student will be able to:

1. Understand the importance of force training in football
2. Identify central and peripheral adaptations after force training in football players of any level (training session, long-term adaptations, etc)
3. Understand of the specificities of different ages (childhood, football academies, professional)
4. Use the methods to assess the function of the neuromuscular system
5. Design appropriate protocols and to apply these methods, record, process and present the evaluation of the human performance
6. Present methods and research findings

## Content

1. Purpose: Basic knowledge of muscular mechanics

Content: Types of muscle contraction in football. The concept of plyometrics. Stretch-shortening cycle, storage and reuse of elastic energy. Force velocity and force-length relationship principles. The concept of power.

2. Assessment of external and internal load and training guidance.

Purpose: Game Analysis

Contents: The determining factors of physical fitness according to the needs of the player.

3. Neuromuscular adaptations in football

Purpose: Learning about afferent pathways and reflexes and their consequences on muscle activation. Understanding the agonist and antagonist motoneuron function during maximal and submaximal contractions.

Contents: Explosive strength training and spinal reflexes. The role of Golgi tendon organs and muscle spindle in controlling muscle integrity and joint protection. Stability and tremor.

4. Improving explosive power and speed in football

Purpose: The importance of speed and how to improve it.

Contents: The concept of Rate of Force Development (RFD). The change in stiffness of myotendinous complex after training.

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## 5. Various exercises – Combined training

Purpose: The repeatability of explosive movements and the improvement of performance.

Contents: Stiffness evaluation. Specific exercises. Analytical exercises. Sprint technical performance. Horizontal jumps. Vertical jumps. Resistance training.

## 6. Strength training protocols

Purpose: Familiarity with different types of training.

Contents: Maximum strength training. The knee extensors. The plantar flexors. The concept of specific force. The concept of intermittent force.

## 7. Training planning

Purpose: Building a coaching philosophy and learn planning skills

Contents: Tactical periodization. New trends. Horizontal alternation of specification. Undulating periodization. Block training. Competition form

## 8. Specific training for important muscle groups in football

Purpose: Strength training for football-specific muscle groups.

Contents: Eccentric hamstring training. Explosive glute training. Plyometric training of plantar flexors. Strength training for the peronei muscles.

## 9. Fatigue in football and its consequences on technique and accuracy

Purpose: Indicators' analysis and understanding of the central and peripheral fatigue phenomenon.

Contents: Central and peripheral fatigue. Defining and evaluating indicators. Electromyogram (EMG) changes during fatigue. Neuromuscular transmitters. Overtraining with symptoms of sympathotonia and parasympathotonia.

## 10. The effect of strength on a player's balance, stability, and accuracy

Purpose: The role of strength in an athlete's static and dynamic balance.

Contents: Balance strategies. The role of kinesthetic, proprioceptive, and visual feedback. Sensory training.

## 11. Warm-up and stretching

Purpose: Understanding the consequences of temperature increase.

Contents: The contrast between central and peripheral temperature. The half-time problem. The consequences of passive stretching.

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12. Complementary means of strength training (neuromuscular electrical stimulation (NMES), vibration, roller, etc.)

Purpose: Evoked muscle contraction due to electrical stimulation. The effects of whole-body tendon and focal vibration. Fascial release.

Contents: The reversal recruitment order of Motor Units. Strength training programs with neuromuscular electrical stimulation (NMES). The improvement of sensory feedback with external stimuli.

### **Assessment**

Written essay based on scientific articles (50%)

Oral presentation (50%)

### **Bibliography/journals**

1. La preparation physique en football, Cometti Gilles 2005
2. Μύες, νεύρα και κίνηση, B. TYLDESLEY

### Journals

1. Biology of Sport
2. Journal of Applied Physiology
3. European Journal of Applied Physiology
4. Journal of Neurophysiology
5. Journal of Electromyography and Kinesiology
6. Journal of Biomechanics.

