



Short Study Guide of Undergraduate Program



Πανεπιστήμιο Θεσσαλίας
Τμήμα Φυσικοθεραπείας

Academic
Year 2024-2025

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LAST AMENDMENT: Assembly 165/31-01-2025

1. HISTORY OF THE ESTABLISHMENT OF THE DEPARTMENT OF PHYSIOTHERAPY

The Department of Physiotherapy of the School of Health Sciences of the University of Thessaly was created by Law 4589/2019 *"Synergies of the National and Kapodistrian University of Athens, the Agricultural University of Athens, the University of Thessaly with the Technical and Vocational Institutes of Thessaly and Central Greece, the Pallimniako Fund and other provisions"* (Government Gazette 13/A' /29.01.2019). The Department of Physiotherapy of the University of Thessaly is one of the 38 Departments of the University and is one of the five Departments of Physiotherapy operating in Greece. Topographically, the Department has the advantage of being located in the center of the country, in the city of Lamia, resulting in the ability to attract students from all over the Greek Territory. The Department of Physiotherapy of the University of Thessaly is a new department, however, it has a significant history as it is an evolution of the Department of Physiotherapy that was initially established at the Technical Institute of Lamia in 1994 and then at the Technical Institute of Central Greece. It has a history of over 25 years and the teaching staff has many years of educational and professional experience.



2. THE CITY OF LAMIA

The University of Thessaly extends across the four prefectures of the Thessaly Region and the Fthiotida Prefecture of the Central Greece Region. It is the University of 5 cities (Volos, Larissa, Trikala, Karditsa and Lamia) and consists of 38 Departments. In the city of Lamia, in addition

to the School of Health Sciences and the Department of Physiotherapy, there is the School of Sciences with a total of 4 Departments.

Lamia is the capital of the Prefecture of Phthiotis and the seat of the Region of Central Greece, which includes the prefectures of Phthiotis, Evrytania, Phocis, Evia and Boeotia and has a population of 65,000, is a transport hub and is considered the capital of Roumeli. The city of Lamia is the center of a significant agricultural, commercial and industrial region. It is built at the foot of Mount 'Othrys' and today extends as far as the Sperchios valley. It is approximately 210 km from Athens and 300 km from Thessaloniki, and is located at the center of the country's national road and railway axis. There are many versions of the origin of the city's name.

Lamia was built by Lamos, the son of Heracles and Omphale. According to Pausanias, the city was built by Lamia, Queen of the Trachinians, daughter of Poseidon. According to Aristotle, the word Lamia is feminine and means the region, the country, the city located between two hills. According to another version, the name of the city comes from an anagram of the word Malia, the name of the surrounding area. During the Byzantine era, the city was called Zitouni and was walled. Lamia is one of the modern megacities of Greece with a rich history, intense social life and a wonderful climate. It is a commercial center of the wider region with large agricultural, livestock and forestry production. Lamia has an archaeological museum, a municipal theater (Municipal Theater of Roumeli), a municipal conservatory, cinemas, a swimming pool and a sports center. Many cultural, mountaineering, nature and sports clubs are also active in the city. Typical sights of the wider area are the Maliakos Gulf and the fertile valley of Sperchios, the Thermopylae of Leonidas and the Alamana of Diakos, the Oiti National Park and Gorgopotamos, the monastery of Panagia Agathonos, Kallidrom, Parnassos and Kamena Vourla. These sights highlight the strong contrasts but also the beauties that this corner of Central Greece hides. Saint LUKE is the PATRON SAINT of LAMIA and his feast day is October ¹⁸. On this date, Lamia was liberated from the Germans. On the hill of A. Loukas is the tourist Municipal pavilion. Agios Loukas is a pine-covered and picturesque hill. In the city of Lamia there is the place of martyrdom of the hero of the Alamana, Athanasios Diakos (cenotaph near People's Square) while in the square of the same name there is a marble statue of him.



The city of Lamia and the wider area are of particular archaeological interest. Indicative findings are parts of its elaborate and imposing ancient wall, the “Statue of a Young Satyr”, “Peplophoros Woman”, vases, carved tombs, etc. A short distance from Lamia is the Maliakos Gulf with many beautiful seaside locations, such as Kamena Vourla, Agia Marina - Stylidas, Agios Konstantinos, Karavomylos Raches, while a little further away are the beaches of Pelasgia, Malesina, Glyfa, Livanates, Arkitsa, Theologos and other areas that deserve the attention of the visitor to the prefecture. The Archaeological Museum of Lamia is housed on the first floor of the Barracks located in the archaeological site of the Castle. The city of Lamia has a rich cultural activity. The Folklore Museum of Phthiotis was founded in 1984. It aims to find, rescue and preserve all kinds of folklore material that exists in Lamia and the Phthiotis region as well as to preserve and disseminate the tradition and customs that refer to the pastoral, agricultural and family life of the region. It has a fairly rich collection of local costumes, textiles, embroideries, utensils, everyday items, tools and other objects. Also, the region of Phthiotis is full of thermal baths such as Kamena Vourla, the baths of Ypatis, Platystomo, and Thermopylae and could well become a modern Pan-Hellenic, if not Pan-European, center of hydrotherapy and thermal tourism.

