

2024-2025 Course's Timetable

| Dates | Course/Event | Course Leader |
|------------------------------|--|------------------------------|
| 09/01/2024 - 18:00 CET | Q&A Online Session 1 | Admin |
| 25/01/2024 - 18:00 CET | Q&A Online Session 2 | Admin |
| 27/01/2024 - 12:00 CET | Opening Ceremony (online) | Dr. Sakkas – Dr. Karatzaferi |
| Semester A | | |
| 2-3-4/02/2024 – 08:00 CET | MA01 - Evidence Based Practice | Prof. Metsios |
| 20/02/2024 – 18:00 CET | Q&A Session | |
| 24/02/2024 – 09:00 CET | Online Quiz – MA01 | |
| 1-2-3/03/2024 – 08:00 CET | MA02 - Sexual Health, Gender, Self-care and Relationships | Prof. Stefanidis – Dr. Hanes |
| 19/03/2024 – 18:00 CET | Q&A Session | |
| 23/03/2024 – 09:00 CET | Online Quiz – MA02 | |
| 5-6-7/04/2024 – 08:00 CET | MA04 - Nutrition for Health and Wellbeing | Dr. Grammatikopoulou |
| 23/04/2024 – 18:00 CET | Q&A Session | |
| 27/04/2024 – 09:00 CET | Online Quiz – MA04 | |
| 10-11-12/05/2024 – 08:00 CET | MA03 - Exercise and Physical Activity for Health and Diseases | Prof. Sakkas |
| 21/05/2024 – 18:00 CET | Q&A Session | |
| 25/05/2024 – 09:00 CET | Online Quiz – MA03 | |
| 01/06/2024 – 08:00 CET | SE01 - Seminars in Research Methods & Statistics | Dr. Veskoukis |
| 25/06/2024 – 18:00 CET | Q&A Session | |
| 29/06/2024 – 09:00 CET | Semester's Final Exams | Prof. Sakkas |

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| Semester B | | |
| 21/09/2024 – 09:00 CET | September Remedial Exam | Prof. Karatzaferi |
| 4-5-6/10/2024 – 08:00 CET | MB01 - Sleep Hygiene | Prof. Dardiotis |
| 22/10/2024 – 18:00 CET | Q&A session | |
| 26/10/2024 – 09:00 CET | Online Quiz – MB01 | |
| 1-2-3/11/2024 – 08:00 CET | MB02 -Stress and Anxiety Management | Prof. Christodoulou |
| 19/11/2024 – 18:00 CET | Q&A session | |
| 23/11/2024 – 09:00 CET | Online Quiz – MB02 | |
| 29-30/11 - 1/12/2024 – 08:00 CET | MB03 - Substance Use, Addictions and Related Behaviours | Dr. Georgakouli |
| 17/12/2024 – 18:00 CET | Q&A session | |
| 21/12/2024 – 09:00 CET | Online Quiz – MB03 | |
| 14/12/2024 – 08:00 CET | SE02 - Seminars in Systematic Reviews & Meta-Analysis | Prof. Metsios |
| 10-11-12/01/2025 – 08:00 CET | MB04 - Environmental Physiology and Human Health | Prof. Flouris |
| 28/01/2025 – 18:00 CET | Q&A session | |
| 1/02/2025 – 09:00 CET | Online Quiz – MB04 | |
| 11/02/2025 – 18:00 CET | Case Study Q&A session | Prof. Sakkas |
| 15/02/2025 – 09:00 CET | Semester's Final Exams | Prof. Sakkas |
| 22/02/2025 – 09:00 CET | Remedial Exams | Prof. Karatzaferi |

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|--|--|----------------------------------|
| Semester C | | |
| 8-9/02/2025 – 08:00 CET | Thesis Workshop | Prof. Karatzaferi |
| Summer School in Greece - 22/06/2025 – 29/06/2025 | | |
| 22/06/2025 | Welcome Ceremony (Live) | Prof. Sakkas – Prof. Karatzaferi |
| 23/06/2025 – 08:00 CET | SE03 - Seminar in Presentation & Communication Skills | Prof. Sakkas |
| 24/06/2025 – 08:00 CET | E01 - Stress and Anxiety Counselling | Prof. Sakkas |
| 25/06/2025 – 08:00 CET | E02 - Sleep Polysomnography and Sleep Coaching | Prof. Sakkas |
| 26/06/2025 – 08:00 CET | E03 - Body Composition Assessment | Prof. Sakkas |
| 27/06/2025 – 08:00 CET | E04 - Fitness Capacity Assessment | Dr. Karatrantou |
| 28/06/2025 | Students' Conference – Thesis Defence | Prof. Karatzaferi |
| 29/06/2025 | Students' Conference – Thesis Defence | Prof. Karatzaferi |
| 29/06/2025 | Closing Ceremony | Prof. Sakkas – Prof. Karatzaferi |
| 30/06/2025 | Departure | |
| 05/07/2025 – 09:00 CET | July Remedial Exams | Prof. Karatzaferi |
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