



ΠΑΝΕΠΙΣΤΗΜΙΟ
ΘΕΣΣΑΛΙΑΣ

**Department of Physical Education & Sport Science
Interdepartmental Graduate Program in Lifestyle Medicine**

M2.2

Internal Operating Regulations



MLM
Msc Lifestyle Medicine

2024

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General

To The Department of Physical Education and Sports Science, the Department of Dietetics and Nutrition of the School of Physical Education, Sports and Dietetic Sciences, and the Department of Medicine of the School of Health Sciences of the University of Thessaly organize and operate the Interdepartmental Programme of Postgraduate studies entitled "Lifestyle Medicine", in accordance with the provisions of Law 4957/2022. The implementation of the programme is based on a special cooperation protocol among the departments and with the support of the European Lifestyle Medicine Organization, with which the Department of Physical Education & Sports Science has concluded a special Memorandum of Cooperation, in matters of research and education. The language of instruction is English.

Article 1. Subject - Purpose

1.1. Purpose

The Interdepartmental Programme of Postgraduate studies (IPPS) of the Department of Physical Education and Sports Science, the Department of Dietetics and Nutrition of the School of Sciences of Physical Education, Sports and Dietetics, and the Department of Medicine of the School of Health Sciences aims to:

- In the production of qualified scientists in the new and developing interdisciplinary field of Lifestyle Medicine, with an emphasis on preventing the development of non-communicable chronic diseases through its main pillars which are physical exercise and activity, appropriate nutrition, stress management, behavior change, sexual health, health and environment, smoking cessation, harmful alcohol use/consumption, and sleep hygiene.
- The goal of the application of the gained knowledge will be to improve health in general and the quality of life of all people, regardless of their health status.
- Students will exercise and strengthen their leadership skills to provide effective counseling in promoting a healthy lifestyle with a focus on health promotion.

The Programme also aims to:

- In forming a cooperation framework with other Universities abroad.
- To strengthen the mobility of students and teaching staff.
- Attracting students and teaching staff from abroad.

In the future, the graduates of the MSc LM can staff Higher Education Institutions, public health and disease prevention establishments or hospitals, as well as at the private and business sector and will contribute to the upgrading of organizations, agencies, and businesses, which are active in the fields of Health, Counseling, addiction, Exercise, Human Resources Management etc.

1.2. Academic Subjects of the Interdepartmental Graduate Program

The courses of the Interdepartmental Graduate Program (Interdepartmental MSc) develop expertise in the cognitive areas that fall within the scope of Lifestyle Medicine, with a focus on preventing the development of non-communicable chronic diseases through its core pillars, which include physical exercise and activity, proper nutrition, stress management, behavior change, sexual health, health and environment, smoking cessation, harmful alcohol use, and sleep hygiene.

Therefore, the Interdepartmental MSc is a continuation of the undergraduate programs of the Department of Physical Education and Sport Science, Medicine, or Dietetics – Nutrition, and contributes to interdisciplinary collaboration through the development not only of knowledge but also of professional skills. This will enable and promote cooperation among specialists from various fields with the goal of a person-centered approach to the prevention and/or holistic management of non-communicable diseases, healthy aging, and improving quality of life.

Degree Title

The Interdepartmental Graduate Program (Interdepartmental MSc) of the Department of Physical Education and Sport Science (DPESS), the Department of Dietetics and Nutrition (DDN) of the School of Physical Education, Sport Science and Dietetics, and the Department of Medicine (DM) of the School of Health Sciences awards:

Master of Science (MSc) in Lifestyle Medicine - Master's Degree (MSc) titled "Lifestyle Medicine"

1.3. Categories of Candidates in the Interdepartmental Graduate Program

The International Interdepartmental Graduate Program accepts graduates from higher education institutions within Greece as well as from recognized equivalent institutions abroad, as accredited by the Greek National Recognition Centre for Higher Education (DOATAP). The program is aimed at graduates from Medical Schools, Health Sciences, Physical Education and Sports Sciences, Psychology, Nutrition/Dietetics, and other health-related scientific fields, regardless of whether these fields exist as sectors or have professional rights in Greece. The Curriculum Committee (E.P.S.) determines the relevance for admission to the program based on a proposal from the relevant selection committee it appoints.

The selection of candidates and their admission to the program is carried out in accordance with the applicable regulations and procedures outlined in the internal rules.

1.4. Duration

The duration to obtain the MSc LM, in a full-time study programme, is defined in three (3) academic semesters, of which the third is available for the preparation of the thesis, and in a part-time study programme, which is defined in six (6) teaching semesters, of which the fifth and sixth semesters are available for the preparation of the diploma thesis. The minimum duration for the awarding of a master's degree is set at one (1) year and six (6) months of full-time study. The maximum duration of study is set at three (3) years.

The successful fulfillment of the relevant obligations leads to the acquisition of the IPPS Master.

The total number of credits (ECTS) required to obtain the Master is 90 ECTS. Attending the courses, seminars and other activities of the Programme is mandatory. The possibility of temporary suspension of studies is provided, but it cannot exceed two (2) consecutive semesters. The semesters in suspension of the student status are not counted towards the prescribed maximum duration of normal studies.

Article 2. Governing Bodies of the Interdepartmental Graduate Program

For the organization and overall operation of the Interdepartmental Master's Program (IMP), the responsible bodies, according to Articles 81-83 of Law 4957/2022, are:

- The Postgraduate Studies Committee
- The Senate of the University of Thessaly
- The Curriculum Committee (in accordance with Article 81)
- The Coordinating Committee (C.C.) of the Master's Program
- The Director of the Master's Program

2.1. Responsibilities of the Governing Bodies of the Interdepartmental Graduate Program

The **Curriculum Committee** consists of members of the faculty of the cooperating Departments in accordance with what is specified in the IPPS' Memorandum of Cooperation. If other bodies participate in the IPPS, in accordance with par. 6 of article 80, at least one (1) representative from each collaborating body participates as a member of the committee. By decision of the curriculum committee, an Integration Board can be set up, with a two-year term, in which the Director of the IPPS must participate and four (4) from the curriculum committee members.