Access to the city of Lamia from major Greek cities can be done either by bus or by train. Athens-Lamia: By road, there are services every hour (journey time 2-2.5 hours). By rail, there are frequent services (minimum journey time 1.5 hours). Thessaloniki-Lamia: By road, there

are services every hour (minimum journey time 2 hours). Patras-Lamia: By road, there are services three times a day (journey time 3 hours). Access to the University is very easy from any point in the city via local transport. The university is located just 3 kilometers from the city center and students can be served by services that run every 10 minutes throughout the academic year.

More information about Lamia: www.lamia.gr & www.pste.gov.gr/index.php

3. CURRICULUM OBJECTIVES

The curriculum of the Department of Physiotherapy was approved by decision no. 215/17-5-2019 of the Senate of the University of Thessaly. The main objective of the curriculum is to train scientists who will treat the science of Physiotherapy, with the aim of preventing, improving and restoring pathological conditions, congenital and acquired, as well as traumatic injuries that cause disorders such as in the musculoskeletal, muscular, nervous, respiratory and cardiovascular systems. The Department of Physiotherapy is well-equipped with modern facilities and infrastructure, has three institutionalized research laboratories and is able to provide high-level, qualitative and modernized education to students. Furthermore, the Department of Physiotherapy collaborates, within the framework of the clinical practice of its students, with the General Hospital of Lamia, which is located in the Taratsa area and has 318 developed hospital beds and a large number of emergency units, intensive care units, intensive care units, coronary disease units and clinics such as Orthopedics, Pulmonology, Pediatrics, Obstetrics, Pathology, Psychiatry, Oncology clinic, etc., as well as with other bodies such as the KE.F.I.A.P., the Ecclesiastical Nursing Home of Stylida, the KAPI and the Special Schools of the city of Lamia.

Furthermore, the curriculum aims to cultivate analytical and critical thinking and support students for active participation in the learning process and lifelong learning so that they can work as autonomous professionals and as members of the health team and can competently carry out therapeutic actions related to the prevention and restoration of the patient's health. Furthermore, the curriculum aims to apply modern, evidence-based teaching methods in higher education such as the collaborative problem-solving process (problem based learning) or simulation methods , while the needs of students with disabilities and/or special educational needs can be supported through the ACCESS service of the University of Thessaly.

Physiotherapy is an integral part of the broader field of Health Sciences, therefore, an additional goal of the curriculum is interdisciplinarity and the training of students to collaborate with other Health Scientists such as Doctors, Nurses, Occupational Therapists, Speech Therapists, etc. Finally, the curriculum aims at the patient-centered approach as a treatment model and aims to develop not only the clinical skills of students but also their communication skills so that they are able to respond to new demands and perspectives in the field of health.

3.1 NATURE OF STUDIES, PROFESSIONAL PROSPECTS

Following the developments in the Science of Physiotherapy, the guidelines of the World Confederation of Physiotherapy (WCPT) (<https://www.wcpt.org/guidelines/entry-level-education>) and the European Section of WCPT (ER-WCPT) regarding undergraduate Physiotherapy study programs (https://www.erwcpt.eu/education/documents_relevant_to_education), the guidelines of the Greek Association of Physiotherapy (ADAP) regarding the certification of undergraduate study programs, the content of Physiotherapy programs of HEIs in the country and abroad and the External Evaluation Report of the Physiotherapy Study Program of the former TEI of Central Greece, the curriculum of the Department of Physiotherapy of the University of Thessaly covers the subject of the Science of Physiotherapy, with the aim of :

- strengthening the promotion of knowledge and the development of research in the relevant scientific areas of physiotherapy
- the creation of high-level physiotherapists based on the International Pre-defined Skills as defined by the World Confederation of Physiotherapy and the European Union Directives, for the benefit of society as a whole and public health
- the acquisition of high scientific training for a research or academic career for Physiotherapists in the competitive conditions that are emerging in the modern European and global environment

The mission of the Department of Physiotherapy is to promote, develop and transmit knowledge in the Science of Physiotherapy, with appropriate theoretical teaching, broader laboratory, clinical and practical training and applied research, in order to provide students

with the necessary resources that ensure their excellent education for their scientific and professional career and development.

graduates of the Department acquire the necessary knowledge to be able to adequately conduct a physiotherapy assessment of the patient, and to select, organize and safely perform the physiotherapy procedures that are appropriate for each case.

Graduates of the department must possess the required knowledge to use natural means and therapeutic methods and techniques with the aim of restoring, maintaining and promoting the physical and psychological condition of the individual as well as their social status, where deterioration, injury or disease have altered their daily capabilities.

