



**UNIVERSITY of THESSALY**

DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE



# CURRICULUM GUIDE FOR DOCTORAL STUDIES

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## **Acronyms**

DPES : Department of Physical Education and Sport Science  
 UTH : University of Thessaly  
 DOATAP : Hellenic National Academic Recognition and Information Center  
 ECTS : European Credit Transfer and Accumulation System

## **Introduction**

The PhD Degree of the Department of Physical Education and Sport Science (DPESS), at the School of Physical Education, Sport Science and Dietetics of the University of Thessaly (UTH) is an academic title which certifies that the holder has specialized in original research and creation of new knowledge in the broader area of physical education, sport, exercise and physical activity. Also, it is a certification of substantial prestige, innovation, scientific/professional autonomy and a firm commitment to the development of new ideas and processes. The PhD results must be applicable and aimed at improving the quality of citizens' life, without overlooking elements of essential basic research. The PhD Degree of the DPESS of the School of Physical Education, Sport Science and Dietetics of the UTH is awarded to PhD Candidates who:

- have demonstrated a systematic understanding of the research field and knowledge of research skills and methods associated with that field;
- have demonstrated the ability to autonomously conceive, design, implement, and adapt a significant research process with the highest standards of ethical integrity;
- have contributed to the existing international scientific literature through innovative and high-quality research by publishing part or all of their work in widely recognised international scientific journals;
- are able to critically analyze, evaluate, and synthesize new ideas on their research topics,
- can effectively communicate knowledge, conclusions, and applications arising from their research to the wider scientific community and society in general;
- can demonstrate knowledge not only in the specific topic of their PhD, but also in the wider field of sport science, exercise, health and quality of life, through their research/laboratory and teaching skills;
- have demonstrated that they can comply with the regulations of the present guide.

The following page presents the learning outcomes of the PhD Studies Programme of the DPESS, School of Physical Education, Sport Science and Dietetics of the UTH in the fields of knowledge, skills, and competences, based on the National Qualifications Framework for level 8, which relates to PhD Studies.

Table 1. Knowledge, skills and competences based on the National Qualifications Framework for the PhD Studies.

<b>A. Knowledge</b>
<p>After the successful completion of the PhD Programme of DPESS, UTH the graduates:</p> <ul style="list-style-type: none"> <li>• Will have specialised knowledge in specific areas of the field of knowledge covered by the DPESS.</li> <li>• Will understand and be able to make the necessary connections of the principles, theories, methodologies and practices of physical education and sport science with other scientific fields and disciplines.</li> <li>• Will have an increased critical understanding of the dynamics and cutting-edge issues of the specific field of knowledge they dealt with in their PhD.</li> </ul>
<b>B. Skills</b>
<p>After the successful completion of the PhD Programme of DPESS, the graduates:</p> <ul style="list-style-type: none"> <li>• Will be able to fluently apply theories and/or methodologies of their PhD subject in a critical and creative manner.</li> <li>• Will be able to evaluate and interpret current scientific research and studies related to the subject of their PhD.</li> <li>• Will be able to independently design a research process based on quantitative and/or qualitative methodology based on the subject of their PhD.</li> <li>• Will be able to process quantitative and/or qualitative data in an appropriate way to draw conclusions.</li> <li>• Will be able to document with appropriate practices, statistical analyses, specialized information and arguments, issues related to the subject of their PhD in a way that is understandable and clear for both the academic and the general public.</li> </ul>
<b>C. Competences</b>
<p>After the successful completion of the PhD Programme of DPESS, the graduates:</p> <ul style="list-style-type: none"> <li>• Will have autonomously developed knowledge and skills to a high level of expertise.</li> <li>• Will be able to professionally apply the specialized knowledge and skills acquired during their PhD.</li> <li>• Will be able to effectively deal with new, interdisciplinary or unforeseen issues in a systematic way.</li> <li>• Will have developed academic writing skills for the publication of scientific articles and/or scientific papers in Greek and foreign conferences.</li> <li>• Will have developed oral presentation skills and will be able to contribute to the education or training of a wide range of professionals in the field of exercise, physical education and/or sport.</li> </ul>

### **Article 1. Legal framework and awarded title**

The structure, organization, operation, and evaluation of the PhD Programme are governed by the current legislation (Law 4485/2017), the Postgraduate Studies Regulation of UTH and the provisions of this regulation which specifies and complements the current legislative framework. The awarded title of the PhD Program of DPESS, UTH is equivalent to the title of the Department (Doctoral Degree in the Physical Education and Sport Science).

### **Article 2. Aim of the PhD Studies Programme**

The primary goal of the DPESS of the School of Physical Education, Sport Science and Dietetics of the UTH is the development of researchers for the promotion of science. The aim is for PhD candidates to produce original and innovative scientific research in all areas in the broader field of physical education, sports, exercise, and physical activity sciences, so that they are able to staff Universities, research centers, companies, as well as private and public sector organizations in Greece and internationally.

### **Article 3. Administration Bodies of the PhD Studies Programme**

The competent bodies for the settlement of issues related to the approval, operation, and organization of the PhD studies of DPESS, UTH are the Faculty Assembly of the Department, the Senate, and the Rector's Council of the UTH, according to Law 4485/2017 (Government Gazette 114/04.08.2017, vol. A).

Following the above, the General Assembly of the Department has the following responsibilities:

- Appoints the members of the PhD Studies Committee.
- Issues Calls for Expression of Interest for the selection of a PhD Candidate.
- Defines the topics of the Doctoral Dissertations of the Call.
- Decides on the acceptance or not of applicants to the PhD Studies Programme.
- Appoints the members of the Advisory Committees for the preparation of PhD Theses and the members of the Examination Committees.
- Defines the language of each PhD Thesis.
- Examines the applications of PhD Candidates and the respective Supervisors.
- It awards the PhD Degrees.
- It settles any matter not provided for by the individual provisions of the current legislation and this regulation.

The Assembly of the Department, in order to take a decision on issues related to the doctoral study cycle, may request an opinion from the PhD Studies Committee on any issue arising within and beyond the present regulation.

### ***PhD Studies Committee***

The PhD Studies Committee is appointed by the General Assembly of the DPESS and consists of three members who have demonstrated internationally recognized research based on the bibliometric databases used by DPESS in its evaluations. The duties of the PhD Studies Committee are:

- To update this Curriculum Guide with a view to improving it with innovative proposals aimed at a smoother operation of the programme.
- To recommend (or not) enrollment of PhD Candidates and appointment of Three-member Advisory Committees after reviewing each application.
- To recommend PhD Candidates for graduation after the review of their file for compliance with the specifications described in this Guide.
- To organize, twice a year, seminars where the PhD Candidates present, according to this Guide, the proposal and progress of their PhD Thesis.
- To compose a recommendation to the DPESS General Assembly, as appropriate, on any issue that may arise or when necessary.

#### **Article 4. Call for expressions of interest for the selection of a PhD Candidate**

The DPESS may issue a Call for Expression of Interest for PhD Candidate positions, in accordance with the PhD Studies Curriculum Guide. The relevant invitations are published in the daily press and are posted on the website of the Department.

The conditions, terms, deadlines, and procedures for the submission of applications and the selection of PhD candidates, as well as additional obligations of PhD candidates, clauses, deliverables, and time limits for completing the PhD Thesis, are explicitly mentioned in the relevant calls.

The Department Secretariat accepts applications with all relevant supporting documents (see Article 6 below) twice a year: a) in the period of January 11<sup>th</sup> to 20<sup>th</sup> and b) in the period of September 11<sup>th</sup> to 20<sup>th</sup>.

#### **Article 5. Eligibility and criteria for admission to the PhD Studies Programme**

The following are eligible to apply to the DPESS PhD Studies Programme:

1. Master's Degree holders of Higher Educational Institutions of Greece with a research thesis,  
or
2. Master's Degree holders with a research thesis from institutions recognized as equivalent by the Hellenic National Academic Recognition and Information Center (DOATAP),  
or
3. Holders of a single and continuous postgraduate degree (integrated master's degree) of article 46 of Law 4485/2017 with a research thesis,  
or
4. Master's Degree holders from Greek or foreign institutions recognised by DOATAP who have not completed a research thesis, may be selected if they have proven participation in a research project, after obtaining their Master's Degree. This should be certified by presenting at least one publication as first author and in a topic relevant to the subject of the PhD proposal.

#### **Article 6. Admission procedure to the PhD Studies Programme**

Candidates apply to the DPESS Secretariat for admission to the PhD Studies Programme, during each academic year, in particular during the periods of January 11<sup>th</sup> to 20<sup>th</sup> and September 11<sup>th</sup> to 20<sup>th</sup>, or after a special Call for Expressions of Interest for PhD candidates announced by DPESS.