The Integration Board (or the CC if an IB is not formed) is responsible for the monitoring and coordination of the programme. The IB specifically:

- a) prepares the initial annual budget of the IPPS and its amendments, since the programme has income, in accordance with article 84, and recommends its approval to the Research Committee of the Special Research Funds Account (ELKE),
- b) draws up the report of the programme and recommends its approval to the Assembly of the Department/CC
- c) approves the expenditure of the IPPS
- d) approves the granting of scholarships, stipends or not, according to what is defined in the founding decision of the programme and the university Regulations for postgraduate and doctoral studies,
- e) recommends to the Assembly the distribution of the teaching load, as well as the assignment of teaching to the categories of faculty/teachers in article 83,
- f) recommends to the Assembly the invitation of Visiting Professors to meet the teaching needs of the programme,
- g) draws up a plan for the amendment of the curriculum, to be submitted to the Assembly,
- h) recommends to the Assembly the redistribution of modules between academic semesters, as well as issues related to the quality upgrade of the curriculum.

The members of the above Committees, including the Director, are not entitled to additional remuneration or compensation for their participation in them.

The Director of each PPS is a member of the department faculty, preferably at the level of full Professor or of Associate Professor, and is appointed by decision of the Department's Assembly, or, in the case of an IPPS, by the Curriculum Committee, for a two-year term, without limitations to the renewal of term.

- a) He / She chairs the Integration Board, and in the case of the IPPS, the Curriculum Committee, sets the agenda of assembly meetings and calls up meetings
- b) Proposes on topics and issues that relate to the organization and operation of the programme to the Assembly,
- c) Proposes on topics and issues related with the effective operation of the post-graduate programme to the Integration Board and the other bodies of the programme and of the University
- d) Is the scientific responsible person of the programme, according to article 234 and exercises the corresponding responsibilities
- e) monitors the implementation of the decisions of the bodies of the IPPS and of the Regulations of postgraduate and doctoral study programmes, as well as the monitoring of the implementation of the budget of the programme
- f) exercises any other authority, which is defined in the decision establishing the programme

For the operation of the IPPS, the Curriculum Committee appoints, with a term of two (2) years, or as provided in the Postgraduate Studies Regulation, the following Committees:

- Postgraduate Student Selection Committee
- Financial Management Committee

The following are the work/tasks of the Postgraduate Student Selection Committee:

- Assessment and evaluation of all submitted supporting documents.
- Assessment and evaluation of the degree's relevance to the academic subject of the IPPS.
- Assessment and evaluation of the candidate's language proficiency in English.
 - Basic knowledge of the English language is documented with a minimum entry level at the IELTS 6 level. Holders of an undergraduate or postgraduate degree from an English-speaking University, or those candidates who come from a country where one of the official languages of the state is English, or that are employed in or have completed obligatory education in a country where one of the official languages is English, are exempt from this obligation.
- Conducting an interview for admission to the Programme.
- Final ranking of candidates based on the list of Programme criteria and proposal to select candidates based on this ranking in the Curriculum Committee.

The following are the tasks of the Financial Management Committee:

- Recommendation to the Curriculum Committee concerning the determination of the amount of the tuition fees, where these are foreseen, with documentation.
- The monitoring, controlling and continuous updating of the finances of the Programme, and
- The submission of the financial planning and report of the IPPS to the Assembly of the Department and its posting on the IPPS-MSc LM website.

2.2. Responsibilities of the Committees of the Graduate Program

The responsibilities of the Graduate Admissions Committee include the following:

- Review and evaluation of all submitted documents.
- Assessment of the relevance of the degree to the field of study of the Graduate Program.

- Verification of English language proficiency:
 - Basic knowledge of English must be evidenced at a minimum by a Lower certificate (IELTS level 6). This requirement is waived for holders of undergraduate or graduate degrees from English-speaking universities, or candidates from countries where English is one of the official languages, or those who have completed mandatory education in English, or those who are proven to be working in a country where English is an official language.
 - Where necessary, English proficiency will also be evaluated based on the candidate's performance during an English-language interview.
- Conducting interviews for admission to the Program.
- Final ranking of candidates based on the Program's criteria and recommending the selection of candidates to the Admissions Committee based on this ranking.

The responsibilities of the Financial Management Committee include the following:

- Recommendation to the Admissions Committee regarding the setting of tuition fees, where applicable, with proper documentation.
- Monitoring, auditing, and ongoing updating of the Program's finances.
- Submission of financial planning and accounting of the Graduate Program to the Assembly and its posting on the Program's website.

2.3 Other Committees and Responsibilities

The Curriculum Committee sets up additional Committees, where it deems necessary and based on the Postgraduate Studies Regulations of the University of Thessaly.

- Advisory Committee
- Internal Evaluation Committee
- Ethics Committee

The work of the Advisory Committee is:

- The guidance of the student in educational matters related to the IPPS
- Addressing and resolving issues related to the students before they reach the Curriculum Committee for discussion

The work of the Internal Evaluation Committee is:

- The collection of data for the internal evaluation report.

The work of the Ethics Committee is:

- In the event of an ethical lapse, to preliminarily examine the case, gather data and inform the Integration Board the IPPS. In the case of unethical behavior on the part of students, the Integration Board undertakes the conduct of the relevant procedures and takes, in its ad hoc

meeting, final decisions regarding their treatment/resolution, which then are communicated to the Curriculum Committee. In matters of Teacher ethics, the Integration Board follows the current legislation and makes recommendations to the bodies provided for by law.

Article 3. Admissions - Admission Procedures

3.1. General Remarks

The Director of Graduate Studies announces and posts on the University's website and various international networking platforms or daily newspapers a call for expressions of interest. This announcement includes the conditions for submitting applications, the required documents, and the application deadline. The announcement is also posted on the website of the International Interdepartmental Graduate Program, on ELMO, and on other postgraduate study advertising websites.