The curriculum has specific **learning outcomes** so that graduates will be able to:

- to offer the appropriate Physiotherapy to patients hospitalized in public or private hospitals or institutions
- to offer services to the family and community where there is a patient or person with disabilities
- to play an important role in promoting and educating the health and well-being of the public through educational and advisory services
- to ergonomically train the patient to control the loads applied to their joints during their daily activities
- to contribute to the education of health sciences personnel so that they can adopt the most appropriate attitude each time to minimize energy consumption
- provide advice and educate patients on self-care
- to respect the autonomy of patients & to work with absolute confidentiality,
- provide sufficient information about the patients' functional disability so that they can consent to the proposed rehabilitation regimen
- be knowledgeable about the research process, with absolute respect for the rights of participants, researchers and authors who use their sources
- to be able to develop research activity aimed at the advancement of the Science of Physiotherapy

- to be ready to adapt physiotherapy practice to the new conditions of science as it is being shaped

3.1.1 PROFESSIONAL RIGHTS

The title of the department is "Physical Therapy" and the curriculum corresponds to a **recognized scientific field with recognized professional rights** (PD90/1995, Government Gazette 53, vol. A). The professional rights of graduates of the Department of Physiotherapy are defined by the aforementioned PD, which provides that *these graduates bear the professional title "Physical Therapists or Physiotherapists" and are employed, either independently or in collaboration with doctors, after a relevant medical diagnosis, with the prevention, improvement and rehabilitation of pathological conditions, congenital and acquired, as well as traumatic injuries that cause disorders in the musculoskeletal, muscular, nervous, respiratory and cardiovascular systems.*

They have the right to employment in the public and wider public sectors, in the private sector or as freelancers, and they can establish private Physiotherapy laboratories in accordance with the provisions of the current legislation (P.D.29/87). The practice of the profession requires the acquisition of a professional license, which is granted by the services of the Ministry of Health, Welfare and Social Insurance.

Furthermore, according to article 34 of Law 4316/2014, *"Graduates of the Department of Physiotherapy of the country's Higher Technological Educational Institutions evaluate, select and perform the acts of a physiotherapist, as provided for in Legislative Decree 411/1972, Presidential Decree 29/1987 and Presidential Decree 90/1995, as in force, and are included in the costed Chapter "Physical Therapies" of Presidential Decree 157/1991, as in force, in accordance with a written diagnosis or opinion of the treating physician, in the places where they work in accordance with the applicable legislation."* Note: *With modern developments in the field of Higher Education in Greece, since 2019 the institution of Higher Technological Educational Institutions (TEI) no longer exists and Physiotherapy education is provided only by University Institutions, therefore all relevant laws referring to TEI graduates should be revised.*

Finally, the World Health Organization (WHO) defines Physiotherapists as a distinct professional specialty → "Physiotherapists, ISCO code 2264", based on the International Standard Classification of Occupations (ISCO, 2008 revision), while the profession of

Physiotherapist belongs to the World Health Professions Alliance (WHPA, 2010) as an independent Health Profession like Doctors, Pharmacists, Dentists and Nurses.

4. PHYSICAL THERAPY DEPARTMENT STAFF

4.1 FACULTY MEMBERS

The faculty members currently serving in the Department are the following:

Professors

1. Kapreli Eleni

Doctoral Degree (Ph.D.): National & Kapodistrian University of Athens, Department of Physical Education and Sports Science, July 2006.

Postgraduate Diploma (M.Sc.): University of Nottingham, UK, Faculty of Medicine and Health Sciences, Center for Sports Medicine, 1997.

Degree (B.Sc.): Department of Physiotherapy, Technological Educational Institute of Athens, Department of Physiotherapy, 1995

2. Strimpakos Nikolaos

Doctorate Diploma (Ph.D.): University of Manchester, UK, Faculty of Medicine, Dentistry, Nursing and Pharmacy, Center for Rehabilitation Science, 2004.

Postgraduate Diploma (M.Sc.): University of Manchester, UK, School of Physiotherapy, 2000.

Degree (B.Sc.): Technological Educational Institute of Thessaloniki, Department of Physiotherapy, 1999.

Degree (B.Sc.): National and Kapodistrian University of Athens, Department of Physical Education and Sports Science, 1993.

3. Kortianou Eleni

Doctoral Degree (Ph.D.): National & Kapodistrian University of Athens, Department of Physical Education and Sports Science, 2015.

Postgraduate Diploma (M.Sc.): University of East London, UK, Faculty of Health Sciences, 1997.

Degree (B.Sc.): Technological Educational Institute of Athens, Department of Physiotherapy, 1994.

4. Poulis Ioannis

Doctorate Diploma (Ph.D.): University of Manchester, UK, School of Law, 2008.

Postgraduate Diploma (MA): University of Manchester, UK, School of Law, 2000.

Degree (B.Sc.): University of Rome La Sapienza, Department of Physiotherapy, 1990.

ASSOCIATE PROFESSORS

1. Kanellopoulos Asimakis

Doctorate Diploma (Ph.D.): University of Strathclyde, UK, Engineering Faculty, 2011.

Postgraduate Diploma (M.Sc.): University of Strathclyde, UK, Engineering Faculty, 2004.

Degree (B.Sc.): Technological Educational Institute of Athens, Department of Physiotherapy, 1997.

2. Spanos Savvas

Doctoral Degree (Ph.D.): University of Thessaly, School of Health Sciences, Department of Medicine, 2018.

Postgraduate Diploma (M.Sc.): University of Greenwich, UK, School of Health and Social Care, 2003.

Degree (B.Sc.): Technological Educational Institute of Athens, Department of Physiotherapy, 1992.

3. Dimitriadis Zacharias

Doctorate Diploma (Ph.D.): University of Manchester, UK, School of Translational Medicine, 2011.

Postgraduate Diploma (M.Sc.): University of Cardiff, UK, Physiotherapy Department, 2007.