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## Research Methods – Statistics

### Learning outcomes

With successful completion of the module students should be able to:

1. Design, implement and statistically analyze quantitative research studies on injury risk factors in soccer
2. Design, implement and statistically analyze quantitative experimental studies in the area of athletic training and sports science in soccer
3. Interpret the results of injury risk factors and experimental research studies on sports training and sports science in soccer

### Content

Introduction to writing a research thesis

Statistical significance, effect size, statistical power, sample size.

Introduction to SPSS, descriptive statistics, correlation, mean differences.

Sampling techniques

Designing an injury prevention study

Practical seminars in PAOK FC

Factorial designs, experimental research design

Threats to internal and external validity in experimental research

Logistic regression

Analysis of variance in experimental research

Writing-up a research thesis and abstract

### Assessment

Student evaluation will take place through written exams (100%). Exams will take place in Greek.

### Bibliography/journals

Howitt, D., & Cramer, D. (2008). SPSS v 16 (Greek Translation)

Vincent, W.J. (1995). Statistics in kinesiology. Champaign, IL: Human Kinetics.

Thomas, J.R., & Nelson, J.K. (1996). Research methods in physical activity (3rd ed.). Champaign, IL: Human Kinetics.





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# Return to play programs after soccer injury

## Learning outcomes

Upon successful completion, students should be able to:

1. Interpret sport injury assessment results
2. Design a basic exercise program after injury in soccer
3. Apply and monitor the effectiveness of training exercise programs for specific injuries in soccer

## Content

Basic principles of sport injury rehabilitation

Interpretation and assessment of exercise programs for quadriceps injuries

Interpretation and assessment of exercise programs for hamstring injuries

Eccentric exercise and injury prevention

Interpretation and assessment of exercise programs for groin area injuries

Interpretation and assessment of exercise programs for knee ligamentous injuries

Interpretation and assessment of exercise programs for ankle injuries

## Assessment

- 1 Final written exam (60%) including multiple choice questions, short-answer questions and problem solving
2. Design and present team project (40%)

## Bibliography/journals

Journal of Sports Science and Medicine

Journal of Science and Medicine in Sports

European Journal of Sport Science

British Journal of Sports Medicine

American Journal of Sports Medicine

Journal of Orthopaedic & Sports Physical Therapy

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# New technologies in soccer

## Learning outcomes

Students will be able to:

1. Identify the differences between traditional and new methods of sport performance monitoring techniques
2. To learn to use GPS sensors for designing programs and analysing physical conditioning and tactique and manangement of a soccer club
3. To synthesize information from the new technologies to prevent and manage sport injuries

## Content

- 1.Introduction. Small side games and technique drill comparions
2. Modern technology and sport performance assessment
3. Principles of telemetric motion monitoring
- 4.GPS and injury prevention
- 5.GPS and return to play
- 6.Heart rate variability and fatigue prevention
7. Monitoring training workload part 1
7. Monitoring training workload part 2
9. Case study analysis
10. Smart technologies for health
- 11-13. Practice at the premises of a professional soccer club

## Assessment

Assessment includes a) written assignent (50%) and B) quiz (50%)

## Bibliography/journals

Science and Football

Sports

American Journak of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences

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# Performance assessment and training planning

## Learning outcomes

Upon completion students will be able to:

1. They plan or will learn to critically interpret a program of laboratory measurements in soccer
2. Develop strategies for integrating the results of a performance and performance assessment into the coaching process.
3. Adapt the results of an assessment to different situations and age categories and group level by developing feedback mechanisms
4. Develop a mechanism for integrating the continuous developments in the scientific field into their daily professional practice

## Content

1. Introduction - Principles of training
2. Soccer training program design
2. Monitoring training
3. Periodism in soccer
4. Annual training planning
5. Preseason in soccer
6. Weekly training design
7. Daily session plan
8. Warm-up and cool-down
9. Training models in soccer
10. Practical application of training I
10. Practical application of training II
12. Practice at the premises of a professional team (PAOK FC)
13. Practice at the premises of a professional team (PAOK FC)

## Assessment

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Student assessment includes

α) Written essay (50%)