Interested prospective students submit their application in English to the Secretariat of the International Interdepartmental Graduate Program for participation in the selection process for one of the advertised positions within the specified timeframe according to the call for applications. Along with the application, candidates must submit a curriculum vitae, a copy of their diploma, a transcript, proof of English language proficiency, and any other documentation that may support their application (such as foreign language diplomas, research papers, copies of work or project contracts, etc.). The selection of candidates is made by the selection committee for admissions, which consists of the Director, the Deputy Director, and a faculty member from one of the three departments. The final approval of the admissions is confirmed by the Curriculum Committee (E.P.S.), which decides on the acceptance of the candidates.

3.2. Selection of Graduate Students

The applications of the candidates with the attached supporting documents and complete curriculum vitae are forwarded to the Postgraduate Student Selection Committee which consists of Department of Physical Education and Sports Science faculty members. The Committee's tasks are:

- Control of applications in terms of their timely submission.
- Checking the degree's relevance to the academic subject of the IPPS.
- Language proficiency check.

The basic knowledge of the English language is documented as a minimum with an IELTS certificate equal to 6. Holders of an undergraduate or postgraduate degree from an English-speaking University or those candidates who come from a country where one of the official languages of the state is English are exempt from this obligation.

- Checking and evaluating all submitted certificates. It is also possible for students who have just completed the undergraduate study cycle and only the formal procedure for the degree awarding remains, to apply. This candidate is then conditionally shortlisted and must submit the overall analytical transcript as soon as possible and no later than 5 working days before the official date of the release of the results.
- Conducting an interview, where the ability to use the English language during a scientific discussion (based on a predetermined topic) is tested. The candidates present their candidacy to the Committee.
- Final ranking of successful candidates based on the Programme criteria list.

Ranking criteria

The following contribute to the formation of the candidates' final ranking score (see also Table 1):

Final Degree Grade (maximum 30 points for honors*)

The scoring considers the degree grade and the years of regular undergraduate studies and is calculated using the formula below:

$3/4 \times \text{degree grade} \times \text{years of regular undergraduate studies}$

Example

A Graduate (4 years) with a degree grade of '8' will receive:

$3/4 \times 8 \times 4 = 24$ points

A Medical Graduate (6 years) with a degree grade of '8' will receive:

$3/4 \times 8 \times 6 = 36$ points

* Graduates of the School of Medicine, due to the 6 years of study, will receive a total of 30 points.

Diploma Dissertation (maximum 5 points)

The grade of the undergraduate dissertation is not considered, while it is certified by a document from the Secretariat of the Department where it was prepared, where the number of authors must be indicated. If the work has been prepared by more than one author, the points are calculated as follows: 5 points / number of authors.

Professional experience (maximum 15 points).

Each completed working year is scored with 1 point. Therefore 180 months are required to receive the maximum points. The supporting documents must state the type of employment relationship as well as the exact period of employment in this position. The candidate must submit the necessary supporting documents, which may be, for example:

- Contracts with the State
- Certificates from public state agencies/institutions.
- Insurance certificates.

- Contracts with Health Units, Sports Federations, Health Organizations, etc. and/or receipts of payments for the provision of services.

Publications in scientific journals (maximum 15 points).

Publications must be relevant to the subject of study in recognized scientific journals. The candidate should submit copies of up to four publications. If the work is to be published, a certificate from the editors of the journal must be submitted as well as a copy of the work to be published. Publications that are not subject to the aforementioned conditions are not counted (e.g., articles in newspapers, websites or magazines).

Any publications are scored as follows:

- Journals belonging to scientific databases with an impact factor equal to or greater than 1:
1st author 30 points, 2nd 20, 3rd 10 points.
- Journals belonging to scientific databases with an impact factor between 0.1 and 0.99:
1st author 15 points, 2nd 10, 3rd 5 points.
- Journals belonging to scientific databases with a weight factor of less than 0.1:
1st author 10 points, 2nd 7, 3rd 5 points.
- Journals that do not belong to scientific databases or journals of professional associations and companies:
1st author 5 points, 2nd 4, 3rd and then 3 points.

The announcements at scientific conferences (maximum 10 points).

The total number of announcements (whether oral or posted) may not exceed four. In any case, the candidate must submit a copy of the proceedings of the conference (the 1st page and the paper abstract page) in which the announcement was made. Presentations are awarded as follows:

- Announcements at International conferences (e.g. ECSS, ACSM, ISB):
1st author 5 points, 2nd 3 points, 3rd 2 points
- Announcements at Greek conferences:
1st author 3 points, 2nd 2 points, 3rd 1 point.

Participation in a paid research programme - Practical experience (maximum 15 points).

The candidate must provide a certificate stating the participation in a research programme or school of practical experience of a total duration of at least 36 months to receive the maximum points.

Certified knowledge of the English language - (maximum 10 points)

In case of obtaining an English language certificate with a mark of 6 and more (IELTS scale), there is an extra score (if it is not on the list below then the student must provide a document proving that it is equivalent to one of the following).

With 5 points, those who have:

- Certificate of Proficiency in English (CPE) from Cambridge and Michigan Universities.
- Certificate in Proficient Communication from EDEXCEL International London Examinations or other public universities.
- International English Language Testing System (IELTS) from the University of Cambridge Local Examinations Syndicate (UCLES) – The British Council – IDP Education Australia IELTS Australia with a score of 6-7.
- TOEIC 785-900
- State Language Certificate C2 (excellent knowledge).

With 10 credits, those who have a degree from an English-speaking university or one of the following are subsidized:

- International English Language Testing System (IELTS) from the University of Cambridge Local Examinations Syndicate (UCLES) – The British Council – IDP Education Australia IELTS Australia with a score of 7 and above.
- TOEIC >900
- Mother tongue

Second degree (maximum 15 credits for a four-year course)

A second degree from another High Education Institute, in a related subject, which is scored accordingly as the degree above:

$3/8 \times \text{degree grade} \times \text{years of regular undergraduate studies}$

For doctors, holding a specialty, is scored like the bachelor's degree above

Holding a master's or other post-graduate Degree (maximum 30 points)

Master's Degrees are scored with extra points. Holders of a doctoral degree (Doctorate, PhD, PEd, PharmD, etc.) are scored with 30 points, holders of a master's degree (Master, MSc, MEng, MA, etc.) with a research thesis are scored with 20 points, while holders of a master's degree without research thesis (Postgraduate Composite Thesis or Postgraduate Diploma) are scored with 15 points.