### ***Content of application file***

The required documents to be submitted in hard copies and in electronic form (email: [phdpe\\_adm@uth.gr](mailto:phdpe_adm@uth.gr)) by each candidate are as follows:

1. Application form (see Appendix 1) which indicates:
  - The proposed title of the PhD Thesis.
  - The proposed language of the PhD Thesis (Greek or English).
  - The study form (part-time or full-time).
  - The proposed Faculty Member who will supervise the PhD Thesis, selected from the list of DPESS members who have the right to supervise a PhD Thesis, in accordance with what is defined in article 39 of Law 4485/2017.
2. Detailed Curriculum Vitae.
3. Certified copy of an undergraduate degree or diploma, recognised by DOATAP if obtained from a foreign institution.
4. Certified copy of a Master's degree, recognized by DOATAP if obtained from a foreign institution.
5. Copy of postgraduate research thesis and/or scientific publications.
6. Certificate of very good knowledge (level C1/C1 and above) of English language, as described in Annex 2.
7. Two recommendation letters submitted directly by each signatory to the DPESS Secretariat (in hard copy or electronically). No recommendation letter is submitted by the proposed supervisor of the PhD Thesis.
8. A form (Appendix 3) completed by the proposed Faculty Member who will supervise the Doctoral Dissertation, indicating his/her intention to supervise the candidate during the preparation of the research project and the Doctoral Dissertation, as well as the two proposed members who will complete the Three-member Advisory Committee, in accordance with Article 7 of this Guide.
9. A proposal for a PhD Thesis (up to 1,500 words) that identifies the topic, which should be original and advance knowledge in the specific area of knowledge. The draft should include the following elements:
  - Title.
  - Introduction.
  - Analysis of the rationale and originality of the doctoral research.
  - Proposed methodology.
  - Timetable (on an annual basis) for the main actions/objectives during the study period.
  - Bibliography.
10. Signed form (Declaration of the Law 1599/1986; available in Appendix 4) that (a) he/she has read this Guide and has understood the obligations towards the completion of the PhD Studies, (b) that he/she has read and been informed about the rules of ethics arising from the laws and regulations of the DPESS and the UTH.

### ***Completeness check of application file and selection process***

The DPESS Secretariat checks the completeness of each PhD application and the supporting documents in accordance with the applicable legislation and the present Guide and then forwards the application to the PhD Studies Committee. If the file is not complete, the Secretariat will not accept the application. The PhD Studies Committee evaluates the applications of the candidates and submits a relevant recommendation (positive or negative) for each candidate to the General Assembly of the



DPESS for the final decision. The General Assembly of DPESS, taking into account the recommendation of the above Committee and the opinion of the proposed member who will supervise the PhD Thesis, approves or rejects the application of each candidate for admission to the PhD Studies Programme. In case the decision is positive, it includes:

1. The appointment of the supervisor of the PhD Thesis.
2. The appointment of the Three-member Advisory Committee.
3. The form of study (full/part-time).
4. The PhD Thesis language.

#### **Article 7. Supervision of preparation of PhD Thesis and appointment of a Three-member committee**

To supervise doctoral theses, Faculty Members must be Full Professors, Associate Professors, or Assistant Professors of the UTH, other higher education institutions, or Researchers of A, B, or C level from Research Centers listed in Article 13A of the Law 4310/2014, including the Research Centers of the Academy of Athens and the Biomedical Research Foundation of the Academy of Athens.

The General Assembly of DPESS approves the applications submitted by a candidate, assigns the proposed supervisor, and appoints the Three-member Advisory Committee, with the responsibility to frame and support the preparation and writing of the PhD Thesis. The Three-member Advisory Committee is composed of the supervisor and two other Faculty Members from the UTH or another Greek university, or Professors of foreign institutions recognized as peer institutions, who hold a PhD Degree, or researchers of levels A, B or C from Research Centers of Article 13A of Law No. 4310/2014, including the research centers of the Academy of Athens and the Biomedical Research Foundation of the Academy of Athens or from recognised research centers or institutes abroad and have the same or related academic subject as the PhD Thesis under review. The three-member Advisory Committee should include at least one Faculty Member from the DPESS. Committee members must have relevant scientific work in the broader scientific field of the proposed PhD Thesis.

The supervisor should have regular meetings and close academic collaboration with the PhD candidate and encourage him/her to progress towards the completion of the PhD Studies Programme and to present the progress of the PhD Thesis in various seminars or events, to Faculty Members of the Department and/or in Undergraduate and Postgraduate courses. The member supervising the PhD Thesis advises and guides the PhD candidate on all matters related to the completion of the PhD Studies Programme and the preparation of the PhD Thesis and is primarily responsible for checking the completeness of the candidate's file.

#### ***Replacement of supervisor***

If, for any reason the supervisor is absent or is found to be unable to fulfil his/her obligations for a prolonged period of time, the DPESS General Assembly, assessing the circumstances, assigns another member to supervise the candidate, in accordance with the provisions of article 39 of Law No. 4485/2017, following the request of the PhD candidate and the opinion of the supervisor or one of the other two members of the Three-member Advisory Committee. This occurs even in excess of the maximum number of PhD candidate to be supervised per Faculty Member (see below), according to what is defined in the present Guide.

If the member who was originally proposed to supervise the PhD Thesis moves to another Higher Education Institution or Department of the UTH or retires, he/she continues to act as the supervisor

of the Doctoral Thesis undertaken and the title is awarded by the Department where the Dissertation was initiated.

***Maximum number for supervision of PhD Candidates***

Each potential supervisor is proposed to supervise up to five PhD candidates, or six PhD candidates in case of one or more candidates studying part-time.

**Article 8. Duration of PhD Thesis preparation and terms of study**

According to the current national legislation, the process of completing the PhD Studies Programme cannot take less than three years from the date of appointment of the Three-Member Advisory Committee. Full-time students who wish to complete the PhD Studies Programme in the minimum time allowed (three calendar years), must demonstrate that they have devoted the time corresponding to 30 academic credits per semester.

Suspension of studies for a period of up to two (2) full calendar years is possible, following a sufficiently justified request by the PhD candidate and approval by the Department's General Assembly. Provisions concerning the maximum duration as well as the reasons for deletion are described in Article 17.

**Article 9. Process of completion of the PhD Studies Programme**

***Rights and obligations of PhD candidates***

The PhD Studies Programme at DPESS of the University of Thessaly are offered free of charge. For up to five (5) full academic years from their first registration, PhD candidates have all the rights and benefits provided postgraduate students, as defined in the relevant Regulations of the University of Thessaly. For up to five (5) years after the completion of their PhD Thesis, PhD candidates retain the right to access and use the electronic services of the libraries of the University of Thessaly.

PhD candidates must strive for an active presence in the national and international academic community by participating and contributing to the activities and especially to the operation of the Department such as, for example: a) in the implementation of semester courses, b) seminars, c) winter/summer schools, d) research or educational programmes, e) scientific conferences and/or other activities and events of the Department. In particular, the PhD candidates must:

- Participate in the conduct of tutoring courses/workshops/seminars, if requested by their supervisor.
- Be available for any scientific event or function or action deemed necessary by the supervisor, the Three-member Advisory Committee or the DPESS General Assembly.

For the successful completion of the PhD Studies Programme, the PhD candidates must secure 180 academic credits which correspond to the European Credit Transfer and Accumulation System (ECTS). These academic credits must be earned exclusively during their doctoral studies (i.e., after their date of enrollment at the DPESS PhD Studies Programme). Academic credits are earned by completing the procedures included in Table 2.

Table 2. Academic credits per PhD Studies Programme element.

<b>Process</b>	<b>Academic credits (ECTS)</b>
A. Advanced Statistics course	10
B. Research Methods	5
C. Elective courses	10
D. Skills Development Apprenticeship	10
E. Scientific presentations of research work	5
F. Scientific publications	20
G. PhD Thesis	120

### **A. Advanced Statistics and Research Methodology**

The Advanced Statistics course offered by DPESS is taught in one academic semester and corresponds to 10 academic credits. The course grade is submitted by the course instructor to the Secretariat for inclusion in the file of each PhD candidate.

### **B. Research methodology**

By deepening their knowledge in research methodology during their PhD Studies Programme, candidates will secure 5 academic credits. This can be done in one of the following two approaches (or their combination):

- Successful completion of a course on Research Methodology offered by a Master's or PhD Studies Programme in a recognized university or research center in Greece and/or abroad and approved by the General Assembly of DPESS. The course should deal with research methods or statistical analyses that are not included in the relevant course included in the PhD Studies Programme. The certificate completion of the course is submitted to the DPESS Secretariat by the supervisor of the PhD Thesis to be included in the file of each PhD candidate.
- Active participation in a research project under the supervision of the supervisor aiming at developing the candidate's knowledge and skills in research methodology and statistics. After the completion of the program, the relevant form (Appendix 5) is submitted by the PhD candidate to the DPESS Secretariat to be included in his/her file.

### **C. Elective courses**

PhD candidates can secure up to 10 academic credits by successfully completing elective courses offered by a Postgraduate Program of the same or another Department and must be relevant to the broader field of research of the PhD candidate. This is confirmed for each course separately by the supervisor of the PhD Thesis, who is responsible for submitting a written statement (Appendix 6) to the DPESS Secretariat which will be included in the PhD candidate's file. The declaration includes the written consent of the supervisor for the attendance of the elective courses, as well as the assurance – under the supervisor's responsibility – that the courses belong to an recognized Postgraduate Studies Programme.

### **D. Skills development apprenticeship**

The skills development apprenticeship involves the training of the PhD candidate in academic settings (laboratories, research centers, etc.) or professional institutions (clinics, exercise rehabilitation centers, sports tourism organizations, recreation providers, etc.) and the linking of theoretical training with practical application. The apprenticeship may also include participation in a research project with deliverables to be provided by the PhD candidate, the design and submission of a proposal for funding, training in an experimental methodology, implementation of intervention projects, participation in a teaching work of the school, etc. The completion of the apprenticeship is verified and evaluated by the supervisor of the PhD Thesis and the relevant form (Appendix 7) is submitted by the supervisor to the DPESS Secretariat for inclusion in the candidate's file.

#### ***E. Scientific presentations of research work***

The PhD candidates must present part(s) of their PhD Thesis in one or more scientific conferences in Greece or abroad or in a student conference at DPESS. In particular, they must present (as first authors) at least one oral presentation (for 3 academic credits) and at least one poster presentation (for 2 academic credits). In order to obtain academic credits, PhD candidates must submit a supervisor's certificate (Appendix 18) and a copy of the proceedings of the conference(s) to the Secretariat for inclusion in their file.