β) Team presentation (10%)

γ) In-field oral assessment(40%)

**Bibliography/journals**

Journal of Biomechanics

Sports Biomechanics

Science and Football

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences

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## **Semester 3**

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Dissertation (elective option 1)

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## Practical applications in soccer training (elective)

### Learning outcomes

Upon successful completion students will be able to:

1. Teach soccer technical skills based on the latest market demands and scientific evidence
2. Analyse tactic of a soccer club using new methods
3. Apply latest methods for enhancing motor learning
4. Develop a control and feedback mechanism for monitoring the season training plan of a team
5. Design and present in the field various programs for specific purposes
6. To design and present in the field programs for academies and players at all levels

### Content

1. Introduction – Technique training methodology
2. Advanced methods for tactic and technique training
3. Individual defensive and offensive technique skills training
4. Programs for defensive and offensive tactic in small teams
5. Special purpose tactic training programs
6. Programs for defensive and offensive tactic for large teams
7. Guidance during the match
8. Advanced physical conditioning programs
9. Programs for developmental ages
10. Periodization and team management
11. Practice in a professional club 1
12. Practice in a professional club 2
12. Practice in a professional club 3
12. Practice in a professional club 4

### Assessment

Student assessment includes:

1. Written essay (30%)
2. Group presentation (10%)
3. Practical examination (30%)
4. Written exams (30%)



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# Return to play (elective)

## Learning outcomes

Upon successful submissions, students will be able to:

1. Describe the basic principles of return to play
2. Interpret the results of return to play assessment tests
3. Develop on-field exercise programs for return to play
4. Integrate the player into the team's normal schedule and exercise plan

## Content

1. Return to play (RTP): Definition and importance
2. Injury types and RTP principles.
3. Biomechanical issues in RTP
4. Impact of surgery on RTP. The role of team doctor and medical imaging
5. Psychology and RTP
6. Motives for sport participation
7. Pre-game stress and injury
8. Communication skills and team dynamics
9. RTP after anterior cruciate ligament injury
10. RTP following conservative treatment of knee –related injuries
11. RTP following rotator cuff and spinal-related injuries
12. RTP after groin-related injury
13. RTP after ankle sprains
14. RTP in re-injured players
15. RTP after tendon injuries
16. RTP basics: no pain, no swelling, full range of motion. The role of progressive loading
17. Re-injury statistics by UEFA Elite Club. Secondary injury management
18. RTP and training loads
19. Role of preseason tests 1
20. Role of preseason tests 2
21. Role of preseason tests 3
22. Practical application on field 1
23. Practical application on field 2
24. Practical application on field 3

## Student assessment

1. Applied performance tests (on the soccer field): 70%
2. Team essay (30%)

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## Program evaluation

Students evaluate the courses and the teaching staff every semester, prior to the start of the examination period. More information about the process and the results of student evaluation is available on the quality assurance website (MODIP-AUTH (<http://qa.auth.gr/>) and the department website (<http://www.phed-sr.auth.gr>).

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## General information

### The European Credit Transfer System (ECTS)

The credit system is a systematic way of describing an educational program by assigning Credit Units to its components. ECTS is a system of Credit Units based on the workload required of a student to achieve the objectives of an educational program. It was established in 1989 and was originally created for the transfer of Credit Units, within the framework of the Erasmus program. The basic principle for ECTS to work is to define, in addition to the workload, the level, content and Learning Outcomes of an educational element in relation to the Curriculum.

One Credit Unit corresponds to 25 to 30 hours of work. The student receives the Credit Units only after the successful completion of the work required and the appropriate assessment of the learning outcomes, i.e. the set of skills that express what they know, understand or are able to do after completing a long or short learning process.

The student's workload consists of the actual time needed to complete all the planned educational activities that each educational component of a Study Program requires to be implemented, relative to the total work required to successfully complete a full year of study.