Interview

A full curriculum vitae is also submitted with the application file and all documents (copies, certificates) of candidates' qualifications that are not scored as above and which, in the judgment of the candidates, have contributed to their professional development and will contribute significantly to the optimal fulfillment of their studies at IPPS, are evaluated during the interview process. In addition, during the interview the use of the English language and the fluency of communicating in English are assessed in the context of scenarios simulating the teaching of the Lifestyle Medicine.

In particular, the qualitative assessment and the possibility for the candidates to better explain their candidacy during the interview also aims to resolve any ties in the selection of postgraduate students. In addition, it also operates as practical proof of the knowledge of the

English language to successfully attend the IPPS. Failure to demonstrate English language proficiency in the interview will disqualify the candidate from the selection process.

Table 1. Summary of assessment criteria

Πίνακας 1. Συνοπτικός πίνακας αξιολόγησης

Supporting documents	Score credits
Degree grade (for fourth-year studies)	30
Graduate thesis	5
Professional Experience	15
Publications in scientific journals	15
Announcements at scientific conferences	10
Participation in a research programme –	15
Practical experience (e.g., military training schools)	10
Certified knowledge of the English language	Pass/fail
Interview	100
Additional scoring	
Second degree or medical specialty	15
Master's Degree	30

Υποτροφίες

Scholarships are granted in special cases of exceptional performance based on the recommendation of the Steering Committee (S.E.), in agreement with the Director, and approved by the Curriculum Committee (E.P.S.).

Additionally, according to the applicable regulations, there is the possibility of exemption from the payment of tuition fees for students who meet the relevant socio-economic criteria (as detailed in the institution's standard regulations, see Article 3.3 of the STANDARD REGULATIONS FOR GRADUATE AND DOCTORAL STUDIES of the University of Thessaly).

Article 4. Program of the Interdepartmental Graduate Program

4.1 Requirements for Obtaining a Master's Degree (MSc)

To obtain the master of Postgraduate studies, it is necessary to complete 90 European Credit Transfer and Accumulation System (ECTS), which result from the attendance and successful examination in courses, the successful attendance of seminars, laboratory training, as well as the preparation and the submission of a dissertation. The 90 teaching units are acquired after:

- Successful attendance and examination of eight (8) thematic units with 7 ECTS each (total 56 ECTS), two (2) seminar cycles with 2 ECTS (total 4 ECTS), four (4) laboratory cycles with 2 ECTS (total 8 ECTS) respectively and the preparation of a master's Thesis with 22 ECTS, under the supervision and consent of a faculty member from one of the three collaborating departments.
- The Master's thesis is compulsory and is prepared and submitted during the third semester. Its form can be either Research or retrospective in the forms of systematic review or metanalysis.

4.2 Program Structure

Πίνακας 1: Η δομή του προγράμματος

A' Semester				
Code	Μαθήματα	ECTS	Semester	Teaching Methods
MA01	Lifestyle Medicine- Evidence Based Practice	7	A	#
MA02	Sexual Health, Gender, Self-care, and Relationships	7	A	#
MA03	Exercise and Physical Activity in Health and Disease	7	A	#
MA04	Nutrition for Health and Wellbeing	7	A	#
SE01	Research Methods and Statistics	2	A	#
B' Semester				
MB01	Sleep physiology & Hygiene	7	B	#
MB02	Stress and Anxiety Management	7	B	#
MB03	Substance Use, Addiction and Related Behaviours	7	B	#
MB04	Environment and Human Health	7	B	#
SE02	Systematic Reviews & Meta-Analysis	2	B	#
C' Semester				
SE03	Seminar in Presentation & Communication skills	2	C	*
E01	Stress and Anxiety Counseling	2	C	*
E02	Sleep Polysomnography and Sleep Coaching	2	C	*
E03	Body Composition Assessment	2	C	*
E04	Fitness Capacity Assessment	2	C	*

MΔ	Master's thesis	22	C	-
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(TEACHING METHODS): # online & * : in-person

[Detailed module descriptors are provided upon registration and semester enrollment]

The structure of the program is detailed in the Study Guide. In summary:

The teaching of each thematic unit (1st and 2nd semester, see Table 1) lasts 12 weeks (with teaching time equivalent to two 60-minute teaching hours per week) and is conducted using the block teaching method with 4 periods per semester. The teaching is delivered both in-person and remotely, through a blended learning system, which includes lectures using synchronous and asynchronous distance education methods (see 4.3). The remote education is carried out via a specialized electronic learning platform (MsTeams/Microsoft) and is synchronized, while presentations are also recorded for the possibility of review through asynchronous methods.

The seminar cycle (1st & 2nd semester) lasts 4 weeks (with teaching time equivalent to two 60-minute teaching hours per week) and is conducted using the block teaching method with one (1) period per semester. The teaching is delivered remotely, in accordance with applicable regulations (see 4.3). The remote education is conducted via a specialized electronic learning platform (MsTeams/Microsoft) and is synchronized, with presentations also recorded for review through asynchronous methods.

The training of students in clinical-laboratory skills takes place in the 3rd semester in an intensive format (summer school), during the implementation of the laboratory courses SE03, E01, E02, E03, and E04 (see Table 1) with physical presence.

4.3 Instructors

According to the provisions of Law 4957/2022, the teaching staff in the Interdepartmental Graduate Program (IDGP) includes:

a) Faculty members (D.E.P.) of the institution, Special Educational Staff (E.E.P.) members, Laboratory Teaching Staff (E.DI.P.) members, emeritus professors or retired faculty members (D.E.P.), appointed lecturers, visiting professors and researchers, contracted researchers, collaborating professors who are faculty members of other domestic institutions, postdoctoral researchers, researchers, and Special Functional Scientists (E.L.E.) from research and technological organizations, professors from foreign institutions, and scientific collaborators in second-cycle study programs.

b) Recognized scientists of distinguished reputation, who possess specialized knowledge and relevant experience in the subject area of the graduate program (IDGP).

The latter category includes members of the ELMO, who, based on the memorandum of cooperation, contribute to the IDGP in Lifestyle Medicine according to the educational needs.

