



ΠΑΝΕΠΙΣΤΗΜΙΟ  
ΘΕΣΣΑΛΙΑΣ



ΤΕΦΑΑ ΠΘ



**EUROPEAN MASTER  
IN SPORT & EXERCISE  
PSYCHOLOGY**



# In a few words...



EUROPEAN MASTER  
IN SPORT & EXERCISE  
PSYCHOLOGY

- Two-year, full-time program taught completely in English
- **Double Degree** in cooperation with the University of Leipzig, Germany and the University of Jyväskylä, Finland
- Intercultural environment with students from all over the world and teaching from top Professors in the field of Sport Psychology (67 students so far, from 34 countries)
- Participation in a 6-day Intensive Course in Sport & Exercise Psychology with invited Professors from a network of 12 European Universities
- Network of top European Universities in Sport & Exercise Psychology
- Applied and Research Focus
- Applications yearly until the 31<sup>st</sup> of March



# Aim of the Program



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The aim of the program is to offer master's level education in the area of Exercise and Sport Psychology and to educate students to a professional level.

Students will acquire the necessary knowledge and competencies that will enable them to understand human behavior in exercise and sport contexts and to apply effectively their knowledge to enhance physical activity, health, well-being, and high performance in the areas of public health and sports.

Sport and exercise psychology seeks to understand psychological factors that occur in sports, physical activity and exercise. The focus is on behavior, emotions and cognitions of persons involved in sport and exercise settings, e.g. exercise participants, athletes, coaches, teachers, therapists, parents, spectators, officials etc. Sport and exercise psychology draws upon the scientific fields of psychology, sport, education and health sciences.

# Program of Studies



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EUROPEAN MASTER in SPORT & EXERCISE PSYCHOLOGY					
1 <sup>st</sup> Semester	<p>Introductory Seminars (2 ECTS)</p> <p>Psychological Foundations of Sport and Physical Activity (7 ECTS)</p> <p>Psychological skills in physical activity and sports (7 ECTS)</p> <p>Psychology in physical education and youth sports (7 ECTS)</p> <p>Research Methods &amp; Statistics (7 ECTS)</p>				
2 <sup>nd</sup> Semester	INTENSIVE COURSE I – European Dimensions of Sport and Exercise Psychology (10 ECTS)				
	<table border="1"> <thead> <tr> <th>University of Thessaly (20 ECTS)</th> <th>Away-University (20 ECTS)</th> </tr> </thead> <tbody> <tr> <td> <p>Exercise Psychology &amp; Health Education (7 ECTS*)</p> <p>ICT for Sport &amp; Physical Education (7 ECTS)</p> <p>Practicum I (4 ECTS)</p> <p>Seminar- Research Thesis (2 ECTS)</p> </td> <td> <p>Psychological Interventions, Guiding Groups and Behavioural Change in Preventative and Rehabilitational Sports</p> <p>Understanding and Interpreting Sport Psychological Diagnostics I and II</p> <p>Talent identification and development</p> <p>Teaching Physical Education in social settings</p> <p>Move artistic</p> </td> </tr> </tbody> </table>	University of Thessaly (20 ECTS)	Away-University (20 ECTS)	<p>Exercise Psychology &amp; Health Education (7 ECTS*)</p> <p>ICT for Sport &amp; Physical Education (7 ECTS)</p> <p>Practicum I (4 ECTS)</p> <p>Seminar- Research Thesis (2 ECTS)</p>	<p>Psychological Interventions, Guiding Groups and Behavioural Change in Preventative and Rehabilitational Sports</p> <p>Understanding and Interpreting Sport Psychological Diagnostics I and II</p> <p>Talent identification and development</p> <p>Teaching Physical Education in social settings</p> <p>Move artistic</p>
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3 <sup>rd</sup> Semester	<p>Counseling skills (7 ECTS)</p> <p>Quantitative &amp; Qualitative Data Analysis (Y - 7 ECTS)</p> <p>Practicum (16 ECTS)</p>				
4 <sup>th</sup> Semester	Research Thesis (30 ECTS)				

# Our graduates



EUROPEAN MASTER  
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- ✓ Pursue their doctoral studies with scholarships at leading universities in the USA, England and Australia.
- ✓ One of our graduates from Germany chose to pursue his PhD at the Department of Physical Education and Sport Science, University of Thessaly
- ✓ Have been awarded for their presentations at international conferences
- ✓ Are members of European Network of Young Specialists in Sport Psychology (ENYSSP)
- ✓ Participate in international conferences (FEPSAC & ISSP)