#### ***F. Scientific publications***

PhD candidates should strive to have their work published in the best and most authoritative scientific journals possible. In order to support their Doctoral Dissertation, PhD candidates are required to present letters of acceptance or copies, as a minimum, one of the following:

- At least one publication with data from their doctoral research in journals with an impact factor included in the ISI database (<https://www.webofscience.com/wos/woscc/basic-search>) or journals at level Q1-Q2 of the Scimago database (<https://www.scimagojr.com/>) at the time of article submission.
- At least two publications with data from their doctoral research in journals included in Scopus (<https://www.scopus.com/search/form.uri?display=basic#basic>) or journals at level Q3-Q4 of the Scimago database (<https://www.scimagojr.com/>) at the time of article submission.

The PhD candidate should have a leading role in the publication process, taking on the workload of such an effort as first author. Additional publications in peer-reviewed journals, or publications in the top 25% of the ISI database, or publications with international collaboration, may have a positive impact on the final rating of the PhD candidate.

The PhD candidates must provide a copy of the publications to the DPESS Secretariat together with the relevant evidence for the quality of the journal (e.g. database, screenshot, etc., with the date clearly visible when the article was submitted), to be included in their file, accompanied by a relevant supervisor's certificate (Appendix 19).

#### ***G. PhD Thesis***

The language of the PhD Thesis can be either Greek or English. The proposed method of developing the Thesis is presented in detail in Appendix 14. In cases where one or more studies of the PhD Thesis have been published in scientific journals or books and the PhD candidate is the first author, they may

be included in their entirety as chapters of the Thesis, unless they have been included as parts of another Thesis.

The Thesis should be submitted in electronic form to the members of the Three-Member Advisory Committee. The members of the Committee are required to judge the scientific integrity of the Thesis within 60 days. Committee members have the right to request further corrections from the PhD candidate.

Once the Three-Member Advisory Committee considers that the cycle of corrections of the Thesis has been completed as well as all the above obligations by the PhD candidate, then the Supervisor may, after checking the completeness of his/her PhD candidate file, apply to the DPESS General Assembly for the appointment of the Seven-Member Examination Committee in order to proceed to the final stage of public defense and evaluation of the PhD Thesis. In the application for the appointment of the Seven-Member Examining Committee, the title of the Thesis should be confirmed in case it has been revised during the Thesis development (see Appendix 8).

### ***Public support and evaluation of the PhD Thesis***

The final evaluation of the Doctoral Dissertation of the PhD candidate is done by the Seven-Member Examination Committee. This committee includes the members of the Three-member Advisory Committee, except for any retired members, who are replaced by a decision of the General Assembly of the Department by an equal number of members who meet the criteria of the second and third subparagraph of paragraph 2 of article 39 of Law 4485/2017, as well as four additional members appointed by the General Assembly of the Department who meet the criteria of the second subparagraph of paragraph 2 of article 39 of Law 4485/2017. In particular, the remaining four members of the Seven-member Examination Committee may be Faculty members from the UTH or another higher education institutions in Greece, or Faculty members of foreign institutions recognized as equivalent, who hold a PhD Degree, or researchers of levels A, B or C from research centers of article 13A of Law 4310/2014, including the research centers of the Academy of Athens and the Biomedical Research Foundation of the Academy of Athens, or from recognized research centers or institutes abroad and have the same or related expertise as the subject matter as the PhD Thesis under consideration.

The PhD Thesis is publicly defended by the PhD candidate. The public defense process requires the presence of at least five members of the Seven-member Examination Committee, four of whom must be physically present, while the other members may participate via an online platform. After the defense process, the Seven-member Examination Committee meets without the presence of third parties, evaluates the Thesis in terms of its quality, completeness, original thinking, and contribution to science and, based on these criteria, approves or rejects the Doctoral Thesis, with a majority voting of at least five of its members.

The PhD Thesis is evaluated as successful (with a grade of very good or excellent) or rejected. In order to facilitate the work of the Seven-member Examination Committee regarding the evaluation and grading of the Thesis, it is recommended to use the PhD Thesis Evaluation Guide (Appendix 10) which includes specific criteria proposed by the DPESS PhD Studies Committee.

In case of a successful evaluation without corrections, the PhD candidate will be given a grade from five to ten within a period of 30 days from the day of the public defense. In case of disagreements, the grade is calculated as the average score awarded by the members of the Seven-Member Examination Committee.

In the case of a successful evaluation with corrections or additions, the PhD candidate will be given a grade from five to ten and must complete the corrections/completions and submit the corrected Thesis to the DPESS Secretariat within six months from the date of public Thesis defense. In this case, the Three-member Advisory Committee must check the completeness of the corrections/completions and submit the grade within 30 working days from the date of submission of the revised Thesis by the candidate to the DPESS Secretariat.

In case of rejection of the Thesis, the Seven-member Examination Committee will set a new public defense date at least twelve (12) months after the first defense. In the case of a second rejection, the PhD candidate is removed from the PhD Studies Programme. Also, in case of plagiarism, the Thesis is rejected and the PhD candidate is removed from the PhD Studies Programme.

#### **Article 10. Progress review**

The PhD candidates must:

- (a) submit to the DPESS Secretariat and publicly defend the research proposal (up to 2,000 words) of their PhD Thesis within 12 (for full-time students) or 18 months (for part-time students) from the date of their enrolment in the PhD Studies Programme. The research proposal should present the annual activities/objectives that will cover the duration of their studies (e.g., year 1: literature review, coursework, conference presentation(s), submission of review for publication; year 2: pilot study, volunteer recruitment, preliminary data collection and analysis; year 3...). The proposed structure of the presentation of the research proposal is described in Appendix 15. After the approval of the research proposal for a PhD thesis (Appendix 13), it is reviewed and approved by the DPESS Bioethics Committee. A copy of the approval of the Bioethics Committee should be submitted by the PhD candidate to the DPESS Secretariat together with the signed agreement of the Three-Member Advisory Committee on the copyright of the PhD Thesis and the further use of the research data/results obtained from the research (Appendix 11).
- (b) in collaboration with the supervisor of the PhD thesis, submit progress reports to the DPESS Secretariat on an annual basis after the presentation of the research proposal. The annual reports shall be submitted during the month of June. Each report should indicate the activities performed during the academic year and whether or not the planned objectives have been achieved. If not, then the Three-member Advisory Committee proposes ways to regain lost ground. PhD candidates are required to give at least one public presentation on the progress of their doctoral studies, at least 12 months before the final support of their Thesis. The proposed structure of the progress presentation is described in Appendix 16.

Presentations of research proposals and progress are made during seminars organised twice per year during the periods September-November and March-May on dates determined by the DPESS PhD Studies Committee. By decision of the General Assembly of DPESS, the above periods may be altered or other periods may be added. In each seminar, 10 PhD candidates are given the opportunity (on priority based on the date the PhD Studies Committee is informed by the PhD candidate) to present their research proposals or their progress.

The DPESS Secretariat maintains an electronic file and a separate file for each PhD candidate which starts with the Table "Obtaining a PhD: A to Z" (Appendix 12) and followed by the documents corresponding to the Table, in numerical order. A copy of the file is also kept by the supervisor of the PhD Thesis. The PhD candidates are obliged on an annual basis to inform the Secretariat and their

supervisor of any changes concerning their progress for completing their studies (described in the Table "Obtaining a PhD: A to Z").

### **Article 11. Graduation**

After the successful completion of the support of the Doctoral Thesis and the submission of the Evaluation Report by the Supervisor to the DPESS Secretariat, the candidate submits an electronic request for graduation to the General Assembly ([phdpe\\_adm@uth.gr](mailto:phdpe_adm@uth.gr)) and the PhD Studies Committee ([phd\\_ep@pe.uth.gr](mailto:phd_ep@pe.uth.gr)). The PhD Studies Committee is obliged within 30 days to check the completeness of the candidate's file and to make a recommendation to the General Assembly for the acceptance or rejection of the request of the PhD candidate for graduation. In case of rejection, the PhD Studies Committee explains the reasons for the decision and proposes a review after a new application.

After the successful public defense of the Doctoral Thesis, the candidate must submit on his/her own responsibility:

1. An electronic file (in pdf format) of the Thesis as an attachment to: (a) the UTH Library ([libthesis@uth.gr](mailto:libthesis@uth.gr)), and (b) the DPESS Secretariat ([phdpe\\_adm@uth.gr](mailto:phdpe_adm@uth.gr)). The e-mail should include the candidate's full details (first name, surname, and father's name), while the pdf file should not be password protected. In case the PhD Thesis file is large, it can be submitted (a) via the file exchange service of UTH, according to the instructions you will find here: <https://it.uth.gr/services/antallagi-arheion-meso-toy-uploadusersuthgr> or (b) via a free external service (e.g. WeTransfer).
2. The certificate of receipt of the Thesis from the University Library as well as the certificate of non-debt of borrowed material, which are sent automatically with the submission of the electronic file of the Thesis.
3. The certificate of submission of the PhD Thesis to the National Documentation Centre which is completed in collaboration with the DPESS Secretariat.
4. In case of participation in the ERASMUS Programme, a certificate confirming that there are no outstanding financial obligations (the decision will be issued by the competent office of the UTH).
5. The student identity card regardless of whether it has expired. (In case of loss or destruction of the student identity card, the student must submit to the Secretariat ([g-pe@pe.uth.gr](mailto:g-pe@pe.uth.gr)) a Solemn Declaration of Law 1599/1986, stating this).

If needed prior to their graduation, PhD candidates may be granted by the DPESS Secretariat a certificate that they have successfully completed their PhD studies, provided that: a) the Evaluation Report signed by the Seven-member examination committee has been submitted, after the public defense of the PhD Thesis and b) his/her graduation application has been approved by the DPESS General Assembly.