Additionally, considering the language of instruction and the interdisciplinary nature of the program, and according to the provisions for teaching in foreign-language study programs, the teaching responsibilities are distributed by the decision of the IDGP Study Curriculum Committee to instructors with expertise or scientific-research work relevant to the subject of the assigned teaching duties, in accordance with the provisions of paragraph 1 of Article 103 of Law 4957/2022. Teaching staff may also include instructors listed in points (a) to (l) of Article 4 of the "Regulations on Compensation for Teaching" of the University of Thessaly (Government Gazette 6277/Vol. B', 12.12.2022), as well as early-career scientists.

The Study Curriculum Committee (E.P.S.) allocates the teaching duties and the supervision of thesis projects following the recommendation of the IDGP Director, in accordance with the provisions of paragraph 3.b of Article 102 and paragraphs 2 and 3 of Article 103 of Law 4957/2022. Regarding employment conditions, the provisions of the "Regulations on Compensation for Teaching" of the University of Thessaly are followed.

4.4 Teaching Methods

Synchronous Distance Education

The organization of the educational process for the International Master's Program (IMP) is primarily carried out during the 1st and 2nd semesters using synchronous distance education methods. The organization of courses and other educational activities through distance education methods applies to courses and activities that, by their nature, can be supported through distance education methods and do not involve practical, laboratory, or clinical training, which requires students' physical presence.

Additionally, student assessments are conducted through distance methods (using the MSForms platform).

Support for educational staff and students regarding the e-learning system is provided at the first level (Department) by the Department Coordinator and at the second level (Institution) by the Digital Governance Unit of the University of Thessaly.

Asynchronous Distance Education

The educational process may be conducted using asynchronous distance learning methods, which do not exceed twenty-five percent (25%) of the credits of the Master's program.

The University of Thessaly has an electronic platform where educational materials for each course (such as notes, presentations, exercises) can be uploaded. The electronic platform is accessible to individuals with disabilities.

Synchronous In-Person Education

For practical, laboratory, or clinical training of students, physical presence is required. This type of training is conducted intensively during the third semester (summer school), as part of the laboratory courses E01, E02, E03, and E04 (see Table 1).

Academic Advisor

For each graduate student, the Curriculum Committee (E.P.S.) designates a faculty member as the Supervisor Professor from among the faculty members of the University of Thessaly who are assigned teaching duties in the respective International Interdisciplinary Master's Program (I.I.M.P.). The Supervisor Professor is responsible for monitoring and overseeing the progress of the graduate student's studies.

Master's Thesis

To obtain the master's degree, it is necessary to prepare and submit a Master Thesis, which corresponds to 22 credits.

The Thesis is an essential component of the programme which aims at the in-depth engagement of the student with a specific topic and the parallel development of his/her/their skills in his/her/their integrated written and oral presentation.

The Curriculum Committee, following a proposal from the Integration Board, appoints a Three-member Committee in which the Supervisor and two (2) or more other faculty members or researchers of grades A', B', C', who hold a doctoral degree, participate.

It is possible to undertake descriptive or systematic literature reviews and meta-analyses on topics relevant to the International Interdepartmental Graduate Program, as well as original research papers or case analyses related to the practices of Lifestyle Medicine. In the case of a descriptive or systematic review or meta-analysis, approval from the Ethics Committee of the Department of Physical Education and Sports Science (TEFAA) is not required, only written consent from the supervising professor. During the preparation of the Master's Thesis, the student is involved in collecting research, clinical, or review data, processing the data, and performing statistical analysis. After the data collection and processing, the writing of the Master's Thesis follows. The language of the Master's Thesis is English.

The student may conduct their research thesis in collaborating institutions through the Erasmus+ program or the ELMO network, provided that there is relevant approval from the Graduate Curriculum Committee (E.P.S.).

Supervision

The Study Curriculum Committee (SPC) appoints a faculty member (D.E.P.) as the supervisor. The right to supervise master's theses is granted to the teaching staff listed in section (a) of Article 4.3 of these Regulations (in accordance with Article 4, paragraph 2 of Law 4957/2022), provided they hold a doctoral degree.

The supervisor holds the scientific responsibility for the completion of the Master's Thesis and is appointed by the SPC upon the student's request, which must include the proposed title of the thesis, the proposed supervisor, and a summary of the proposed work. Each faculty member (D.E.P.) may supervise no more than five (5) theses at the same time. Additionally, two (2) co-supervisors (supervisory committee members) are appointed, who may come from other institutions, either domestic or international.

With a decision from the SPC of the IDGP, the supervision of theses may also be assigned to faculty members (D.E.P.), Special Educational Staff (E.E.P.), and Laboratory Teaching Staff (E.D.I.P.) from collaborating departments (such as TEFAA, TI, TDD), who have not undertaken teaching duties in the IDGP, provided they have the necessary language proficiency and relevant research work.

For the examination of the Master's Thesis, a three-member committee (examination committee) is formed by the Study Curriculum Committee, following a proposal from the Coordinating Committee of the Graduate Program. This committee includes the supervisor and at least two (2) other members from the categories of teaching staff who are eligible to supervise master's theses and who hold a doctoral degree. The members of the committee must have the same or related scientific expertise as the subject of the Program. The examination committee may include members of the supervisory committee.

Public Presentation - Master's Thesis Examination

After completing the writing of the master's Thesis, the candidates deliver a copy of it to the members of the Committee. When the Committee deems that the dissertation is ready, it is publicly announced after a request from the candidates to the secretariat, which is accompanied by a summary of the master's Thesis in the Greek language. The Secretariat announces the fact by releasing to the University

Community a form that includes the date of support and the summary of the master's Thesis. The Master's Thesis will be written and presented in the English language.

The final evaluation and judgment of the master's Thesis is done by the Three-Member Committee.

The examination and grading of the thesis are carried out by the members of the three-member examination committee after the oral presentation and defense of the topic by the graduate student. The committee completes the relevant form, "THESIS GRADING FORM," where the substantive criteria of the thesis are evaluated at 60%, the formal criteria at 20%, and the oral presentation at 20% of the overall grade. Each examiner signs the relevant form. The final grade for the thesis is the average of the grades given by the three examiners. The above-mentioned form is immediately submitted to the Secretariat of the International Interdepartmental Graduate Program under the responsibility of the supervising professor.