Degree (B.Sc.): Technological Educational Institute of Athens, Department of Physiotherapy, 2005.

4. Pepera Carnation

Doctorate Diploma (Ph.D.): University of Essex, UK, Department of Biological Sciences, Section: Sport and Exercise Medicine, 2011.

Postgraduate Diploma (M.Sc.): Glasgow University, Strathclyde University and Glasgow Caledonian University, (inter-institutional) UK, 2005.

Degree (B.Sc.): Technological Educational Institute of Lamia, Department of Physiotherapy, 2003

5. Besios Thomas

Doctoral Degree (Ph.D.): Democritus University of Thrace, Department of Physical Education and Sports Science, 2018.

Master's Degree (M.Sc.): Democritus University of Thrace, Department of Physical Education and Sports Science, 2012.

Master's Degree (M.Sc.): Technological Educational Institute of Thessaloniki, Department of Physiotherapy, 2017.

Degree (B.Sc.): Technological Educational Institute of Thessaloniki, Department of Physiotherapy, 1994.

6. Vasilopoulos Aristides

Doctoral Degree (Ph.D.): University of Thessaly, School of Health Sciences, Department of Medicine, 2014.

Master's Degree (M.Sc.): University of Thessaly, School of Health Sciences, Department of Medicine, 2009.

Degree (B.Sc.): Technological Educational Institute of Lamia, Department of Nursing, 2005.

ASSISTANT PROFESSORS

1. Paras Georgios

Doctoral Degree (Ph.D.): National Academy of Sports "Vasil Levski", Bulgaria, School of Kinesiotherapy, 2002.

Degree (B.Sc.): National Academy of Sports "Vasil Levski", Bulgaria, School of Kinesiotherapy, 1996.

2. Trigas Panagiotis

Doctorate Diploma (Ph.D.): University of Manchester, UK, Faculty of Translational Medicine, Center for Rehabilitation Science, 2013.

Postgraduate Diploma (M.Sc.): University of Manchester, UK, School of Physiotherapy, 2001.

Degree (B.Sc.): National Academy of Sports "Vasil Levski", Bulgaria, School of Kinesiotherapy, 1993.

3. Chandolias Konstantinos (in office)

Doctoral Degree (Ph.D.): University of Thessaly, Department of Physical Education and Sports Science, 2019

Master's Degree (M.Sc.): University of Thessaly, Department of Physical Education and Sports Science, 2013

Master's Degree (M.Sc.) International Hellenic University, Department of Physiotherapy, 2022

Degree (B.Sc.): Technological Educational Institute of Thessaloniki, Department of Physiotherapy, 2003

LECTURERS

1. Alexiou Konstantinos

Master's Degree (M.Sc.): University of Thessaly, Department of Physical Education and Sports Science

Master's Degree (M.Sc.): Democritus University of Thrace, Department of Physical Education and Sports Science, 2018

Degree (B.Sc.): University of Athens, Department of Physical Education and Sports Science

Degree (B.Sc.): Technological Educational Institute of Lamia, Department of Physiotherapy

4.2 MEMBERS OF EDIP - ETHEP

The human resources of the MSc include one (2) EDIP members and four (4) ETEP members with experience in supporting laboratory courses and laboratory equipment.

The **members** of the Department of Physiotherapy are:

1. Melingas Konstantinos

Doctoral Degree (Ph.D.): Aristotle University of Thessaloniki, Department of Physical Education and Sports Science, 2016.

Master's Degree (M.Sc.): Aristotle University of Thessaloniki, Democritus University of Thrace, University of Thessaly (interdepartmental), Departments of Physical Education and Sports Science, 2004.

Degree (B.Sc.): Technological Educational Institute of Lamia, Department of Physiotherapy, 1999.

Degree (B.Sc.): National and Kapodistrian University of Athens, Department of Physical Education and Sports Science, 1989.

2. Sourlis Konstantinos

Master's Degree (M.Sc.): University of Thessaly, Department of Medicine, 2021.

Degree (B.Sc.): Technological Educational Institute of Athens, Department of Medical Laboratories, 1987.

The **ETHEP members** of the Department of Physiotherapy are:

1. Apostolopoulos Stavros

Degree (B.Sc.): Technological Educational Institute of Thessaloniki, Department of Physiotherapy, 1994.

2. Gogou Vasiliki

Degree (B.Sc.): Technological Educational Institute of Athens, Department of Physiotherapy, 1993.

3. Daskalopoulos Georgios

Degree (B.Sc.): Technological Educational Institute of Piraeus, Department of Electrical Engineering, 1992.

4. Damianidou Louisa

Master's Degree (M.Sc.): Hellenic Open University, Health Care Administration, 2003.

Degree (B.Sc.): Technological Educational Institute of Larissa, Department of Nursing, 1987.

4.3 DEPARTMENT SECRETARIAT

The Department Secretariat consists of:

- Konstantina Kaprana, Deputy Head of Secretariat
- Dimitrios Tsilalis
- Dallis Polyxeni
- Vasiliki Giannioti



5. STUDIES AT THE DEPARTMENT OF PHYSIOTHERAPY OF THE UNIVERSITY OF THESSALY - FIRST YEARS

5.1 ACTIVATING AN INSTITUTIONAL ACCOUNT

To activate your Institutional Account, you must go to the Password Recovery page (<https://secure.it.uth.gr/user/recover/>). There you will enter the username and recovery password that were given to you and your new password of your choice twice. Now your account at the University of Thessaly will have the same username and new password.