The graduation of the candidate to Doctor of Philosophy is made by the General Assembly of DPESS, in the presence of the Rector or one of the Vice Rectors.

### **Article 12. Ethics**

The PhD candidates and the members of the Three-member Advisory Committee are required to follow all their obligations arising from the ethical rules of the UTH, the DPESS, the decisions of the

General Assembly of DPESS, and the generally accepted academic ethics in cases where ethics are not defined in relevant documents. Particular emphasis should be placed on international rules and the consequences of plagiarism.

With the supporting documents for their registration in the PhD Studies Programme to the DPESS Secretariat, the PhD candidates submit a Solemn Declaration according to Law 1599/1986 (Appendix 4), that they have been informed of their obligations and the resulting ethical rules:

1. From the present Guide.
2. From (a) the National Commission of Bioethics (<https://bioethics.gr/>), (b) the Ethics Regulation of the UTH and (c) other relevant documents of the UTH (e.g., decisions of the Internal Ethics Committee <http://www.pe.uth.gr/index.php/erevna/epistimoniki-deontologia>).
3. From the table "Obtaining a PhD: A to Z" (Appendix 12) of the present Guide.

During the preparation of the Doctoral Thesis, the PhD candidates must comply with the ethical rules of the research activity of the DPESS. For transparency purposes, PhD candidates should keep records of their Thesis' raw data, records of statistical analyses, records of approvals from various bodies, and evidence of plagiarism checks. Copies of the records must be delivered to the supervisor of the Doctoral Thesis and kept by him/her so that they can be shared with any institution that requests them.

Before submitting the Thesis for evaluation, the PhD Candidate must check for any plagiarism issues by any appropriate means or electronic platform (e.g., Turnitin, Grammarly, etc.) and submit the relevant analysis and its results in electronic and hard copy form to the Secretariat. It is recommended that the percentage of similarity be as low as possible. The Three- and/or Seven-member Advisory Committee may evaluate the Thesis for plagiarism or carry out additional checks if necessary.

Also, upon submission of the Thesis in its final form, the PhD candidate submits the following signed declaration to the Department's Secretariat to be included in his/her file (Appendix 9):

"Under my own responsibility and being aware of the possibility of imposing sanctions by the General Assembly of the DPESS, I declare responsibly that for the writing of my PhD Thesis I did not use in whole or in part work of other author(s) or the ideas and concepts of another author(s) without reference to the source of origin (journal article, book, newspaper, magazine article, website, etc.). In addition, I declare that I have checked the possibility of plagiarism of the final version of the Thesis through the electronic platform Turnitin and I have submitted the relevant analysis and its results in electronic and hard copy form to the DPESS."

The above signed statement is also included in the PhD Thesis (see relevant instruction in Appendix 14).

Two copyright issues concern the PhD Thesis. First (a), the copyright of the Dissertation itself, and second (b), the copyright of the material used to write it. With regard to the first issue, the provisions of National Legislation apply. Regarding the second, the provisions set by the National Legislation and/or those set by the owners of their copyrights apply. The PhD candidate is fully responsible for the legal use of the material.



### **Article 13. Joint PhD Programmes with Co-supervision**

The DPESS of UTH may collaborate with Departments of Higher Education Institutions, Research Centers and Institutes in Greece and/or abroad for the preparation of Doctoral Theses with co-supervision as defined in Article 43 of Law 4485/2017 (Newspaper of the Greek Government 114/04.08.2017, vol. A) of decision 41931/Z1/13-3-2018 (Newspaper of the Greek Government 972/19-3-2018/t.B) and article 13A of Law 4310/2014 (Newspaper of the Greek Government 258/08.12.2014, vol. A), including the Research Centers of the Academy of Athens and the Biomedical Research Foundation of the Academy of Athens.

The procedure for the preparation of the Doctoral Thesis, from the selection of the PhD candidate to the award of the PhD Degree, as well as the granting of a single or separate title in the case of cooperation between institutions, is provided for in the relevant Special Protocol of Cooperation, which is approved by the respective Senates and the collective governing bodies of the Departments of Higher Education Institutions, Institutes, and Research Centers.

In order to strengthen international collaborations at the doctoral level, it is recommended that at least one foreign professor (of any rank) participate in the three-member advisory or seven-member examination committee.

### **Article 14. Standard PhD Degree**

The type of PhD Degree awarded may be Departmental, Interdepartmental, or Interdisciplinary, in accordance with the relevant decisions of the Senate of the UTH.

### **Article 15. Changes to the title and/or topic of the PhD Thesis**

PhD candidates have the right to change the title of their PhD Thesis, after consultation with the supervisor of their PhD Thesis. In cases where the relevant change refer to the title, but the topic of the Dissertation remains the same (i.e., there are no major changes in the purpose, the research hypotheses, and the general methodology of the research), the PhD candidates can change the title of their PhD Thesis by submitting the form provided in Appendix 8. This title change does not incur any additional requirements to the obligations of the PhD candidates nor to the procedures they have to follow in order to complete the PhD Studies Programme. In cases where a change of research topic/area is being requested by the PhD candidate, the minimum period of time (three years) for the completion of the PhD Studies Programme re-starts from the date of approval of the request for this change by the DPESS General Assembly. However, upon the proposal of the PhD supervisor, it is possible for the PhD candidate to retain the academic credits he/she has already obtained (e.g., from attending courses, etc.), as long as they are still relevant to the topic of the Doctoral Thesis.

### **Article 16. Changes in the study method and/or the Thesis language**

If there are important reasons, PhD candidates can submit an application for a change in the method of study (from full to part-time and vice versa), as well as for the language of the Thesis, in consultation with the PhD supervisor.

### **Article 17. Removal of a PhD candidate**

The Three-member Advisory Committee may, with a reasoned and unanimous decision, recommend to the General Assembly of the DPESS the removal of a PhD candidate, if at least one of the following reasons applies:

- It is requested by the candidate.
- The progress of the Doctoral Thesis is considered insufficient.
- The candidate is not consistent in terms of his/her obligations towards the PhD Studies Programme of UTH.
- The candidate commits plagiarism/copying, at any stage of the PhD Studies Programme, in any way and regardless of the extent of the offence.
- A serious and irreparable break in the collaboration between the doctoral candidate and the supervisor and/or the members of the Three-Member Advisory Committee occurs.
- Committed to a serious disciplinary and/or criminal offense either against any member of the staff of the UTH, or incompatible with the prestige that the title of Doctor should exude.

The Three-member Advisory Committee examines the file and progress towards the completion of the PhD Studies Programme for PhD candidates in the following cases: (a) full-time students who had not requested suspension of studies and have completed eight years of studies from the date of registration, (b) for part-time students who have completed ten years of studies. In these cases, the Three-member Advisory Committee recommends to the DPESS General Assembly the continuation of the PhD candidate's studies or their removal from the PhD Studies Programme. In each of the above cases, the final decision to remove the student is taken by the General Assembly of DPESS.

**Appendix 1. Application for enrollment in the PhD Studies Programme**

APPLICATION – STATEMENT

TO

UNIVERSITY OF THESSALY

TOPIC: Enrollment in the PhD Studies Programme

DEPARTMENT OF PHYSICAL EDUCATION

of DPESS of University of Thessaly.

AND SPORT SCIENCE (DPESS)

SURNAME: \_\_\_\_\_

Please approve my application as PhD Candidate at

NAME: \_\_\_\_\_

DPESS of University of Thessaly

FATHER'S NAME: \_\_\_\_\_

in the winter [ ] summer [ ] semester of the  
academic year 20.. – 20.. .

Proposed title of PhD Thesis:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Proposed language of Greek [ ]

the PhD Thesis: English [ ]

Type: Full-time [ ]

Part-time [ ]

Proposed member, who has the right to

Supervise a PhD Thesis, as defined in

article 39 of Law 4485/2017:

\_\_\_\_\_

Trikala: / /

(Signature)

## **Appendix 2. Certificate of very good knowledge of the English language**

During the admission process, applicants must provide evidence of a very good knowledge (C1/C1 level) of the English language. The procedure follows the p.d. 146/2007 [article 1 "Amendment of provisions of p.d 50/2001 Determination of qualifications for appointment to positions of public sector bodies as it applies" (Government Gazette 185/3.8.2007/t.A')] in conjunction with p.d . 116/2006 [article 1, last paragraph of par.1 "Amendment of article 28 of the p.d. 50/2001" (Government Gazette 115/9.6.2006/t.A')]. According to these rules, a very good knowledge (C1/C1) of English is demonstrated by one of the following:

1. Certificate in Advanced English (CAE) of University of Cambridge or of Cambridge Assessment English or Certificate in Advanced English of Cambridge Assessment English overall score 180-199.
2. Certificate of Proficiency in English of Cambridge Assessment English overall score 180-199.
3. First Certificate in English of Cambridge Assessment English overall score 180-190.
4. Bulats English Language Test, score 75-89, of University of Cambridge or of Cambridge Assessment English (for certificates issued up to 19/11/2019).
5. International English Language Testing System (IELTS) of the University of Cambridge Local Examinations Syndicate (UCLES) or the Cambridge Assessment English – The British Council – IDP Education Australia IELTS Australia with a score of 7 to 8.
6. Business English Certificate – Higher (BEC Higher) of the University of Cambridge Local Examinations Syndicate (UCLES) or the Cambridge Assessment English or Business English Certificate Higher of Cambridge Assessment English overall score 180-199.
7. Business English Certificate Vantage of Cambridge Assessment English overall score 180-190.
8. London Tests of English Level 4 -Advanced Communication - of Edexcel or Pearson Test of English General Level 4 -Advanced Communication - of Edexcel or Edexcel Level 2 Certificate in ESOL International (CEF C1).
9. Certificate in Integrated Skills in English ISE III of Trinity College London.
10. City & Guilds Level 2 Certificate in ESOL International (reading, writing and listening) - Expert - and City & Guilds Level 2 Certificate in ESOL International (spoken) - Expert - (They are submitted cumulatively to demonstrate very good knowledge) or City & Guilds Certificate in International ESOL -Expert - and City & Guilds Certificate in International Spoken ESOL - Expert – (They are submitted cumulatively to demonstrate very good knowledge).
11. Advanced Level Certificate in English (ALCE) of Hellenic American University (Manchester, NH-USA) and of the Hellenic American Union.
12. Test of English for International Communication (TOEIC), score from 785 to 900 of Educational Testing Service/Chauncey, USA.
13. EDI Level 2 Certificate in ESOL International JETSET Level 6 (CEF C1) or Pearson EDI level 2 Certificate in ESOL International (CEF C1) or Pearson LCCI level 2 Certificate in ESOL International (CEFR C1).
14. Pearson LCCI EFB Level 4 (Sections: Reading, Writing, Listening, Speaking, in case one of the sections has a "Pass" grade).
15. Pearson LCCI EFB Level 3 (Sections: Reading, Writing, Listening, Speaking, with a score “Distinction” ή “Credit”).