2014-2016



2015-2017



2016-2018

# Partner Universities



EUROPEAN MASTER  
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PSYCHOLOGY

## **European Network of Postgraduate Programs in Sport Psychology**

- University of Jyväskylä, Finland
- Autonomous University of Barcelona, Spain
- Lund University, Sweden
- Norwegian School of Sport Sciences, Norway
- University of Leipzig, Germany
- University of Copenhagen, Denmark
- Leuven Catholic University, Belgium
- University of Montpellier, France
- Lisbon Technical University, Portugal
- Halmstad University College, Sweden
- University of Thessaly, Greece



# Past Collaborations

- 2008 – 2016:

European Master in Sport & Exercise Psychology

University of Jyväskylä, Finland

Lund University, Sweden

University of Thessaly, Greece

Leipzig University, Germany

- 2016 – 2019:

European Master in Sport & Exercise Psychology

University of Jyväskylä, Finland

University of Thessaly, Greece

- 2019 – 2020:

University of Thessaly, Greece

Leipzig University, Germany

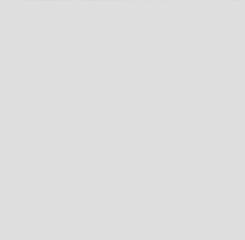
Halmstad University, Sweden

# Teaching Staff



EUROPEAN MASTER  
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- Athanasios Papaioannou, Director, Professor
- Yannis Theodorakis, Professor
- Marios Goudas, Professor
- Nikos Digelidis, Professor
- Antonis Hatzigeorgiadis, Professor
- Dimitrios Kokaridas, Associate Professor
- Nikos Komoutos, Associate Professor





*"The EMSEP double degree program is a cultural experience interwoven with an academic program and opportunities for practical learning and personal growth."*

- JULIANO PEREIRA  
USA/BRAZIL

*"EMSEP provided me the opportunity to work together with incredible researchers and establish a group of friends that will last a life time. I will always be grateful for how this program helped me grow as an individual"*

- BERNADETTE RAMAKER  
NETHERLANDS

*"...One of the top programs in sport psychology in the world"*

- PAUL SULZYCKI  
CANADA

# Testimonials



EUROPEAN MASTER  
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*"The expertise combined with the personal support provided by the teaching staff of the Department is unique. I think my decision to pursue my Ph.D. here, speaks for itself"*

- JULIAN FRITSCH  
GERMANY

*"As an athlete, I thought I already understood everything, but after my 2 years, I truly understand the importance of psychology in sport and exercise. Thank you!"*

- KENDAL AYERS  
USA



University of Thessaly (UTH) was founded in 1984. UTH is a prominent institution of Higher Education aiming to promote scientific knowledge through teaching and research, and to contribute to the cultural and economic development of the local community, and the society at large. It promotes scientific and academic excellence in all fields of expertise and rewards outstanding individual performances, establishing new scientific research units and fostering an environment that supports innovative actions.

Today, University of Thessaly, with 37 Departments and 8 schools, is the third biggest University in Greece, with its own identity and with a prominent position in our national educational system. University of Thessaly provides 105 undergraduate and postgraduate programs, and extra-curricular modules in specific research and business fields. It has more than 42.000 undergraduate students, about 4300 postgraduate students and about 1500 PhD students. It also has 1000 members of teaching and research staff and 450 members of administrative personnel. It is known for its excellent research performance and outstanding scientific achievements, in accordance with the international standards. The excellent equipped Laboratories of the different Departments and Research Units have a number of well-trained researchers to support them.



The Department of Physical Education and Sport Science was founded in 1993 and the first students were admitted during the Academic year 1994-1995; DPESS now is part of the School of Physical Education, Sport Science and Dietetics. The Department is in the 150 km<sup>2</sup> Karies campus, Trikala. The total surface area of the infrastructure is 3000 m<sup>2</sup> consisted of fully equipped laboratories, library, teaching classrooms, teleconferencing facilities, IT and staff offices. Moreover, the campus includes outdoor sport facilities and courts, an amphitheater and teaching classrooms of 1000m<sup>2</sup>.

DPESS objectives are: a) to cultivate and promote Physical Education and Sports Science through theoretical and applied teaching and research, b) to provide graduates with all the knowledge and skills necessary for their scientific and career development c) To contribute to the advancement of Greek Sports and to promote the ideals of sportsmanship, ethical behavior and fair play, d) to promote public awareness of the importance of exercise as a main contributor to the improvement of health and quality of life.



# Contact Information



EUROPEAN MASTER  
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Thank You!



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