

2027-2028 Course's Timetable

Dates	Course/Event	Course Leader
12/01/2027 - 18:00 CET	Q&A Online Session 1	Admin
21/01/2027 - 18:00 CET	Q&A Online Session 2	Admin
23/01/2027 - 12:00 CET	Opening Ceremony (Hybrid Session)	Dr. Sakkas – Prof. Karatzaferi
Semester A		
29-30-31/01/2027 – 08:00 CET	MA01 - Evidence Based Practice	Prof. Metsios
09/02/2027 – 18:00 CET	Q&A Session	
13/02/2027 – 09:00 CET	Online Quiz – MA01	
26-27-28/02 /2027 – 08:00 CET	MA02 - Sexual Health, Gender, Self-care and Relationships	Prof. Stefanidis – Dr. Hanes
09/03/2027 – 18:00 CET	Q&A Session	
13/03/2027 – 09:00 CET	Online Quiz – MA02	
26-27-28/03/2027 – 08:00 CET	MA04 - Nutrition for Health and Wellbeing	Dr. Grammatikopoulou
06/04/2027 – 18:00 CET	Q&A Session	
10/04/2027 – 09:00 CET	Online Quiz – MA04	
23-24-25/04/2027 – 08:00 CET	MA03 - Exercise and Physical Activity for Health and Diseases	Dr. Sakkas
11/05/2027 – 18:00 CET	Q&A Session	
15/05/2027 – 09:00 CET	Online Quiz – MA03	
22/05/2027 – 08:00 CET	SE01 - Seminars in Research Methods & Statistics	Dr. Veskoukis
01/06/2027 – 18:00 CET	Q&A Session	
05/06/2027 – 09:00 CET	Semester's Final Exams	Dr. Sakkas

2027-2028 Course's Timetable

Dates	Course/Event	Course Leader
Semester B		
18/09/2027 – 09:00 CET	September Remedial Exam	Prof. Karatzaferi
1-2-3/10/2027 – 08:00 CET	MB01 - Sleep Hygiene	Prof. Dardiotis
12/10/2027 – 18:00 CET	Q&A session	
16/10/2027 – 09:00 CET	Online Quiz – MB01	
29-30-31/10/2027 – 08:00 CET	MB02 -Stress and Anxiety Management	Dr. Sakkas
09/11/2027 – 18:00 CET	Q&A session	
13/11/2027 – 09:00 CET	Online Quiz – MB02	
26-27-28/11/2027 – 08:00 CET	MB03 - Substance Use, Addictions and Related Behaviours	Dr. Georgakouli
07/12/2027 – 18:00 CET	Q&A session	
11/12/2027 – 09:00 CET	Online Quiz – MB03	
12/12/2027– 08:00 CET	SE02 - Seminars in Systematic Reviews & Meta-Analysis	Prof. Metsios
7-8-9/01/2028 – 08:00 CET	MB04 - Environmental Physiology and Human Health	Prof. Flouris
18/01/2028 – 18:00 CET	Q&A session	
22/01/2028 – 09:00 CET	Online Quiz – MB04	
01/02/2028 – 18:00 CET	Case Study Q&A session	Dr. Sakkas
05/02/2028 – 09:00 CET	Semester's Final Exams	Dr. Sakkas
19/02/2028 – 09:00 CET	Remedial Exams	Prof. Karatzaferi

2027-2028 Course's Timetable

Dates	Course/Event	Course Leader
Semester C		
12-13/02/2028 – 08:00 CET	Thesis Workshop	Prof. Karatzaferi
Summer School in Greece - 25/06/2028 – 02/07/2028		
25/06/2028 - 20:00 CET	Welcome Ceremony	Prof. Sakkas – Prof. Karatzaferi
26/06/2028 – 08:00 CET	SE03 - Seminar in Presentation & Communication Skills	Prof. Sakkas
27/06/2028 – 08:00 CET	E01 - Stress and Anxiety Counselling	Prof. Sakkas
28/06/2028 – 08:00 CET	E02 - Sleep Polysomnography and Sleep Coaching	Prof. Sakkas
29/06/2028 – 08:00 CET	E03 - Body Composition Assessment	Prof. Sakkas
30/06/2028 – 08:00 CET	E04 - Fitness Capacity Assessment	Dr. Karatrantou
01/07/2028 - 08:00 CET	Students' Conference – Thesis Defence	Prof. Karatzaferi
02/07/2028 - 08:00 CET	Students' Conference – Thesis Defence	Prof. Karatzaferi
02/07/2028 – 20:00 CET	Closing Ceremony	Prof. Sakkas – Prof. Karatzaferi
03/07/2028	Departure	
04/07/2028 – 09:00 CET	July Remedial Exams	Prof. Karatzaferi