ATTENTION: The recovery password you have been given is one-time use and is automatically deactivated after the activation process of your account.

5.2 INDIVIDUAL STATISTICAL SHEET

To electronically complete your Individual Student Statistical Form (applies only to first-year students) for the academic year 2019-2020, you must refer to the FOR FIRST-YEAR STUDENTS link on the main page of the University of Thessaly (<http://www.uth.gr/>).

5.3 CONNECTION TO THE UT NETWORK

To access some of the U.T.'s electronic services (e.g. Electronic Secretariat) from your personal electronic device, it is necessary to either connect to the U.T.'s WiFi network (<https://it.uth.gr/services/wifeduroam>), or, when you are outside U.T., to use the Virtual Private Network VPN (<https://it.uth.gr/services/eikoniko-idiotiko-diktyo-vpn>).

Information about all the Information and Communications Technology services we offer can be found on the University's website (<https://it.uth.gr>).

5.4 ELECTRONIC SECRETARIAT

Through the Electronic Secretariat you can remotely view your grades, register for courses and more. Access to it is activated one business day after completing your identification process at your Department's Secretariat. ATTENTION: As mentioned above, to access the Electronic Secretariat from Computer outside the University of Thessaloniki network, you must use the Virtual Private Network (VPN).

5.5 ACADEMIC IDENTITY

To obtain your Academic Identity Card, which also functions as a Reduced Ticket, follow the following link: <http://academicid.minedu.gov.gr>

5.6 STUDENT CARE

Information about student welfare benefits can be found on the website: <http://www.uth.gr/students/student-welfare>. For the Departments located in Lamia, The head of the office is Mr. Nikolaos Kyrochristos, telephone 2231060141-215-6, Lamia Library Building, ground floor (email: merimnalam@uth.gr).

5.7 ACCESS TO THE SOURCES AND SERVICES OF THE LIBRARY & INFORMATION CENTER OF THE UT.

You can find information and download the Library brochure that concerns you in pdf format with instructions for first-year students at the link <http://www.lib.uth.gr>. Additionally, on the website you will find detailed information about all the resources and services provided by the Library. In Lamia, the Academic Library of the University Campus is located, which is modern and has a large number of books and infrastructure. The person responsible in Lamia is Mrs. Andritsou Dimitra, telephones 22310 60195, 22310 60172, 22310 60173 (email: dandritsou@uth.gr).

5.8 SPORTS AND CULTURAL ACTIVITIES

As members of the academic community of the University of Thessaly, you have the opportunity to participate in a variety of sports and cultural activities. For information regarding sports activities, please contact the **PHYSICAL EDUCATION OFFICE** (Ioannis

Kafentarakis, tel. 24210-74714). For information regarding [MUSIC ENTRIES](#) and [THEATRE WORKSHOP](#), please contact the Public Relations Office (tel. 24210-74709 and 24210-74604).

5.9 SUPPORT FOR STUDENTS WITH DISABILITIES AND/OR SPECIAL EDUCATIONAL NEEDS

Students who wish to be informed, receive or provide support for the access of students with disabilities and/or special educational needs can visit the PROSVASI website (<http://prosvasi.uth.gr/>).

5.10 STUDENT/STUDY ADVISORY SERVICE

H The Student Counseling Service of the Laboratory of Psychology and Applications in Education enables students of the University of Thessaly, if they so wish, to receive psychological support and assistance for their personal difficulties and concerns, as well as to be trained in acquiring skills to manage and solve problems they may encounter.

Information: (<http://www.uth.gr/students/symvouleutiki>).

5.11 STUDENT INTERNET RADIO STATION (FIRSPT) AT THE UNIVERSITY OF THIRD.

The University operates a Student Internet Radio Station (FIRSPT). The station has been operating for the last 3 years and is hosted in the FS of the Department of Urban Planning and Regional Development Engineering. The operation of the station is exclusively attended by students from all departments and faculties of the University of Thessaly. The station's broadcasts are mainly addressed to the student community. In addition, the FIRSPT radio station supports the events of the University of Thessaly, informing the public. The person responsible for its operation is Mr. Minas Gavalas. More information at the following link: yuth-radio.com

5.12 PHYSICAL THERAPY DEPARTMENT SECRETARIAT

The Secretariat of the Department of Physiotherapy is located in the building of the School of Health Sciences in Lamia on the first floor. The contact numbers are 2231060176-7 and 179, the contact email is g-physio@uth.gr and [the website www.physio.uth.gr](http://www.physio.uth.gr) .



6. THE STUDY PROGRAM

The undergraduate program in Physiotherapy consists of core courses, which are mandatory, and elective courses. Of the elective courses, the student must attend a specific number, both during the winter and spring semesters.

The workload of each course is expressed in European Credit Units (ECTS). A student's semester workload is the sum of the Credit Units (ECTS) of the courses in which he/she is enrolled in that particular semester. It is recommended that this workload be approximately equal to 30 ECTS for each semester. The maximum permissible workload is thirty-eight (38) ECTS per semester.

