

*Date: 19.02.2024*

*Participants: 7 participants (2 female, 5 male)*

*Project Partners:*

- Herodikos
- Democritus University of Thrace
- SDRUZHENIE BASKETBOLEN KLUB ZA HORA S INVALIDNI KOLICHKI SOFIA BALKAN

**Introduction:** The BasketALL partnership meeting was convened on [insert date] at the invitation of the host partner, Herodikos. The purpose of the meeting was to present and discuss various aspects of the BasketALL project, including partner organizations, expertise, objectives, work plans, responsibilities, dissemination plan, continuous reporting procedure, and clarifications.

**Presentation of Partners:** Each partner organization provided an overview of their respective organizations and their expertise in the field of wheelchair basketball. V. Malliou from Democritus University of Thrace presented on behalf of DUTH, highlighting their commitment to the project and their role in organizing the meeting.

**Project Overview:** The BasketALL project aims to promote inclusivity and accessibility through wheelchair basketball. It involves two wheelchair basketball teams: Sofia Balkan from Bulgaria and Herodikos from Greece. Additionally, the Physical Education Department of Democritus University of Thrace will play a crucial role in coordinating and facilitating project activities.

**Contributions of Partners:**

- Herodikos, as the host partner, provided the venue and logistical support for the meeting.
- V. Malliou from DUTH contributed to the organization of the meeting and presented on behalf of DUTH.
- The wheelchair basketball teams from Bulgaria and Greece will actively participate in project activities and events, including a friendly wheelchair basketball game scheduled for April in Komotini, Greece.

**Meeting Proceedings:** The meeting followed the proposed agenda, with presentations on partner organizations, expertise, objectives, work plans, responsibilities, dissemination plan, continuous reporting procedure, and clarifications. Each topic was discussed thoroughly, with active participation from all participants.

**Conclusion:** In conclusion, the BasketALL partnership meeting was productive and informative. It provided an opportunity for partners to exchange ideas, clarify roles and responsibilities, and plan for the successful implementation of the project. The commitment and enthusiasm of all participants bode well for the future success of the BasketALL project.

This inaugural meeting of the BasketALL project, hosted by HERODIKOS, marked a significant milestone in the collaborative effort to promote wheelchair basketball and foster inclusivity in sports. With representatives from seven participating organizations, including two female and five male members, the meeting set the stage for fruitful discussions and collaborative planning.

**Host Partner's Welcome:** HERODIKOS, as the host partner, extended a warm welcome to all participants, emphasizing the importance of the project in promoting accessibility and equality in sports.

**Presentation of BasketALL Partner Organizations:** Each organization, including DUTH and BasketALL partners, presented their backgrounds, highlighting their expertise and commitment to wheelchair basketball. V. Malliou from DUTH provided an overview of the project's objectives, underscoring the importance of collaboration in achieving shared goals.

**Work Plans & Main Activities:** The meeting delved into the specifics of work plans and main activities, outlining the responsibilities and roles of each BasketALL partner. DUTH, in particular, emphasized its role in coordinating activities and ensuring effective communication among partners.

**Dissemination Plan & Reporting Procedure:** Partners discussed the dissemination plan for BasketALL activities and the continuous reporting procedure. V. Malliou elucidated the reporting process, emphasizing the importance of regular updates to monitor progress and address any challenges.

**Clarifications & Discussion:** Participants engaged in clarifications and discussions, addressing questions and sharing insights to ensure a clear understanding of project objectives and expectations. This open dialogue fostered collaboration and synergy among partners.

**Conclusion:** The meeting concluded with DUTH summarizing key points and expressing gratitude to all participants for their contributions. The collaborative spirit and commitment demonstrated during the meeting bode well for the success of the BasketALL project.

**Project Significance:** The significance of the first meeting cannot be overstated. It provided an opportunity for partners to align their efforts, establish rapport, and lay the groundwork for effective collaboration. With the

involvement of two wheelchair basketball teams, Sofia Balkan from Bulgaria and Herodikos from Greece, as well as the Physical Education Department of Democritus University of Thrace, the project gains invaluable expertise and resources. Moreover, the planned friendly wheelchair basketball game in April in Komotini, Greece, underscores the project's commitment to promoting inclusivity and raising awareness about wheelchair basketball.