16. OCNW Certificate in ESOL International at Level 2 (Common European Framework equivalent level C1) (up to 31/8/2009).
17. Ascentis Level 2 Certificate in ESOL International (CEF C1).
18. ESB Level 2 Certificate in ESOL International All Modes (Council of Europe Level C1).
19. Test of Interactive English, C1 + Level (ACELS).
20. Test of Interactive English, C1 Level (ACELS) ή Test of Interactive English, C1 Level (Gatehouse Awards).
21. NOCN Level 2 Certificate in ESOL International (C1).
22. AIM Awards Level 2 Certificate in ESOL International (C1) (Sections: Listening, Reading, Writing, Speaking).
23. Michigan English Language Assessment Battery (MELAB) score from 91 to 99 του Cambridge Michigan Language Assessments (CaMLA).
24. MET - Michigan English Test (Sections: Listening, Reading, Speaking) score from 190 to 240 of Michigan Language Assessment or CAMBRIDGE MICHIGAN LANGUAGE ASSESSMENTS- CaMLA ή MET- Michigan English Test (Sections: Listening, Reading ή Listening, Reading, Speaking, Writing) score from 64 to 80 of Michigan Language Assessment.
25. LRN Level 2 Certificate in ESOL International (CEF C1).
26. GA Level 2 Certificate in ESOL International – (CEFR: C1) or GA Level 2 Certificate in ESOL International (Classic C1).
27. C1 - LanguageCert Level 2 Certificate in ESOL International (Listening, Reading, Writing) (Expert C1) and C1 - LanguageCert Level 2 Certificate in ESOL International (Speaking) (Expert C1) (They are submitted cumulatively to demonstrate very good knowledge).
28. Open College Network West Midlands Level 2 Certificate in ESOL International (CEFR C1).

In addition, a very good knowledge of the foreign language is proven by a state certificate of language proficiency level C1 (n.).

Finally, proof of knowledge of a foreign language is not required if the undergraduate degree (recognised by the DOATAP) and/or the postgraduate degree (recognised by the DOATAP) has been obtained abroad in an English taught course.

**Appendix 3. Form of intention to supervise a PhD Candidate**

STATEMENT

TO

UNIVERSITY OF THESSALY

TOPIC: Intention to undertake the supervision of a PhD Candidate during the preparation of the research project and the PhD Thesis in the PhD Studies Program of the DPESS of the University of Thessaly.

DEPARTMENT OF PHYSICAL EDUCATION  
AND SPORT SCIENCE (DPESS)

SURNAME: \_\_\_\_\_

I declare that I wish to undertake as main supervisor the guidance of

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

\_\_\_\_\_ for the preparation of the PhD Thesis entitled

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Scientific field of the PhD Thesis:

\_\_\_\_\_

To date I have supervised \_\_\_\_ Master Theses.

To date I have supervised \_\_\_\_ PhD Theses.

Of the above Theses, \_\_\_\_ papers have been published in journals with an ISI impact factor. I will provide copies of these papers in case I am requested by the PhD Studies Committee of the DPESS.

I propose the following individuals to complete the Three-Member Advisory Committee, in accordance with article 7 of the Regulations of the PhD Course of DPESS of the University of Thessaly, who have the right to supervise a PhD Theses, in accordance with what is defined in article 39 of Law 4485/2017:

SURNAME: \_\_\_\_\_

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

ACADEMIC \_\_\_\_\_  
INSTITUTION:

SURNAME: \_\_\_\_\_

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

ACADEMIC \_\_\_\_\_  
INSTITUTION:

Trikala: / /

(Signature)

**Appendix 4. Solemn Declaration for the PhD studies programme regulations and ethics rules of the Department and the University of Thessaly**



**SOLEMN DECLARATION**  
(Article 8 of Law 1599/1986)

The accuracy of the data submitted with this declaration may be checked on the basis of the records of other services (Article 8(4) of Law 1599/1986)

TO <sup>(1)</sup> :	<b>Department of Physical Education and Sport Science</b>								
Name:				Surname:					
Father's Name and Surname:									
Mother's Name and Surname:									
Date of Birth <sup>(2)</sup> :									
Place of Birth:									
Identity card number:				Tel:					
Place of Residence:			Street:			No:		P.C.:	
Fax:				E-mail:					

With my personal responsibility and knowing the penalties (3), provided by the provisions of par. 6 of article 22 of Law 1599/1986, I declare that:

(a) I have read this regulation and I have understood the obligations towards the completion of the PhD Studies, (b) I have read and been informed about the rules of ethics arising from the laws and regulations of the Department and the University of Thessaly.

Date: ... /.../ 20...  
The Declarant

(Signature)

- (1) It is indicated by the concerned citizen or the Public Authority or the Service of the public sector, to which the application is addressed.  
 (2) Indicated in full.  
 (3) Anyone who knowingly states false facts or denies or conceals the true facts by means of a written solemn declaration as referred to in Article 8 shall be punished by imprisonment for at least three months. If the perpetrator of such acts intended to obtain for himself or herself or for another a pecuniary benefit by harming a third party or intended to harm another, he or she shall be punished by imprisonment of up to 10 years.  
 (4) In case of insufficient space, the declaration continues on its reverse side and is signed by the declarant.



**Appendix 5. Certificate of active participation of PhD candidate in a research project**

STATEMENT

TO

TOPIC: Confirmation of active participation of the PhD Candidate in a research project aimed at developing knowledge and skills in research methodology and statistics.

UNIVERSITY OF THESSALY  
DEPARTMENT OF PHYSICAL EDUCATION  
AND SPORT SCIENCE (DPESS)

SURNAME: \_\_\_\_\_

As the main supervisor of the PhD candidate

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

I declare that he/she has had an active participation in a research project under my supervision aimed at developing knowledge and skills in research methodology and statistics.

Title of research project:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Duration of research project:

From: \_\_\_\_\_ To: \_\_\_\_\_

Activities in which the PhD candidate participated:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Duration of the candidate's participation in the project:

From: \_\_\_\_\_ To: \_\_\_\_\_

Trikala: / /

(Signature)

**Appendix 6. Certificate of attendance of an elective course by a PhD candidate**

STATEMENT

TO

UNIVERSITY OF THESSALY

TOPIC: Certificate of attendance of elective courses  
by a PhD Candidate.

DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SCIENCE (DPRESS)

SURNAME: \_\_\_\_\_

As the main supervisor of the PhD candidate

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

I consent to him/her attending the following  
elective course. I also confirm that the course  
belongs to a recognized Master's and/or PhD Study  
Programme.

Title of elective course:

\_\_\_\_\_  
\_\_\_\_\_

Institution offering the course:

\_\_\_\_\_

Instructor:

\_\_\_\_\_

Duration of study: From: \_\_\_\_\_ To: \_\_\_\_\_

Course credits (ECTS): \_\_\_\_\_

Relationship of the course to the broader field of  
research of the PhD candidate:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Trikala: / /

(Signature)

**Appendix 7. PhD Candidate Skills Development Apprenticeship Certificate**

STATEMENT

TO

UNIVERSITY OF THESSALY

TOPIC: Confirmation of active participation of the PhD Candidate in a research project aimed at developing knowledge and skills in research methodology and statistics.

DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE (DPESS)

SURNAME: \_\_\_\_\_

As the main supervisor of the PhD candidate

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

I certify that under my supervision he/she has completed a skills development apprenticeship involving his/her practice in academic settings, and/or professional bodies, and/or linking theoretical training with practical application.

Title of research project:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Duration of the project:

From: \_\_\_\_\_ To: \_\_\_\_\_

Activities in which the Candidate participated:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Duration of the Candidate's participation in the project:

From: \_\_\_\_\_ To: \_\_\_\_\_

Trikala: / /

(Signature)

**Appendix 8. Application for change of title of the PhD Thesis**

APPLICATION

TO

UNIVERSITY OF THESSALY

TOPIC: Change of the title of the PhD Thesis of the  
Doctoral Candidate

DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SCIENCE (DPESS)

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SURNAME: \_\_\_\_\_

As the main supervisor of the PhD candidate

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

I request the change of the title of his/her PhD  
Thesis.

Previous title of PhD Thesis:

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---

---

New PhD Thesis title:

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I confirm that the above change has not affected the subject of the Doctoral Thesis, which remains the same.

Trikala:     /     /

(Signature)

**Appendix 9. Non-plagiarism statement**

STATEMENT

TO

TOPIC: Doctoral Dissertation Plagiarism

UNIVERSITY OF THESSALY

Avoidance Statement.