For each course in the curriculum, the year of study to which it normally corresponds, its load in teaching units, whether it is a core or elective course, as well as the prerequisite courses that the student must have passed in order to be able to register for it and attend it (chains) is given below.

6.1 REQUIREMENTS FOR OBTAINING A DEGREE

The requirements for obtaining a degree are as follows:

1. Enroll in the Department and attend courses for at least eight (8) semesters.
2. Completion of at least two hundred and forty (240) ECTS in total.

6.2 RATING SCALE

H The grading scale is 0-10 with the lowest passing grade being 5.0. The grading scale for courses and the degree is scaled as follows:

- Excellent: from 8.50 to 10
- Very Good: from 6.50 to 8.49
- Good: from 5 to 6.49

A grade lower than 5 is equivalent to an unsuccessful attendance. The degree grade is calculated based on the courses used to complete the 240 ECTS for the degree.

6.3 GENERAL DESCRIPTION OF STUDY PROGRAM N

1. Semesters	Eight (8)
2. Lessons	Forty (46) or forty-seven (47)
<i>General Background Courses (GBC)</i>	Nine (9)
<i>Special Background Courses (SBC)</i>	Eight (8)
<i>Specialty Courses (ME)</i>	Twenty-three (23)
<i>Elective Courses for Bachelor's Degree (MEP)</i>	Six (6) or Seven (7)
3. Credit Units	
<i>Total ECTS</i>	Two hundred and forty (240)
<i>ECTS/semester</i>	Thirty (30)
4. Teaching Hours (TH)	
<i>Total OD</i>	Two hundred thirty-four (234)
<i>OD/Semester</i>	Twenty-two to thirty-two (22 - 32)
5. Workload (in hours)	
<i>FE/week</i>	Fifty to Fifty-Seven (50 - 57)

6.4. BRIEF DESCRIPTION OF COURSES

no/no	Semester	Number courses	Hours / Week				Load Work		ECTS
			Theory	Laboratory	Clinic	Total	Weekly.	Per semester.	
1	A	6	16	10	0	26	57	900	30
2	B	6	19	4	0	23	56	900	30
3	C	6	18	5	0	23	57	900	30
4	D	6	15	8	6	29	55	850	30
5	E	6	14	6	12	32	55	850	30
6	F	6	14	4	12	30	54	850	30
7	Z	6	14	2	6	22	50	800	30
8	OR	4 or 5	9	0	40	49	54	750	30

		46 or 47	119	39	76	234	438	6800	240
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***Note:** In the 8th Semester, there is the option of choosing the Bachelor's Thesis course (1 ECTS) or instead of it, 2 other elective courses with the corresponding number of ECTS (Primary Health Care and Scientific Thesis Writing).

6. 5 SPECIFIC COURSE DESCRIPTION (PER SEMESTER OF STUDIES)

The courses are divided into General Background Courses (GBC), Special Background Courses (SCE), Specialty Courses (SC) and Elective Courses for a Degree (EC). The courses have a Theoretical Part and in some cases a Laboratory Part or Clinical Practice with separate scores. The individual scores of the course (Theory, Laboratory or Clinical Practice) are included in the overall course score for calculating the degree grade. The Laboratory Part of the course as well as the Clinical Practice have mandatory attendance and students are divided into groups based on the timetable, before the start of each semester. Students are considered to have adequately attended the Laboratory Part of the course or the Clinical Practice if they have been absent for no more than 20% of the total teaching hours. Students who have not sufficiently attended the Laboratory Part of the course or the Clinical Practice do not have the right to take the examination in it and must attend it again in a future semester.

Course registrations are made at the beginning of each semester through the electronic Secretariat (<http://euniversity.uth.gr/unistudent/>). The courses that are registered, with the exception of those of the 1st semester, must not exceed 38 ECTS (30 ECTS from the current semester and a possibility of 8 additional ECTS from courses that the student may not have sufficiently attended from previous semesters or has failed the exams). First-year students in the 1st semester are required to register: a) the mandatory courses of the winter semester and b) an elective course. The total number of ECTS credit units for the 1st semester is 30. Registration is made through the electronic Secretariat provided that they obtain access codes after registering at the Department of Physiotherapy.

All courses are supported by the University of Thessaly's Asynchronous Distance Learning Platform Open eClass (<https://eclass.uth.gr/>) to which all students have access if they register for the course. For better communication and reduction of platform problems, students are encouraged to use the email address provided to them by the University of Thessaly and to use it only for all their Academic matters throughout their studies.

FIRST SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
PH1 Anatomy of the Musculoskeletal System	MGY	3	2	-	5	6
PH2 Anatomy of the Nervous System and Organs	MGY	3	2	-	5	6
FA3 Clinical Kinesiology I	MEY	3	2	-	5	6
PH4 Physiology	MGY	3	2	-	5	6
FA5 Neurophysiology	MEY	3	-	-	3	4
FA6 Elective Course	MEP	2	-	-	2	2
Total		17	8	0	25	30

Note: In this semester, students are required to register for: a) the mandatory courses of the winter semester and b) one elective course. The total ECTS credit units for the first semester are 30.