The issuance of the decision (approval or rejection) must be made within a period of two weeks. Approval requires the consent of at least two (2) members of the Three-member Committee. The Master's Thesis is graded from 0-10 with a minimum passing grade of 5. Any corrections must be completed within one month of the decision being issued. In case of rejection, a new evaluation date is determined by the Integration Board at least three (3) months after the first judgment. In the event of a second rejection, the candidate will be deleted from the IPPS.

The approved Master's Thesis, after any revisions suggested by the Three-Member Committee, must be submitted to the library in one (1) electronic copy and uploaded to the website of the respective School.

The thesis writing guide, which outlines the structure and format, is provided directly to students and is also posted on the website of the International Interdepartmental Graduate Program. It specifies, among other things, the length, font, writing style, number of copies of the thesis to be submitted, and any other relevant details regarding its structure, as well as the timeline for revisions.

Course Evaluation

The evaluation and grading of students in each course is the responsibility of the module leader (instructor) and is done independently of other courses. It is based on an objective assessment of the student's performance in that specific course.

The final grade for each course is determined by the sum of the student's achievements in specific areas (e.g., assignments, exams), according to the guidelines provided by the instructor at the beginning of the semester.

The minimum acceptable grade for a course is 5 out of 10.

Only one (1) failure is allowed per course. Failure is defined as a final course grade below 5 or failure to complete the course requirements (assignments, presentations, etc.) during the semester in which the course is taught, for students in full-time attendance.

Re-examination can take place during the resit examination period (September or February), which the student must declare to the program's administration office. After a second failure, the case is referred to the Study Curriculum Committee, which will recommend retaking the course with the corresponding (%) cost of the course. After a second failure in the retaken course, the student will be dismissed from the program.

Replenishment of courses

Courses that are not held due to extraordinary circumstances or due to the teacher's responsibility are made up within the semester with a relevant announcement from the teacher in charge of the course.

Graduation

The IDGP is completed with the awarding of the MSc degree. The MSc degree will be awarded by the Department of Physical Education and Sport Science. It will be referred to as Master of Science in Lifestyle Medicine [MSc in the scientific field of "Lifestyle Medicine"].

The graduation ceremony takes place before the assembly during a special ceremony. The format of the MSc degree and the text of the graduation oath are determined according to the decision of the Senate of the University of Thessaly.

Diploma Supplement

According to Article 15 of Law 3374/2005, the diploma supplement is attached to the degree and provides information about the nature, level, general educational context, content, and status of the studies successfully completed by the individual named on the original degree to which the supplement is attached. The diploma supplement is issued automatically and free of charge in both Greek and English. The original supplement must meet the authenticity requirements applicable to the awarded degree. The date of issuance of the supplement does not necessarily coincide with the date of awarding the degree, but it can never be earlier than that date.

Article 5. Enrollment

5.1 Registration in the Program

Student enrollment in the program is mandatory for each semester in order to maintain the ability to attend the current semester. Students must enroll for every academic semester, even when they have completed their course requirements. Enrollment after completing the course requirements includes a small program registration fee.

Before enrolling, each student must settle their financial obligations. In the event that a student discontinues participation in the IDGP, the tuition fees already paid are non-refundable.

Student status is acquired upon enrollment in the IDGP. Attendance is mandatory for all students, meaning they must attend all courses each semester. In exceptional cases, and following a justified recommendation by the supervising faculty member, the Curriculum Committee may allow the suspension of studies for one or more semesters.

5.2 Tuition Fees

The tuition fees are set at 6000 euros. They are distributed as follows:

- 1st Semester: 3000 euros
- 2nd Semester: 3000 euros
- 3rd Semester: 0 euros

The expenses for the 3rd semester are incorporated into the fees for the first two semesters

5.3 Attendance

Attendance of postgraduate students in classes is mandatory and is assessed at the discretion of the instructor. Any issues regarding class attendance are initially handled by the instructor and subsequently by the Program Director and the Curriculum Committee of the IDGP. To ensure participation, students must follow the guidelines for the timely issuance of their institutional credentials, allowing them uninterrupted access to their courses, which requires the timely payment of fees.

Class attendance is compulsory. The maximum allowable absence limit for each course is set at 30%. Each postgraduate student is entitled to one additional absence per semester for classes that coincide with dates of scientific conferences or other academic events, provided the following conditions are met:

- The student is expected to personally present a scientific paper, either as an oral or poster presentation, or to officially participate in a round table or symposium as a speaker.
- Within one week of the absence, the student must submit to the IDGP office: (a) proof of acceptance of the paper, (b) proof of the paper presentation, and (c) the abstract (or full paper, if required by the event) included in the conference program.

In the case of insufficient attendance in one (1) course, the Curriculum Committee may allow one additional attempt to attend the course from the beginning (with the corresponding course fee being paid again). Each postgraduate student has the right to request (once) a leave of absence from attending courses or from conducting the experimental part of their ongoing dissertation. Postgraduate students are entitled to travel allowances proportional to those of undergraduate students, according to the legal requirements.

Article 6. General Operational Matters of the Interdepartmental Graduate Program

Matters not covered by the Internal Regulations of the IDGP are resolved by the Curriculum Committee (PC) in accordance with Article 84 of Law 4957/2022. The PC reserves the right to make modifications to the program's operation in future academic years, following the procedures stipulated by the law.

6.1 Facilities and Equipment

For the operation of the program, either remotely or in person, the existing infrastructure of the TEFAA, TDD, and TI departments is used. The courses in the first two semesters of the MSc in Lifestyle Medicine, as well as most collaboration meetings, are conducted remotely. The University of Thessaly provides high-level infrastructure for distance education to the MSc in Lifestyle Medicine. This includes the Microsoft Office 365 platform (via <https://delos365.grnet.gr/user>), which is a collection of online tools and services designed for productivity and effective teaching and collaboration. It supports synchronous and asynchronous teaching and offers 1 Terabyte of storage space for every UTH user. The digital educational material is uploaded by the lecturers in organized folders maintained by the program's secretariat on the learning and collaboration platform (<https://uthnoc.sharepoint.com>) and the eClass platform (<https://eclass.uth.gr/>), ensuring continuous availability to postgraduate students. The digital evaluation of students conducted by the MODIP of UTH includes questions that also cover the digital assessment material.

