

# **The Profile of the Department: Brief Presentation**

## **Establishment and Development of the Department**

The Department received its first students in 1994. Its facilities are located on an area of 150 acres in Karyes, Trikala. The total area of the facilities is 3.000 square meters, which include laboratories, library, classrooms, conference room, computer room etc. Are planned or have been implemented: indoor gym, auditorium and rooms (1000 sq.m.)

At present, the Department has 28 faculty members, 14 and 3 teaching and laboratory staff members, one laboratory technical staff member and 8 technical and secretarial support members. Many of these members are active in innovative actions with national and international appeal such as the writing of the physical education schoolbooks for Greek primary and secondary education, or the implementation of European Innovation Projects (e.g. through FP7, Horizon 2020, etc.). Scientific results published by the members of the Department have been used by international bodies (e.g. the World Health Organization) in issuing health promotion guidelines.

## **Vision**

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

By defining a series of short-, medium- and long-term actions in the context of a strategic development and sustainability plan, the Department has practically advocated the realization of the above vision.

## **Undergraduate and Postgraduate Studies**

*“Our students need to learn what is useful for their lives.”*

The undergraduate study program of the Department has recently been accredited by the authority Hellenic Quality Assurance and Accreditation Agency, receiving the highest rating. The undergraduate study program of the Department is continuously renewed and improved to respond adequately to the national and international trends that demand graduates with better quality education and emphasize achieving specific learning outcomes.

The postgraduate programs that operate under the responsibility of the Department have adopted many innovative actions, such as: selection of instructors based on their scientific profile, teaching and seminars by foreign scientists, enrollment of postgraduate students from all over the world with European Union scholarships, introduction of the institution of external examiner/advisor, student encouragement to submit a thesis in English, and utilization of new technologies in teaching, study and research.

## Research

*“Research is to see what everybody else has seen, and think what nobody has thought” (Albert Szent-Gyorgyi)*

Excellence has been recognized worldwide as a central criterion related to innovation and, thus, progress. Excellence is also the central goal of our research policy. Upgrading the quality of research requires linking funding with the achievement of objectives included in program agreements, to ensure objectivity and international recognition. The Department collaborates harmoniously with other departments of Greek and foreign Universities, as well as organizations such as ‘Exercise is Medicine-Greece’. These collaborations are reflected by the joint claim and implementation of research projects.

Faculty members of the Department present highly valuable research work, which ranks them among the first positions not only among their colleagues in other sport science departments of the country but also among faculty members of the Greek Universities, in general. The direct beneficiaries of this process are our students, who become recipients of new and high-quality knowledge through teaching. The Department has four research laboratories, which produce 90% of the published scientific papers and host almost 100% of the doctoral students.

### **Comparison of the research activity of the Department with similar departments**

In December 2023 the global ranking of sport science schools and departments was announced by the Academic Ranking of World Universities (or Shanghai Ranking). According to this, our Department is in positions 101-150 worldwide, and ranked first in Greece ([http://www.shanghairanking.com/rankings/grsssd/2023?fbclid=IwAR1Xoa9PdvbmOrgmeEHPxcjBnVOPuHC\\_OMY8bx8vHHX4Ilt1sw1F4ejpc](http://www.shanghairanking.com/rankings/grsssd/2023?fbclid=IwAR1Xoa9PdvbmOrgmeEHPxcjBnVOPuHC_OMY8bx8vHHX4Ilt1sw1F4ejpc)).

The results are based on transparent methodology and objective third-party data such as research activity, publications in quality journals and outreach or recognition of the departments’ research work internationally, as well as on its international degree collaborations.

### **International collaborations**

The Department has approximately 46 active bilateral agreements under the Erasmus program, and numerous collaborations with organizations (e.g. Womensport International, Institute for Teaching and Learning etc.) and Universities (e.g. University of Jyvaskyla, Leipzig University, Universities of Glasgow, Wolverhampton, Edith Cowan and Manchester etc.) abroad. It also collaborates with 12 universities within the framework of the common European Master's Program "European Master’s Degree in Sports Psychology".