SECOND SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
FB1 Pathology	MGY	4	-	-	4	6
FB2 Clinical Kinesiology II	MEY	3	2	-	5	6
FB3 Soft Molecule Mobilization and Massage Techniques	WITH	2	2	-	4	4
FB4 Orthopedics	MGY	4	-	-	4	5
FB5 Clinical Biomechanics	MEY	3	2	-	5	6
FB6 Elective Course	MEP	2	-	-	2	2
Total		18	6	0	24	30

3RD SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
FG1 Neurology	MGY	4	-	-	4	6
FG2 Kinesiotherapy	WITH	3	2	-	5	6
PH3 Respiratory Physiotherapy	WITH	3	2	-	5	6
PH4 Cardiovascular Disease Physiotherapy	WITH	3	-	-	3	4.5
PH5 Clinical Exercise Physiology	MEY	2	1	-	3	3.5
FG6 Bioethics & Ethics	MGY	3	-	-	3	4
Total		18	5	0	23	30

FOURTH SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
Φδ1 Clinical Physiotherapy of the Cardiovascular & Respiratory System I	WITH	2	-	6	8	7
Φδ2 Musculoskeletal System Physiotherapy I	WITH	3	2	-	5	5
FD3 Special Mobilization Techniques	WITH	2	2	-	4	5
FD4 Clinical Electrotherapy	WITH	2	2	-	4	4
FD5 Principles of Neurorehabilitation	WITH	3	-	-	3	4
Φδ6 Physiotherapy Assessment – Clinical Reasoning	WITH	3	2	-	5	5
Total		15	8	6	29	30

FIFTH SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
ΦE1 Clinical Physiotherapy of the Cardiovascular & Respiratory System II	WITH	2	-	6	8	7
ΦE2 Clinical Physiotherapy of the Musculoskeletal System I	WITH	2	-	6	8	7
Φ3 Musculoskeletal System Physiotherapy II	WITH	3	2	-	5	5
ΦE4 Adult Neurological Physiotherapy	WITH	3	2	-	5	5
Φ5 Electrophysical Means in Physiotherapy	WITH	2	2	-	4	4
FE6 Elective Course	MEP	2	-	-	2	2
Total		14	6	12	32	30

SIXTH SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
Physiotherapy Clinic of the Musculoskeletal System II	WITH	2	-	6	8	7
PHS2 Clinical Neurological Physiotherapy I	WITH	2	-	6	8	7
PHS3 Pediatric Neurological Physiotherapy	WITH	3	2	-	5	5
FST4 Sports Physiotherapy	WITH	3	2	-	5	5

FST5 Communication Skills in Health Sciences	MEY	2	-	-	2	3
FST6 Elective Course	MEP	2	-	-	2	3
Total		14	4	12	30	30

7TH SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
FZ1 Clinical Neurological Physiotherapy II	WITH	2	-	6	8	7
FZ2 Therapeutic Exercise in Chronic Diseases	WITH	3	-	-	3	6
FZ3 Therapeutic Exercise in Special Populations	WITH	3	-	-	3	6
FZ4 Research Methodology in Physiotherapy	MEY	3	1	-	4	5
FZ5 Biostatistics	MGY	2	-	-	2	3
FZ6 Elective Course	MEP	2	-	-	2	3
Total		15	1	6	22	30

8TH SEMESTER COURSES

Code - Lesson	Category	Theory	Laboratory	Clinical Practice	Total	ECTS
PH1 Internship	WITH	-	-	40	40	10
PH2 Health Informatics – Electronic Health	MGY	2	1	-	3	4
PH3 Ergonomics – Prosthetic Orthotics - Aids	MEY	3	-	-	3	6
PH4 Elective Course	MEP	4	-	-	4	10
Total		9	1	40	50	30

6.6 ELECTIVE COURSES

Winter Semester Elective Courses

no/ no	Lesson	Category	Hours	ECTS
1	English Medical Terminology	MEY	2	2
2	Informatics	MGY	2	2
3	First Aid	MGY	2	3
4	Pharmacology	MGY	2	3

5	Clinical Dietetics	MGY	2	3
6	Spinal Pathology	MEY	2	3
7	Surgery	MGY	2	3
8	Clinical Incident Management	MEY	2	3
9	Rehabilitation – Rehabilitation Team	MGY	2	3

Spring Semester Elective Courses

no/no	Lesson	Category	Hours	ECTS
1	Pathophysiology	MGY	2	3
2	Health Psychology - Cognitive Behavioral Therapy	MGY	2	3
3	Occupational therapy	MGY	2	3
4	Health Economics and Marketing	MGY	2	3
5	Bachelor's Thesis	WITH	4	10
6	Hydrotherapy	MEY	2	2
7	Primary Health Care	MGY	2	5
8	Writing a Scientific Paper	MGY	2	5
9	Diagnostic Imaging	MGY	2	3

6.7 RELATIONSHIP BETWEEN EXTRA-COURSES AND PREREQUISITES

There are six (6) chains of courses in the curriculum which create a prerequisite course and dependent courses. For example, a student to register for the course "Clinical Physiotherapy of the Cardiovascular and Respiratory System I" (Theoretical and Laboratory part) must have successfully completed the course "Respiratory Physiotherapy" (Theoretical and Laboratory part) and respectively, to register for the course "Respiratory Physiotherapy" they must have successfully completed the course "Pathology" .