The above departments have modern classrooms with network support and free wireless internet access for all students. Additionally, TEFAA has well-equipped and officially established laboratories

related to the MSc program, such as: a) the Research and Evaluation Center for Physical Performance (Government Gazette establishment: 180/9-8-2000), with laboratory/research areas in Biomechanics, Exercise Biochemistry, Training, and Exercise Physiology; b) the Laboratory of Exercise Psychology and Quality of Life (Government Gazette establishment: 465/5-3-2004); and c) the Laboratory of Sports and Recreation Management (Government Gazette establishment: 355/18-3-2005). Also, the TDD houses the Laboratory of Clinical Exercise Physiology and Nutrition, along with educational infrastructures for Nutrition and Dietetics, while the TI has laboratory facilities in the Neurological and Psychiatric Clinics.

To meet the teaching and research needs of the MSc, students have access to all three libraries with more than 4,500 book titles and approximately 10,000 online journal titles, a computer center, a videoconferencing room, a gym, and the rest of the technical infrastructure of the departments. The aforementioned laboratories are equipped with modern tools, which are also used to secure research funding, part of which can be used for the implementation of studies within the framework of MSc dissertations.

6.2 Website - Announcements

Announcements for the MSc in Lifestyle Medicine (Ξ.Δ.Π.Μ.Σ.) are posted on <https://www.mlm.edu.gr/> or on the 'internal page' <https://uthnoc.sharepoint.com/sites/MScinLifestyleMedicine>, as well as on the webpage of the lead department at <http://www.pe.uth.gr/index.php/en/studies/postgraduate-studies>. The official website of the MSc program may contain information and announcements not included in the Study Guide. It serves as an important source of information and announcements, and students are required to visit it regularly.

Decisions and results will be communicated personally (notifications through the secretariat), in accordance with GDPR principles. Additionally, each course will have its own announcement board on the course management platform (SharePoint and MSTeams, or alternatively e-class), and students are required to visit it regularly for updates on the courses in the current semester.

6.3 Duties of Instructors

Each member of the Faculty (and/or Teaching Staff) in the Programme must:

1. To seek his/her/their participation in the processes of production of new knowledge through publications in internationally recognized journals.
2. To defend the value and prestige of the scientific and research process, clearly demarcating each time the appropriate course of acquiring scientific knowledge, observing the rules of bioethics and ethics.
3. To constantly extend his/her/their cognitive horizons (e.g., through collaborations with academic and research institutions at home and abroad) and to be frequently informed about issues related to his/her/their scientific field to be able to offer complex, interdisciplinary and modern knowledge.
4. To be approachable and cooperative with postgraduate students and to offer his/her/their knowledge and experiences without discrimination. For this purpose, at the beginning of the semester, he will announce his/her/their visiting/telephone contact hours.

5. To present a clear course information sheet with instructions, international bibliography, and an enriched syllabus, so that the teaching material adequately covers the scientific requirements of the subject.
6. To allow students access to their writings (exams, assignments) after the announcement of the grades and to offer a clear justification of the score (especially in cases of oral assessment).
7. As a Supervising Professor, to have contact (online or in person) at regular intervals, depending on the needs, of the student, and to actively participate in the organization of the students' Research Proposal, with the aim of improving the quality of the proposed study.
8. To have the final responsibility of choosing the research topic for each of the graduate students under his/her/their supervision and to exhaust the possibilities of its successful outcome regardless of the remaining workload.
9. To protect the interest of the student in terms of the attribution of authorship and the recognition of participation in the research process, not only as a direct result of the thesis (for which the student retains the copyright) but also with regard to the future use of the data (e.g. in metanalysis or commercial exploitation). In the case of research collaborations, to inform the student about the prioritization of the contribution, as well as about the financier and the conditions he sets in case of external funding.
10. To inform the Director of the Programme in a timely manner if, for any reason, he is unable to continue supervising a student, so that the supervision is assigned to another teacher (from the existing three-member committee, or outside of it).
11. As a course manager, to ensure the creation of original and exclusive supervision material for the IPPS course, using the standards adopted by then IPPS and having secured licenses of use where necessary. The course material is deposited in the IPPS secretariat before the start of the semester. If co-teaching is implemented, the course manager informs the co-professors about the implementation of the supervisory material, coordinates the teaching contribution schedule, confirms to the Integration Board the implementation of the courses, the updating of the course page, the timely processing of exams, grading and any other action that ensures the implementation of the programme. In the case of co-teaching, the Course Leader ensures the appropriate way and means of communication for the students with the co-teachers and/or the guest speakers.

6.4 Duties of Students

Each student in the Programme must:

1. Accept and support the basic operating principles of the University of Thessaly with his/her/their participation in the IPPS.
2. To defend the values and prestige of the scientific and research process, always respecting the appropriate course of acquiring scientific knowledge.