DEPARTMENT OF PHYSICAL EDUCATION

AND SPORT SCIENCE (DPESS)

SURNAME: \_\_\_\_\_

Under my own responsibility and being aware of the

NAME: \_\_\_\_\_

possibility of sanctions imposed by the General

Tel: \_\_\_\_\_

Assembly of DPESS, I declare responsibly that for the

Email: \_\_\_\_\_

writing of my PhD Thesis entitled \_\_\_\_\_

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I did not use in whole or in part work of other individual(s) or the ideas and concepts of another individual(s) without reference to the source of origin (journal article, book, newspaper, magazine article, website, etc.). In addition, I declare that I have checked the possibility of plagiarism of the final version of the Thesis through the electronic platform Turnitin and I have submitted the relevant analysis and its results in electronic and hard copy form to the DPESS.

Trikala:     /     /

(Signature)

## Appendix 10. Record of evaluation of public support for a PhD Thesis



# UNIVERSITY of THESSALY

## DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE



### MINUTES

of the Seven-member Examination Committee of the Doctoral Dissertation of the PhD Candidate \_\_\_\_\_  
on the subject: « \_\_\_\_\_ ».

The seven-member Examination Committee for the evaluation of the PhD Thesis of \_\_\_\_\_  
appointed by decision of the General Assembly of DPESS of the University of Thessaly, (meeting No:  
\_\_\_\_\_) convened following a relevant invitation from the Supervisor, Mr. / Ms. \_\_\_\_\_,  
today, date \_\_\_\_\_ / \_\_\_\_/202\_\_ and time \_\_\_\_\_ in the Department's Assembly hall for the public  
presentation and examination of the PhD Thesis.

The Seven-member examination committee is composed of the following members:

- 1 \_\_\_\_\_, Supervisor
- 2 \_\_\_\_\_, Member of the Three-member Advisory Committee
- 3 \_\_\_\_\_, Member of the Three-member Advisory Committee
- 4 \_\_\_\_\_, Member of the Seven-member Examination Committee
- 5 \_\_\_\_\_, Member of the Seven-member Examination Committee
- 6 \_\_\_\_\_, Member of the Seven-member Examination Committee
- 7 \_\_\_\_\_, Member of the Seven-member Examination Committee

**PRESENT** are the members:

- 1 \_\_\_\_\_, Supervisor
- 2 \_\_\_\_\_, Member of the Three-member Advisory Committee
- 3 \_\_\_\_\_, Member of the Three-member Advisory Committee
- 4 \_\_\_\_\_, Member of the Seven-member Examination Committee

- 5 \_\_\_\_\_, Member of the Seven-member Examination Committee
- 6 \_\_\_\_\_, Member of the Seven-member Examination Committee
- 7 \_\_\_\_\_, Member of the Seven-member Examination Committee

The Committee, after having attended the public presentation and oral development of the Thesis of \_\_\_\_\_, examined the candidate both in various aspects of the Thesis and in related science subjects in general. After the departure of the candidate and the audience, the Committee deliberated and after an exchange of views, based on the Thesis manuscript, the answers given during the oral examination, and the overall postgraduate training of the PhD candidate, deems that:

The research is original and innovative because it proposes and addresses an important research question about \_\_\_\_\_.

The Thesis contributes significantly to the development of the literature and the progress of the scientific field. The candidate has clearly supported the Thesis indicating excellent knowledge of the data of the scientific area he/she stands for, has answered the questions put to him/her in a clear and scientific manner and shows great potential to represent the academic field he/she has supported.

Based on the above, we consider that the Thesis fulfils the partial requirements of a Thesis for obtaining a PhD Degree.

For all the above reasons, the Committee considers that the Doctoral Thesis of Mr. / Ms. \_\_\_\_\_, entitled: « \_\_\_\_\_ », is thorough, original, scientifically sound and contributes to the advancement of the science concerned.

Following the above and taking into account the grading scales for the Evaluation of the PhD Thesis and the Final Support included in Appendix 17 of the Department's Guide to Doctoral Studies, the Seven-member Examination Committee, following the recommendation of the Supervising Professor, \_\_\_\_\_, unanimously accepts the Doctoral Thesis and proposes to the Department's General Assembly the proclamation of Mr. /Ms. \_\_\_\_\_, to Doctor of the Department of Physical Education and Sports Science of the University of Thessaly (DPESS UTH) with the grade of «..... » «.....» (in writing and numerically)

Trikala \_\_\_/\_\_\_/\_\_\_

**THE SEVEN-MEMBER EXAMINATION COMMITTEE**

1. Name 1 .....

2. Name 2 .....

3. Name 3 .....

4. Name 4 .....

5. Name 5 .....

6. Name 6 .....

7. Name 7 .....



## Appendix 11. Copyright statement of the PhD Thesis

STATEMENT

TO

UNIVERSITY OF THESSALY

TOPIC: Copyright declaration of the PhD Thesis.

DEPARTMENT OF PHYSICAL EDUCATION

AND SPORT SCIENCE (DPESS)

SURNAME: \_\_\_\_\_

I hereby declare that I accept the following terms

NAME: \_\_\_\_\_

and conditions:

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

a) the copyright of my PhD Thesis entitled \_\_\_\_\_

---

---

b) the management of the research data I will collect during the PhD Thesis preparation:

1. The copyright of the PhD Thesis will belong to me. I will follow the instructions for writing, printing, and depositing copies of the Thesis in the appropriate repositories (in paper and/or electronic form).
2. The management of the Thesis data will be shared by me and the main supervisor.
3. Any scientific publication or presentation (posted or oral), or reference derived from the material/data of my PhD Thesis will be authored by myself, the main supervisor and/or other researchers (e.g. members of the Three-member Advisory Committee, collaborators, etc.), depending on their contribution to the research and the writing of the research papers.
4. The order of names in scientific publications or scientific presentations will be decided jointly by me and the main supervisor of the PhD Thesis, before its preparation begins. This decision will be certified in writing between me and the main supervisor.

Finally, I declare that I am aware of the University's rules on ethics, plagiarism, and intellectual property and that I will strictly adhere to them throughout the duration of my studies and the fulfilment of my educational obligations arising from the Department and throughout the publication procedures that will arise after the completion of my studies.

Trikala:     /     /

(Signature)

## Appendix 12. Obtaining a PhD: from A to Z

### OBTAINING a PhD: from A to Z

#### Supporting documents for the application for the PhD Studies Programme

1. Application (Appendix 1):
2. Detailed curriculum vitae:
3. Certified copy of undergraduate degree (recognized by DOATAP if necessary):
4. Certified copy of Master's degree (recognized by DOATAP if necessary):
5. Copy of a Master's Thesis or scientific publication:
6. Certificate of very good knowledge of the English language (Appendix 2):
7. Two letters of recommendation:
8. Form from supervisor for the intention to supervise a PhD Candidate (Appendix 3):
9. Draft PhD thesis proposal (up to 1,500 words)
10. Solemn Declaration for the rules of ethics of DPES of University of Thessaly:

#### Supporting documents for the application for the proclamation of the candidate to doctorate by the General Assembly of the Department

1. Public proposal defense within 1 year of registration (Appendix 13):
2. Approval/Approvals from the Internal Bioethics Committee:
3. Copyright statement (Appendix 11):
4. Successful examination in Advanced Statistics and Research Methodology:
5. Certificate of successful completion of elective courses (Appendix 6):
6. Certificate of Apprenticeship Skills Development (Appendix 7):
7. Scientific presentations of a research project (Appendix 18):
8. Scientific publication(s) (Appendix 19):
9. Progress reports for each year of PhD studies:
10. Non-plagiarism statement (Appendix 9):
11. Approval of the Seven-member Examination Committee by the General Assembly:
12. Successful public Thesis defense (Appendix 10):
13. Certificate of receipt of the Thesis from the University Library:
14. Certificate of non-debt of material borrowed from the University Library:
15. Certificate of submission of the PhD Thesis to the National Documentation Centre:
16. Return of student identity card:

**Appendix 13. Certificate of public support for a PhD Thesis proposal**

STATEMENT

TOPIC: Certificate of public defense for the PhD  
Thesis proposal of the PhD Candidate.

TO

UNIVERSITY OF THESSALY  
DEPARTMENT OF PHYSICAL EDUCATION  
AND SPORT SCIENCE (DPSS)

SURNAME: \_\_\_\_\_

As the main supervisor of the PhD Candidate

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

\_\_\_\_\_

I certify that he/she has publicly supported his/her  
PhD Thesis proposal within 1 year of enrolling in the  
Department's PhD Studies Program. Specifically, the  
date of the public support was

\_\_\_\_\_

Trikala:     /     /

(Signature)

## **Appendix 14. Guide to writing a PhD Thesis**

### **PhD Thesis Writing Guide**

The size, writing style, bibliographic or other references, as well as the way of bibliographic recording of the sources, are determined jointly with the PhD supervisor and are related to the specificities of the field of knowledge in which the Thesis falls and the requirements of the subject. Therefore, one of the internationally established bibliographic standards [e.g. Harvard, Chicago Manual of Style, American Psychological Association (APA) Style, Oxford Style Manual, etc.] may be consistently followed.

When evaluating the PhD Thesis, emphasis is placed more on its scientific completeness than on its length. The length of the text is determined according to the field of research and may vary.

Each page of the text must be numbered consecutively. The numbering shall begin on the first page of the text and end at the end of the Thesis, including appendices and bibliography. Numbering does not appear (but is counted) on the title page. Black font is used for the text, preferably Times New Roman (size 12 point) or Arial (size 11 point). Single spacing is recommended for footnotes and tables and double spacing for the main text. For footnotes (or endnotes) it is recommended to use the same 9- or 10-point font.

