

## 2026-2027 Course's Timetable

Dates	Course/Event	Course Leader
06/01/2026 - 18:00 CET	Q&A Online Session 1	Admin
22/01/2026 - 18:00 CET	Q&A Online Session 2	Admin
24/01/2026 - 12:00 CET	<b>Opening Ceremony</b> (Hybrid Session)	Dr. Sakkas – Prof. Karatzaferi
<b>Semester A</b>		
30-31/01 - 1/02/2026 – 08:00 CET	<b>MA01</b> - Evidence Based Practice	Prof. Metsios
10/02/2026 – 18:00 CET	Q&A Session	
14/02/2026 – 09:00 CET	Online Quiz – MA01	
27-28/02 - 1/03/2026 – 08:00 CET	<b>MA02</b> - Sexual Health, Gender, Self-care and Relationships	Prof. Stefanidis – Dr. Hanes
10/03/2026 – 18:00 CET	Q&A Session	
14/03/2026 – 09:00 CET	Online Quiz – MA02	
27-28-29/03/2025 – 08:00 CET	<b>MA04</b> - Nutrition for Health and Wellbeing	Dr. Grammatikopoulou
14/04/2026 – 18:00 CET	Q&A Session	
18/04/2026 – 09:00 CET	Online Quiz – MA04	
1-2-3/05/2026 – 08:00 CET	<b>MA03</b> - Exercise and Physical Activity for Health and Diseases	Dr. Sakkas
12/05/2026 – 18:00 CET	Q&A Session	
16/05/2026 – 09:00 CET	Online Quiz – MA03	
23/05/2026 – 08:00 CET	<b>SE01</b> - Seminars in Research Methods & Statistics	Dr. Veskoukis
02/06/2026 – 18:00 CET	Q&A Session	
06/06/2026 – 09:00 CET	<b>Semester's Final Exams</b>	Dr. Sakkas

## 2026-2027 Course's Timetable

Dates	Course/Event	Course Leader
<b>Semester B</b>		
19/09/2026 – 09:00 CET	September Remedial Exam	Prof. Karatzaferi
2-3-4/10/2026 – 08:00 CET	<b>MB01</b> - Sleep Hygiene	Prof. Dardiotis
13/10/2026 – 18:00 CET	Q&A session	
17/10/2026 – 09:00 CET	Online Quiz – MB01	
30-31/10 - 1/11/2026 – 08:00 CET	<b>MB02</b> -Stress and Anxiety Management	Dr. Sakkas
10/11/2026 – 18:00 CET	Q&A session	
14/11/2026 – 09:00 CET	Online Quiz – MB02	
27-28-29/11/2026 – 08:00 CET	<b>MB03</b> - Substance Use, Addictions and Related Behaviours	Dr. Georgakouli
08/12/2026 – 18:00 CET	Q&A session	
12/12/2026 – 09:00 CET	Online Quiz – MB03	
13/12/2026– 08:00 CET	<b>SE02</b> - Seminars in Systematic Reviews & Meta-Analysis	Prof. Metsios
8-9-10/01/2027 – 08:00 CET	<b>MB04</b> - Environmental Physiology and Human Health	Prof. Flouris
19/01/2027 – 18:00 CET	Q&A session	
23/01/2027 – 09:00 CET	Online Quiz – MB04	
02/02/2027 – 18:00 CET	Case Study Q&A session	Dr. Sakkas
06/02/2027 – 09:00 CET	Semester's Final Exams	Dr. Sakkas
20/02/2027 – 09:00 CET	Remedial Exams	Prof. Karatzaferi

## 2026-2027 Course's Timetable

Dates	Course/Event	Course Leader
<b>Semester C</b>		
13-14/02/2027 – 08:00 CET	<b>Thesis Workshop</b>	Prof. Karatzaferi
<b>Summer School in Greece - 20/06/2027 – 27/06/2027</b>		
20/06/2027 - 20:00 CET	<b>Welcome Ceremony</b>	Prof. Sakkas – Prof. Karatzaferi
21/06/2027 – 08:00 CET	<b>SE03</b> - Seminar in Presentation & Communication Skills	Prof. Sakkas
22/06/2027 – 08:00 CET	<b>E01</b> - Stress and Anxiety Counselling	Prof. Sakkas
23/06/2027 – 08:00 CET	<b>E02</b> - Sleep Polysomnography and Sleep Coaching	Prof. Sakkas
24/06/2027 – 08:00 CET	<b>E03</b> - Body Composition Assessment	Prof. Sakkas
25/06/2027 – 08:00 CET	<b>E04</b> - Fitness Capacity Assessment	Dr. Karatrantou
26/06/2027 - 08:00 CET	<b>Students' Conference – Thesis Defence</b>	Prof. Karatzaferi
27/06/2027 - 08:00 CET	<b>Students' Conference – Thesis Defence</b>	Prof. Karatzaferi
27/06/2027 – 20:00 CET	<b>Closing Ceremony</b>	Prof. Sakkas – Prof. Karatzaferi
28/06/2027	<b>Departure</b>	
03/07/2027 – 09:00 CET	<b>July Remedial Exams</b>	Prof. Karatzaferi