	Αλυσίδα Α	Αλυσίδα Β	Αλυσίδα Γ	Αλυσίδα Δ	Αλυσίδα Ε	Αλυσίδα ΣΤ
Προσπαιτούμενο	Παθολογία	Φυσιολογία	Κινησιοθεραπεία	Ορθοπαιδική	Αρχές Νευροαποκατάστασης	Αρχές Νευροαποκατάστασης
Εξαρτώμενο	Αναπνευστική Φυσικοθεραπεία	Φυσικοθεραπεία Καρδιαγγειακών παθήσεων	Φυσικοθεραπεία Μυοσκελετικού Συστήματος Ι	Φυσικοθεραπεία Μυοσκελετικού Συστήματος ΙΙ	Νευρολογική Φυσικοθεραπεία Ενηλίκων	Παιδιατρική Νευρολογική Φυσικοθεραπεία
Εξαρτώμενο	Κλινική Φυσικοθεραπεία Καρδιαγγειακού & Αναπνευστικού Συστήματος Ι	Κλινική Φυσικοθεραπεία Καρδιαγγειακού & Αναπνευστικού Συστήματος ΙΙ	Κλινική Φυσικοθεραπεία Μυοσκελετικού Συστήματος Ι	Κλινική Φυσικοθεραπεία Μυοσκελετικού Συστήματος ΙΙ	Κλινική Νευρολογική Φυσικοθεραπεία Ι	Κλινική Νευρολογική Φυσικοθεραπεία ΙΙ

6.8 STUDENT PRACTICAL EXERCISE

The Practical Training (PT) is an effective method for students to contact and familiarize themselves with the subjects of their possible future employment and for a more complete knowledge and understanding of the problems and specificities of their professional field as well as for achieving their better integration into the workplace immediately after the end of their studies. Within the framework of the PT Program, students of the Department's undergraduate program practice under supervision for 4 months, full-time, in various health institutions on issues related to the science of Physiotherapy and its practical application.

Depending on the sources of funding for the PA, this can be done either in Public Bodies or in Private Bodies, through ESPA, OAED programs or student mobility with the European Erasmus+ program. Students are informed before their application about the collaborating bodies and, if they meet the conditions, they choose a body and funding program. The individual procedures are detailed on the University website, in the link for European Mobility (<http://erasmus.uth.gr/gr/>).

More information is provided in the Practice Guide.

6.8.1 PREREQUISITE SPECIALTY COURSES FOR PRACTICAL PRACTICE

The following specialty courses are prerequisites for completing a Practical Training.

FB3 Soft Molecule Mobilization and Massage Techniques	ΦE2 Clinical Physiotherapy of the Musculoskeletal System I
FG2 Kinesiotherapy	Φ3 Musculoskeletal System Physiotherapy II
PH3 Respiratory Physiotherapy	ΦE4 Adult Neurological Physiotherapy
FG4 F/i Cardiovascular Diseases	Φ5 Electrophysical Means in Physiotherapy
Φδ1 Clinical Physiotherapy of the Cardiovascular and Respiratory System I	Clinic of the Musculoskeletal System II
Φδ2 Musculoskeletal System Physiotherapy I	PHS2 Clinical Neurological Physiotherapy I
FD3 Special Mobilization Techniques	PHS3 Pediatric Neurological Physiotherapy
FD4 Clinical Electrotherapy	FST4 Sports Physiotherapy
FD5 Principles of Neurorehabilitation	FZ1 Clinical Neurological Physiotherapy II
Φδ6 Physiotherapy Assessment - Clinical Reasoning	FZ2 Therapeutic Exercise in Chronic Diseases
ΦE1 Clinical Physiotherapy of the Cardiovascular and Respiratory System II	FZ3 Therapeutic Exercise in Special Populations

6.9 GRADUATE THESIS

The preparation and presentation of the Master's Thesis (M.T.) constitutes the student's ultimate effort to write and present a scientific text, which will be the product of either a critical synthesis of information (critical, delimited or systematic review), or any research methodology that includes data collection (randomized controlled study, case study, case-control study, group study, descriptive review, qualitative research methodology), or secondary data analysis.

The learning objectives of the Master's Thesis are:

1. The development of the necessary skills for searching for article and bibliographic sources (use of the internet, use of library materials, general and specific scientific information search engines, specific databases).
2. The development of skills in evaluating article and bibliographic sources using scientific criteria of reliability and validity.
3. The development of organizational skills in the structure and material of work.
4. The development of skills in judgment, commentary and synthesis of scientific information with the ability to draw conclusions.

5. The development of presentation skills (oral communication) of the results of the work with the help of modern media (e.g. PowerPoint).
6. The development of data collection and analysis capabilities.
7. The development of skills in analyzing and discussing research results. The development of skills in supporting the work.
8. Developing skills in meeting deadlines.
9. The development of abilities to adhere to specific suggested writing rules. The development of abilities to write texts based on academic rules.

The Thesis is an elective course of the Spring Semester and corresponds to ten (10) ECTS. Each Thesis is prepared by a student or a group of students (maximum number of students 2) and can be prepared either in a Research Laboratory of the University, or in a Research Laboratory of another University or Research Center. More information regarding the procedures is provided in the Thesis Guide.