In general, it is advisable to avoid the use of many different fonts in the text as well as decorative elements, frames, shading, etc., which are intended to create an aesthetic effect but which at the same time distract attention from the content of the Thesis. In general, the format of the Thesis should be simple. For specific corrections/revisions, it is mandatory to circulate the Thesis to the supervisor and/or the Three-member Advisory Committee in electronic form (Microsoft word file) via e-mail.

In its final form, that is, the one submitted after the requested corrections of the Seven-member Examination Committee and the accepted revised submission of the PhD Candidate, the PhD Thesis must include:

#### **Structure of the original PhD Thesis section**

The title page must contain, in order from top to bottom:

1. The logo of the University of Thessaly
2. The name of the Institution, the School and the Department.
3. The title of the PhD Thesis (the title is written in full and does not contain symbols or other unconventional characters)
4. The full name of the author
5. The full name of the PhD Thesis supervisor

6. The statement “PhD Thesis submitted to the Faculty for the partial fulfillment of the obligations of the PhD Degree of the PhD Studies Programme of the Department of Physical Education and Sports Science of the University of Thessaly”.
7. The place and year.

After the title page, there should be a page that should include only the following text on the bottom: “The approval of a PhD Thesis by the Department of Physical Education and Sports Science of the University of Thessaly does not imply the acceptance of the author's opinions (Law 5343/1932, article 202, paragraph 2).”

Then page 3 includes the following statement and is signed by the author:

“Under my own responsibility and being aware of the possibility of imposing sanctions by the General Assembly of the DPESS, I declare responsibly that for the writing of my PhD Thesis I did not use in whole or in part work of other author(s) or the ideas and concepts of another author(s) without reference to the source of origin (journal article, book, newspaper, magazine article, website, etc.). In addition, I declare that I have checked the possibility of plagiarism of the final version of the Thesis through the electronic platform Turnitin and I have submitted the relevant analysis and its results in electronic and hard copy form to the Department.”

### **Structure of the main sections of the thesis**

The PhD Thesis must be structured according to the standards of scientific monographs and studies. In particular, the following should be included in the following order:

1. Dedication (if any)
2. Acknowledgements
3. Table of contents
4. Catalogues of tables, charts, maps and/or other visual aids
5. Abstract and keywords in Greek (1 page)
6. Abstract and keywords in English (1 page)
7. Introduction
8. Main text (distributed in chapters, sections, and subsections)
9. Discussion - conclusions
10. Bibliography (and other sources)
11. Annexes (if any)

In the acknowledgments, a brief reference should be made on the process of preparing the Thesis and thanks are given to all those (individuals or institutions) who contributed in any way to its implementation. Special thanks must also be given to those who played a key role in the conduct of the research.

The abstract is a clear and brief description of the content, method, and conclusions of the Thesis in a maximum of one page.

The introduction presents in detail:

1. The scope, objectives, and feasibility of this PhD Thesis. In particular, reference is made to the reflection that led to the choice of the specific topic, to the individual objectives and the research questions or hypotheses to be tested and investigated, as well as to the justification of the scientific (theoretical and/or applied) feasibility of the Thesis.
2. The critical review of the existing literature on the subject and the overall assessment of the research that has already been done in this direction.
3. The methodology of approaching the subject of the Thesis, as well as the techniques of data collection, processing and analysis.
4. The structure of the Thesis with a brief description of the content of each chapter.

The main text is divided into numbered chapters, each of which corresponds to a specific self-contained section, and which follow a logical sequence in the flow of the Thesis. Chapters should be divided into subchapters and paragraphs numbered according to the decimal system (e.g. 3, 3.1, 3.1.1). Chapters include the main analytical part of the Thesis.

The discussion - conclusions include a synthesis and discussion of the main findings of the Thesis, placed in the context of its topic as well as in the broader scientific field in which they are embedded. They also highlight any objective difficulties that may have arisen during the preparation of the Thesis, suggest directions for future research, and provide the author's final critical views and conclusions. This chapter should be a self-contained section without unnecessary repetition of points from previous chapters and should be characterised by a holistic and synthetic perspective on the Thesis as a whole.

Appendices generally include various items of ancillary or supplementary importance in relation to the Thesis (e.g. protocols, approvals from institutions, photographs, questionnaires, statistical series, tables, charts, maps etc. that were not included in the main text, dissected files, etc.). Their compilation and citation generally follow all the above-mentioned specifications, which refer to the compilation of the text of the PhD Thesis, as an integral part of it, including the numbering, which continues in the appendices directly from the main text of the Thesis. Any audiovisual material should be submitted in a compatible electronic format (e.g. mp3/.wav/.mp4).

The bibliography includes all sources (books, articles, studies, conference contributions, statistical reports, analyses in the daily and periodical press, documents of organisations, archival material, etc.) used in the preparation of the Thesis.

## Appendix 15. Suggested structure for the presentation of the research proposal

PhD candidates are required to submit to the Department's Secretariat and publicly defend the research proposal (up to 2,000 words) of their PhD Thesis within 12 (for full-time PhD candidates) or 18 (for part-time PhD candidates) months from the date of their enrolment in the PhD Studies Programme.

Presentations of research proposals are made during seminars organised twice a year during the periods September-November and March-May on dates determined by the PhD Studies Committee. By decision of the General Assembly of the Department, the above periods may be altered, or others added.

In each seminar, 10 PhD candidates are given the opportunity (on priority based on the date the Secretariat is informed by the PhD candidate) to present their research proposals or their progress. Each presentation will be 10 minutes in duration.

Below is a suggested structure for the presentation. PhD candidates may deviate from this structure, as long as they stay within the 10-minute time limit and present a comprehensive overview of their research proposal or progress.

- Title slide
  - includes the title of the thesis, the name of the PhD candidate, as well as the names of the members of the Three-Member Advisory Committee.
- Introduction (1 slide)
  - briefly describes the subject of study and/or "problem" that the PhD Thesis aims to solve and gives the PhD Studies Committee and the Three-member Advisory Committee an understanding of the general background of the topic
- Literature review (1-2 slides)
  - presents all the key information someone needs to understand the measurements to be made, the expected findings of the Thesis, and their significance
- Purpose (1 slide)
  - describes in detail in one sentence the purpose of the Doctoral Thesis.
- Methodology (2-4 slides)
  - describes in detail the methodology that will be followed during the PhD thesis. For example:
    - sample size and characteristics
    - research planning
    - measurements and equipment
- Importance (1-2 slides)
  - describes why it is important to study the specific research topic or to solve the "problem" mentioned in the Introduction.
- Annual actions/objectives for the completion of the PhD Studies Programme (2-4 slides)
  - describes the actions taken throughout the duration of the PhD candidate's studies to fulfil all the requirements of the PhD Studies Programme presented in Table 2 of this Guide.



- (e.g., 1<sup>st</sup> year: literature review, course attendance, conference presentation, submission of publication review, 2<sup>nd</sup> year: pilot study, volunteer recruitment, preliminary data collection and analysis, 3<sup>rd</sup> year .....).

Slide numbers should be included and a bibliography (in brackets) should be provided where appropriate. PhD candidates are encouraged to emphasise graphs and figures and to minimise text in their slides as much as possible.

## Appendix 16. Suggested structure for the progress presentation

Presentations on the progress of the PhD candidates are made in special seminars organized twice a year during the periods September-November and March-May on dates set by the PhD Studies Committee. By decision of the Department General Assembly, the above periods can be altered or others can be added.

In each seminar, 10 PhD candidates are given the opportunity (on priority based on the date the Secretariat is informed by the PhD candidate) to present their progress. Each presentation will be 10 minutes in duration. A suggested structure for the presentation is given below. PhD candidates may deviate from this structure as long as they stay within the 10-minute time limit and present a complete overview of their research proposal or progress.

- Title slide
  - includes the title of the thesis, the name of the PhD candidate, as well as the names of the members of the Three-Member Advisory Committee
- Introduction (1-2 slides)
  - briefly describes the subject of study and/or "problem" that the PhD Thesis aims to solve and gives the PhD Studies Committee and the Three-member Advisory Committee an understanding of the general background of the topic
- Literature review (1-2 slides)
  - presents all the information someone needs to understand the measurements to be made, the expected findings of the thesis, and their significance
- Purpose (1 slide)
  - describes in detail in one sentence the purpose of the Doctoral Thesis
- Methodology (2-3 slides)
  - describes in detail the methodology that will be followed during the PhD Thesis. For example:
    - sample size and characteristics
    - research planning
    - measurements and equipment
- Importance (1-2 slides)
  - describes why it is important to study the specific research topic or to solve the "problem" mentioned in the Introduction
- Actions/objectives for the completion of the PhD Studies Programme (2-4 slides)
  - describes the actions taken throughout the duration of the PhD candidate's studies to fulfil all the requirements of the PhD Studies Programme presented in Table 2 of this Guide
    - (e.g., 1<sup>st</sup> year: literature review, course attendance, conference presentation, submission of publication review, 2<sup>nd</sup> year: pilot study, volunteer recruitment, preliminary data collection and analysis, 3<sup>rd</sup> year...).

Slide numbers should be included and a bibliography (in brackets) should be provided where appropriate. PhD candidates are encouraged to emphasise graphs and figures and to minimise text in their slides as much as possible.