3. To constantly extend his/her/their cognitive horizons and to be frequently informed about issues related to his/her/their scientific direction, to be able to fulfill successfully and with maximum benefit the postgraduate educational process.
4. To be approachable and cooperative with the lecturers, to observe the information schedule set by the Supervising Professor, to submit his/her/their assignments on time, and to treat the lecturers and other staff with courtesy without conditions or discrimination.
5. To visit the IPPS website frequently since it will be his/her/their main means of communication and information, as well as the individual pages of the courses he attends.
6. To inform the Director of the Programme in a timely manner if he is unable, for any reason, to continue attending his/her/their studies or if he wishes to request permission to suspend attending the courses or the preparation of the experimental part of the thesis under preparation.
7. To meet his/her/their financial obligations towards the Department in a timely manner. The student is obliged to pay part of the tuition fees upon registration at IPPS, the rest is paid at the beginning of the second semester.
8. To protect the interest of the Supervisor regarding the performance of authorship and the recognition of participation in the research process or innovation. In the case of research collaborations, to respect the pre-agreed prioritization of the intellectual contribution of the collaborators, and if any external funding has been received, to acknowledge the source of funding.
9. To respect the operating regulations of the respective laboratories in which he will be employed either during teaching or during his/her/their research work, and not to remove equipment from them. Loan or use of laboratory equipment is governed by specific regulations and the student will be responsible for replacing any damage or loss of equipment.
10. At the end of his/her/their work (after he has also completed the data collection for his/her/their thesis) to deliver to the secretariat in consultation with the Supervising Professor or the respective Laboratory Manager any material he may have borrowed (such as keys, laboratory equipment, etc.). Otherwise, the secretariat has the right to suspend the processing of the completion of his/her/their programme.
11. The submission of any work by the students is done under the logic that the data is genuine and primary and has been implemented with their own efforts. Also, the University of Thessaly conducts a relevant check with the electronic submission of an assignment (through the e-class platform). The student must deliver relevant files with primary Thesis data (e.g., in the case of an experimental procedure, deliver consent forms, measurement printouts, statistical results) for review and subsequent safekeeping by the Supervisor, while the thesis text is also checked for its authenticity.

Otherwise, and depending on the seriousness of the matter, the assembly of the IPPS will consider repercussions up to and including exclusion from the Programme.

Article 7. Administrative, Technical, and Financial Support

7.1 Administrative Support

The IPPS has a Secretariat, which carries out the tasks of full administrative and secretarial support of the IPPS and is responsible for its smooth, efficient, and orderly operation. It is responsible for all matters related to the conduct of correspondence, communication with NARIC (DOATAP), the maintenance of protocol and records, the maintenance of minutes of the meetings of the collective bodies of the IPPS, the preparation and maintenance of the registers and individual files of the students, the monitoring of their student status (recording of grades, etc.), the granting of certificates, certificates and other study titles to postgraduate students, graduation ceremonies, scholarships, student ID cards, etc.

The Department of Physical Education and Sports Science of the University of Thessaly provides the necessary logistical infrastructure (classrooms, laboratories, computers, projectors, etc.) for the implementation of the courses for the IPPS. The IPPS project employs one secretary who has been hired under a project contract, following an open invitation to interested parties and with auxiliary assistance from the existing technical and administrative staff of the Department of Physical Education and Sports Science and one employee with responsibilities for research project coordination, dissemination and promotion actions and supporting foreign candidates in their communication with NARIC (DOATAP), which has been hired under a project contract, following an open call for interested parties.

The funding of the IPPS comes from the sources defined in the current legislation (law 4957/2022).

7.2 Financial Support

Resources

The resources for the MSc program will be sourced from:

- a) tuition fees,
- b) donations, sponsorships, and all types of financial contributions,
- c) bequests,
- d) funding from research projects or programs,
- e) the University of Thessaly's own funds,
- f) the state budget or the public investment program.

Tuition fees are paid by the student or by a third party (individual or legal entity) on behalf of the student. The management of the program's funds is conducted by the Special Account for Research Funds (ELKE) of the University of Thessaly.

The program's funds are allocated as follows:

a) An amount corresponding to thirty percent (30%) of the total revenues from tuition fees is retained by ELKE. This amount includes the retention fee for ELKE for the financial management of the MSc programs. By decision of the Governing Council, made by the end of March each year, it is determined whether the remaining amount, after the ELKE retention, is transferred to the regular budget or allocated for the creation of projects/programs through ELKE to cover the needs of MSc programs without tuition fees as a priority and to meet the research, educational, and operational needs of the university. Revenues from sources described in sections b) to d) above (as outlined in paragraph 1 of Law 4957/2022) are subject to ELKE retention for revenues from similar funding sources.

b) The remaining amount of the total revenues of the MSc program is allocated to cover its operational expenses. These include costs such as maintaining administrative support, consumables for dissertations, travel expenses for visiting professors, remuneration of teaching staff, and other expenses not covered by the university.

Management

The financial management of the MSc program is overseen by the Director. The Director of the MSc program is responsible for drafting the program's budget and financial report, which are reviewed by the Finance Committee of the MSc and submitted to the assembly for annual approval. The eligibility of expenses is reviewed by the Special Account for Research Funds (ELKE).

The Director of the MSc is responsible for monitoring the execution of the budget and issuing payment orders for the relevant expenses. The Director (also the Scientific Director of the program) is accountable for the justification of expenditures and for submitting the required expense documentation to ELKE for review, clearance, and payment. If an expense is not included in the project's budget, a budget revision is required.

As the Scientific Director, the MSc Director may proceed with internal reallocation of funds during the financial year, with the approval of the Curriculum's Committee (S.E./E.P.S.).

Article 8. Evaluation / Quality Control of the Interdepartmental Graduate Program

The Master's Program and its individual courses are systematically evaluated in accordance with the procedures and criteria established by the Internal Quality Assurance System of the University of Thessaly (UTH), contributing to its continuous improvement. The goals of the MSc and the criteria for its evaluation are in line with Article 87 of Law 4957/2022.

Due to the teaching method, course evaluation takes place in two phases. Upon completion of each intensive teaching block, anonymous written evaluations of the instructors are conducted by the students. In addition, courses, instructors, and the overall organization of the MSc are evaluated at the end of each semester through the Quality Management Information System (QMIS) of UTh's Quality Assurance Unit (MODIP), following the institution's prescribed procedures and in the English language. The Evaluation Committee (S.E.) responsible for the operation of the MSc, appointed by the Curriculum Committee (E.P.S.), will address issues arising from the analysis of the questionnaires. Instructors are also personally informed of their evaluation results, which are considered in the renewal of teaching assignments.

Subsequently, the MSc's Curriculum Committee will be informed of the evaluation data to submit the annual evaluation report, prepared by the Internal Evaluation Committee (OMEA) of the host department. Additionally, upon the end of their term, the outgoing Director, together with the Curriculum Committee, will prepare a detailed report on the research and educational activities, as well as other endeavors of the MSc. This aims to enhance the program, optimize human resources and infrastructure, and ensure the socially beneficial use of available MSc resources. The report is submitted to the relevant bodies as per applicable regulations.