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## Calendar

The academic year runs from September 1st to August 31st. The educational work of each academic year is structured in two semesters. Each semester includes at least 13 full weeks for teaching and 2 for examinations. The beginning of the semesters is defined by a decision of the Dean's Office and is set for the winter semester in September, and for the spring semester in February. Classes and exams are not held on weekends and on the following dates:

- October 26
- October 28
- November 8
- November 17
- 24/12 – 7/1
- January 30
- Eastern holidays (2 weeks, period changes every year)
- 1 May
- June 29

## Graduation

When students successfully conclude all of their study courses, they make an application to the secretariat for graduation. The final grade of the Postgraduate Studies Diploma is the average grade of the grades of all the courses. The rating scale is:

From 5 to 6.49, «GOOD»

From 6.50 to 8.49, «VERY GOOD»

From 8.50 to 10, «EXCELLENT»

## Mobility/Erasmus

All information about European educational programs is listed in the General Study Guide of ΑΠΘ. Students interested in participating in the ERASMUS program should contact the coordinator of our ERASMUS Department, Ass. Professor Amiridis I, Tel: 2310991058, e-mail: jamoirid@phed-sr.auth.gr).

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## **Doctoral studies**

The department offers the possibility to obtain a PhD in Physical Education. For more information, visit the department's website ([phed-sr.auth.gr](http://phed-sr.auth.gr))

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## Library

University education and research are inextricably linked to the search for new knowledge. It is produced at such a rate these days that a single volume, even if it has been published very recently, cannot cover it.

The main sources of information are libraries and digital databases. Reference to the central library of AUTH is made in the General Study Guide of AUTH. Also, those interested can have a comprehensive overview of the services offered and the files-capabilities of the central library of AUTH through its website (<https://www.lib.auth.gr>). Here are just a few details about the TEFAA-Serres library.

### Department Library

The Department's library functions as a regional library of AUTH and is housed on the first floor of the Faculty. Its aim is to contribute to the orderly circulation of information and material. Includes books and periodicals classified using the Library of Congress (LC) system. Most of its titles are in English, but there are also several in Greek and German. Library users, depending on what they request, can refer to the shelves where there is a thematic classification. Also, the library has reference books (encyclopedias, dictionaries, indexes, etc.)

Students are allowed to borrow as many as 3 books for 7 days. According to the decision of the 10th Meeting of the Supervisory Committee of AUTH Libraries (28/1/2013) it was decided to use the academic ID as a library card after registration in the KOHA system. Magazines, bound or loose, are not given out for borrowing, but only for reading and photocopying in the library area. Reference books, diplomas and rare books are not available for loan. A student who destroys or loses a borrowed book is obliged to replace it or pay the price. Students may borrow other material only if the books already borrowed have been returned on time.

### Digital libraries

Members of the academic community in Greece have access to full texts of an extensive list of scientific journals [www.heal-link.gr](http://www.heal-link.gr). Students must log in with their institutional account details in order to have access to these magazines.

The search for scientific articles is usually done through international databases. In the field of PMS, the most widely used search engines are [www.pubmed.com](http://www.pubmed.com), [www.scopus.com](http://www.scopus.com) and [www.webofscience.com](http://www.webofscience.com)

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## Program and departmental website

Detailed information and announcements are available through the following websites:

<http://soccermaster.phed-sr.auth.gr>

<http://phed-sr.auth.gr>

## Useful guides, files and information

On the website of the department (phed-sr.auth.gr) and the program (soccermaster.phed-sr.auth.gr) you can search and download important guides and forms such as:

Information sheets
New Admissions announcement
Study regulations
Whole program interna regulations
Application entry forms
Registration forms
Time schedule
Student complaints regulation
Academic advisors' regulation
Dissertation guide
Dissertation proposal forms
Dissertation final presentation forms

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## Final remarks

The information provided in the study guide reflects the current conditions at the time of writing. Changes to the program and procedures may take place by decisions of the central administration bodies after the time of writing and which cannot be reflected in the respective study guide. Therefore, it is recommended that students consult the department and program website for the applicable procedures or contact the secretariat.