

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 - 11:00 CET	Opening Ceremony (online)	Dr. Sakkas – Dr. Karatzaferi
Semester A		
2-3-4/02/2024	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	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	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	
3-4-5/05/2024	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	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

2024-2025 Course's Timetable

Dates	Course/Event	Course Leader
Semester B		
21/09/2024 – 09:00 CET	September Remedial Exam	Prof. Karatzaferi
4-5-6/10/2024	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	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	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	SE02 - Seminars in Systematic Reviews & Meta-Analysis	Prof. Metsios
10-11-12/01/2025	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

2024-2025 Course's Timetable

Dates	Course/Event	Course Leader
Semester C		
8-9/02/2025	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	SE03 - Seminar in Presentation & Communication Skills	Prof. Sakkas
24/06/2025	E01 - Stress and Anxiety Counselling	Prof. Samara
25/06/2025	E02 - Sleep Polysomnography and Sleep Coaching	Prof. Sakkas
26/06/2025	E03 - Body Composition Assessment	Prof. Sakkas
27/06/2025	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	July Remedial Exams	Prof. Karatzaferi