## Appendix 17. Grading Scales for the Evaluation of the PhD Thesis and Final Defense

Part A. Grading Scale for the Evaluation of the PhD Thesis			
Criteria	Unsatisfactory performance (Rejected)	Satisfactory performance (very good)	Excellent performance (excellent)
Originality / innovation	<input type="checkbox"/> None or very low level of originality <input type="checkbox"/> Unclear purpose and research questions <input type="checkbox"/> Plagiarism	<input type="checkbox"/> Satisfactory level of scientific originality <input type="checkbox"/> Clear purpose and research questions	<input type="checkbox"/> Excellent originality, both in details and overall <input type="checkbox"/> Research is likely to open up new avenues for examining implications of research questions in the future or practical applications
Implementation of the thesis	<input type="checkbox"/> Failure to formulate the problem and research questions <input type="checkbox"/> Poor cases <input type="checkbox"/> Limitations and restrictions are absent or inadequate <input type="checkbox"/> Not complying with ethical rules <input type="checkbox"/> Lack of knowledge of literature	<input type="checkbox"/> Very well formulated problem and research questions <input type="checkbox"/> Properly formulated hypotheses <input type="checkbox"/> Shows that he/she knows the subject in depth <input type="checkbox"/> Knowledge of the literature <input type="checkbox"/> Follows the ethical rules	<input type="checkbox"/> Extremely well formulated problem and research questions <input type="checkbox"/> Exceptionally formulated hypotheses <input type="checkbox"/> Shows excellent knowledge of the subject and in-depth <input type="checkbox"/> Demonstrates well-developed critical faculties <input type="checkbox"/> The implementation of the thesis shows the ability to interconnect and extend knowledge
Documentation	<input type="checkbox"/> Documentation is incomplete <input type="checkbox"/> Arguments are weak or lack support <input type="checkbox"/> There is no coherence or logic in the arguments and the whole concept of the thesis	<input type="checkbox"/> Completed documentation <input type="checkbox"/> Arguments are strong and presented in an appropriate manner <input type="checkbox"/> The entire thesis has relevance and logic	<input type="checkbox"/> Completed documentation <input type="checkbox"/> Arguments are presented and explained in an excellent way <input type="checkbox"/> Excellent work, both as a whole and in small details
Scientific publications	<input type="checkbox"/> Publications in non-authoritative or low-quality journals <input type="checkbox"/> Not a significant number of publications <input type="checkbox"/> Minimum contribution to science	<input type="checkbox"/> Satisfactory quality of publications in peer-reviewed journals <input type="checkbox"/> Satisfactory number of publications according to the minimum thresholds of the PhD Studies Programme Guide <input type="checkbox"/> Satisfactory contribution to science	<input type="checkbox"/> Excellent quality of publications in the most prestigious journals <input type="checkbox"/> Exceptional number of publications, beyond those required for the completion of the PhD Studies Programme <input type="checkbox"/> Significant contribution(s) to science

<p>Overall quality of the PhD Thesis</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Arguments are wrong or incomplete</li> <li><input type="checkbox"/> The objectives of the research are poorly defined</li> <li><input type="checkbox"/> Demonstrates basic critical ability</li> <li><input type="checkbox"/> Does not reflect understanding of the topic and connection to the literature</li> <li><input type="checkbox"/> Shows poor understanding of theoretical concepts</li> <li><input type="checkbox"/> Shows a limited level of originality or innovation</li> <li><input type="checkbox"/> Shows limited creativity and insight</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Arguments are clear and coherent</li> <li><input type="checkbox"/> Critical ability is average</li> <li><input type="checkbox"/> Reflects an understanding of the topic and the relevant literature</li> <li><input type="checkbox"/> Demonstrates understanding of theoretical concepts</li> <li><input type="checkbox"/> Indicates moderate level of originality or innovation</li> <li><input type="checkbox"/> Demonstrates creativity and insight</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Excellent and strong arguments</li> <li><input type="checkbox"/> The objectives of the research are extremely well formulated</li> <li><input type="checkbox"/> Shows mature, critical thinking</li> <li><input type="checkbox"/> Demonstrates excellent knowledge of the subject and relevant literature</li> <li><input type="checkbox"/> Demonstrates an excellent understanding of theoretical concepts</li> <li><input type="checkbox"/> Demonstrates an exceptional level of originality or innovation</li> <li><input type="checkbox"/> Shows exceptional creativity and insight</li> </ul>
<p>Contribution to the scientific field</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Limited evidence of originality or innovation</li> <li><input type="checkbox"/> Limited extension of previous research</li> <li><input type="checkbox"/> Limited theoretical and/or practical relevance</li> <li><input type="checkbox"/> Limited possibility of publication</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Evidence of originality or innovation</li> <li><input type="checkbox"/> Extends previous research</li> <li><input type="checkbox"/> Logical theoretical and practical significance</li> <li><input type="checkbox"/> Reasonable possibility of further publications</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Outstanding evidence of originality or innovation</li> <li><input type="checkbox"/> Significant extension of previous research</li> <li><input type="checkbox"/> Outstanding theoretical and practical relevance/importance</li> <li><input type="checkbox"/> Great potential for further publications</li> </ul>
<p>Writing quality</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The writing style has weaknesses</li> <li><input type="checkbox"/> Many grammatical and syntax errors</li> <li><input type="checkbox"/> Many errors in the reports submitted</li> <li><input type="checkbox"/> Poor organisation of the Thesis</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The writing style is considered adequate</li> <li><input type="checkbox"/> Minor grammatical or editorial errors</li> <li><input type="checkbox"/> The organization of the Thesis is logical</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The writing style is excellent</li> <li><input type="checkbox"/> No grammatical or syntax errors</li> <li><input type="checkbox"/> Excellent ability to express in writing</li> <li><input type="checkbox"/> Excellent organisation of the Thesis</li> </ul>

Total quantity of work	<input type="checkbox"/> Limited evidence on the amount of work to complete the thesis	<input type="checkbox"/> Sufficient evidence on the amount of work to complete the thesis	<input type="checkbox"/> Excellent evidence on the amount of work to complete the thesis
<b>Overall assessment</b>	<b>Does not meet expectations</b>	<b>Meets expectations</b>	<b>Responds beyond expectations</b>
<b>Part B. Graduated Scale for the Evaluation of the Final Defense of the PhD Thesis</b>			
<b>Criteria</b>	<b>Unsatisfactory performance (rejected)</b>	<b>Satisfactory performance (very good)</b>	<b>Excellent performance (excellent)</b>
Overall quality of support	<input type="checkbox"/> Poor quality of organisation <input type="checkbox"/> Low quality of presentation <input type="checkbox"/> Poor communication skills <input type="checkbox"/> Slides and material are difficult to read <input type="checkbox"/> Unable to fully explain what is being presented	<input type="checkbox"/> Good organisation of the presentation <input type="checkbox"/> Clear presentation <input type="checkbox"/> Good communication skills <input type="checkbox"/> Good slides and accompanying material <input type="checkbox"/> Is able to adequately explain what is being presented	<input type="checkbox"/> Excellent organization <input type="checkbox"/> Excellent presentation <input type="checkbox"/> Excellent communication skills <input type="checkbox"/> Excellent slides and accompanying material <input type="checkbox"/> Is able to fully explain what is being presented
Overall range and depth of knowledge	<input type="checkbox"/> Unacceptable presentation <input type="checkbox"/> The presentation shows significant weaknesses and/or lack of in-depth knowledge of the subject matter <input type="checkbox"/> The presentation does not reflect critical skill <input type="checkbox"/> The presentation has a very narrow scope	<input type="checkbox"/> Acceptable presentation <input type="checkbox"/> The presentation shows in-depth knowledge of the subject <input type="checkbox"/> The presentation reflects average critical ability <input type="checkbox"/> The presentation highlights the ability to apply and/or impact with other fields	<input type="checkbox"/> Excellent presentation <input type="checkbox"/> The presentation shows knowledge of the subject in great depth <input type="checkbox"/> The presentation reflects above average critical ability <input type="checkbox"/> The presentation highlights the ability to apply, link and/or influence many other fields

Quality of responses to questions and discussion	<input type="checkbox"/> The answers are incomplete <input type="checkbox"/> The arguments are not presented correctly <input type="checkbox"/> Responses do not reflect the level of Doctoral studies	<input type="checkbox"/> The answers are complete <input type="checkbox"/> The arguments are well organised <input type="checkbox"/> Responses reflect the level of Doctoral studies	<input type="checkbox"/> The answers show eloquence <input type="checkbox"/> The arguments are excellent and well presented <input type="checkbox"/> The responses reflect the higher-than-expected level of Doctoral studies
<b>Overall assessment</b>	<b>Does not meet expectations</b>	<b>Meets expectations</b>	<b>Responds beyond expectations</b>

**Appendix 18. Certificate of presentation of the research project of the PhD Thesis**

STATEMENT

TOPIC: Certificate of presentation of the research work of the PhD Thesis of the PhD Candidate.

TO

UNIVERSITY OF THESSALY  
DEPARTMENT OF PHYSICAL EDUCATION  
AND SPORT SCIENCE (DPESS)

SURNAME: \_\_\_\_\_

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

As the main supervisor of the PhD Candidate

\_\_\_\_\_

I certify that he/she presented as first author one oral presentation and one poster presentation at scientific conferences in Greece or abroad or at a conference of students of the DPESS. Copies of the proceedings of the conference(s) are attached to this certificate.

Trikala:     /     /

(Signature)

**Appendix 19. Certificate of scientific publications**

STATEMENT

TOPIC: Certificate of scientific publications of PhD

Candidate(s):

---

TO

UNIVERSITY OF THESSALY

DEPARTMENT OF PHYSICAL EDUCATION

AND SPORT SCIENCE (DPSS)

SURNAME: \_\_\_\_\_

NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

As the main supervisor of the PhD Candidate

---

I hereby certify that the following scientific publications relate to this doctoral Thesis (copies attached):

ISI/SCOPUS/Scimago Q1/2/3/4 database (delete as appropriate):

1. Names (year). Title of publication, Journal, Volume, Pages, DOI
2. ...

Trikala:     /     /

(Signature)