

2025-2026 Course's Timetable

Dates	Course/Event	Course Leader
07/01/2025 - 18:00 CET	Q&A Online Session 1	Admin
23/01/2025 - 18:00 CET	Q&A Online Session 2	Admin
25/01/2025 - 12:00 CET	Opening Ceremony (Hybrid Session)	Dr. Sakkas – Prof. Karatzaferi
Semester A		
31/01- 1-2/02/2025 – 08:00 CET	MA01 - Evidence Based Practice	Prof. Metsios
18/02/2025 – 18:00 CET	Q&A Session	
22/02/2025 – 09:00 CET	Online Quiz – MA01	
28/02 - 1-2/03/2025 – 08:00 CET	MA02 - Sexual Health, Gender, Self-care and Relationships	Prof. Stefanidis – Dr. Hanes
18/03/2025 – 18:00 CET	Q&A Session	
22/03/2025 – 09:00 CET	Online Quiz – MA02	
28-29-30/03/2025 – 08:00 CET	MA04 - Nutrition for Health and Wellbeing	Dr. Grammatikopoulou
8/04/2025 – 18:00 CET	Q&A Session	
12/04/2025 – 09:00 CET	Online Quiz – MA04	
2-3-4/05/2025 – 08:00 CET	MA03 - Exercise and Physical Activity for Health and Diseases	Dr. Sakkas
13/05/2025 – 18:00 CET	Q&A Session	
17/05/2025 – 09:00 CET	Online Quiz – MA03	
31/05/2025 – 08:00 CET	SE01 - Seminars in Research Methods & Statistics	Dr. Veskokoukis
10/06/2025 – 18:00 CET	Q&A Session	
14/06/2025 – 09:00 CET	Semester's Final Exams	Dr. Sakkas

2025-2026 Course's Timetable

Dates	Course/Event	Course Leader
Semester B		
20/09/2025 – 09:00 CET	September Remedial Exam	Prof. Karatzaferi
3-4-5/10/2025 – 08:00 CET	MB01 - Sleep Hygiene	Prof. Dardiotis
21/10/2025 – 18:00 CET	Q&A session	
25/10/2025 – 09:00 CET	Online Quiz – MB01	
31/10 - 1-2/11/2025 – 08:00 CET	MB02 -Stress and Anxiety Management	Dr. Sakkas
11/11/2025 – 18:00 CET	Q&A session	
15/11/2025 – 09:00 CET	Online Quiz – MB02	
28-29-30/11/2025 – 08:00 CET	MB03 - Substance Use, Addictions and Related Behaviours	Dr. Georgakouli
09/12/2025 – 18:00 CET	Q&A session	
13/12/2025 – 09:00 CET	Online Quiz – MB03	
14/12/2025– 08:00 CET	SE02 - Seminars in Systematic Reviews & Meta-Analysis	Prof. Metsios
09-10-11/01/2026 – 08:00 CET	MB04 - Environmental Physiology and Human Health	Prof. Flouris
20/01/2026 – 18:00 CET	Q&A session	
24/01/2026 – 09:00 CET	Online Quiz – MB04	
03/02/2026 – 18:00 CET	Case Study Q&A session	Dr. Sakkas
07/02/2026 – 09:00 CET	Semester's Final Exams	Dr. Sakkas
21/02/2026 – 09:00 CET	Remedial Exams	Prof. Karatzaferi

2025-2026 Course's Timetable

Dates	Course/Event	Course Leader
Semester C		
14-15/02/2026 – 08:00 CET	Thesis Workshop	Prof. Karatzaferi
Summer School in Greece - 21/06/2026 – 28/06/2026		
21/06/2026 - 20:00 CET	Welcome Ceremony	Prof. Sakkas – Prof. Karatzaferi
22/06/2026 – 08:00 CET	SE03 - Seminar in Presentation & Communication Skills	Prof. Sakkas
23/06/2026 – 08:00 CET	E01 - Stress and Anxiety Counselling	Prof. Sakkas
24/06/2026 – 08:00 CET	E02 - Sleep Polysomnography and Sleep Coaching	Prof. Sakkas
25/06/2026 – 08:00 CET	E03 - Body Composition Assessment	Prof. Sakkas
26/06/2026 – 08:00 CET	E04 - Fitness Capacity Assessment	Dr. Karatrantou
27/06/2026 - 08:00 CET	Students' Conference – Thesis Defence	Prof. Karatzaferi
28/06/2026 - 08:00 CET	Students' Conference – Thesis Defence	Prof. Karatzaferi
28/06/2026 – 20:00 CET	Closing Ceremony	Prof. Sakkas – Prof. Karatzaferi
29/06/2026	Departure	
04/07/2026 – 09:00 CET	July Remedial Exams	Prof. Karatzaferi