### **Evaluation Feedback:**

1. The purpose or objective of the meeting was well defined.
  - All participants unanimously agreed that the purpose and objectives of the meeting were clearly articulated and understood. The presentation by the host partner, HERODIKOS, effectively outlined the goals of the BasketALL project, setting a strong foundation for discussions.
2. The original project timeline was realistic.
  - Feedback from all participants indicated that the original project timeline presented during the meeting was deemed realistic and achievable. The timeline allowed for adequate planning and implementation of project activities without undue pressure or constraints.
3. Good flow of information. Focused presentation and discussion.
  - Participants praised the flow of information during the meeting, noting that presentations were concise, focused, and facilitated productive discussions. The exchange of ideas was smooth, with each agenda item being thoroughly addressed.
4. The BasketALL Team actively participated in the meeting.
  - Feedback revealed that the BasketALL Team demonstrated active engagement and participation throughout the meeting. Contributions from team members enriched discussions and provided valuable insights into various aspects of the project.
5. The meeting started and ended on time. Attendance was good.
  - All participants commended the punctuality of the meeting, noting that it commenced and concluded as scheduled. Attendance was also noted to be satisfactory, with all invited members present and actively involved.
6. Agenda items were addressed in the times allotted for them.
  - Participants indicated that agenda items were addressed within the designated timeframes, ensuring that discussions remained

focused and efficient. The adherence to the agenda contributed to the smooth progression of the meeting.

7. The meeting clarified the immediate next steps of the BASKETALL project.
  - Feedback confirmed that the meeting successfully clarified the immediate next steps of the project. Action points and responsibilities were clearly delineated, providing clarity on the path forward for project implementation.
8. Adequate time was given for questions and discussion regarding the project.
  - Participants appreciated the ample time allocated for questions and discussions related to the project. The interactive nature of the meeting allowed for clarification of doubts and thorough exploration of ideas.
9. Your suggestions and comments will be greatly appreciated.
  - Participants were encouraged to share any suggestions or comments for improvement. Open communication channels were emphasized, with all stakeholders invited to provide feedback to enhance future meetings and project activities.

# BasketALL kick-off meeting

19<sup>th</sup> February 2024

	<i>Welcome from the host partner</i>	<i>HERODIKOS</i>
<i>18:30 – 18:45</i>	<i>Presentation of the BasketALL partner organisations</i>	<i>V.Malliou - DUTH</i>
	<i>Presentation of the BasketALL partners' expertise</i>	<i>ALL</i>
<i>18:45 – 19:00</i>	<i>Presentation of the BasketALL objectives</i>	<i>V.Malliou - DUTH</i>
<i>19:00 – 19:15</i>	<i>Work plans &amp; main activities</i> <i>Responsibilities and Roles of the BasketALL partners</i>	<i>V.Malliou - DUTH</i>
<i>19:15 – 19:30</i>	<i>The BasketALL dissemination plan</i>	<i>ALL</i>
<i>19:30 – 19:45</i>	<i>Presentation of the continuous reporting procedure</i>	<i>V.Malliou - DUTH</i>
<i>19:45 – 20:00</i>	<i>Clarifications &amp; discussion</i>	<i>ALL</i>
	<i>Conclusion of the meeting</i>	<i>DUTH</i>





# Dissemination Plan for the BasketALL Project

## Objective

To create a dynamic, engaging dissemination plan employing technology and social media.

# ***Web Platform***

Project information.

User-friendly design  
for different digital literacy levels.

Questions & Answers with experts.

# ***Social Media Campaigns***

Targeted campaigns  
on Facebook and Instagram.

Visually appealing content.



# *Live Streaming during Events*

Webinars, expert interviews.

Real-time interaction through  
YouTube and/or Facebook Live.

# *Podcasts and Audio Content*

Discussions with  
wheelchair athletes.

Individual perspectives

# ***Social Media Influencers and Ambassadors***

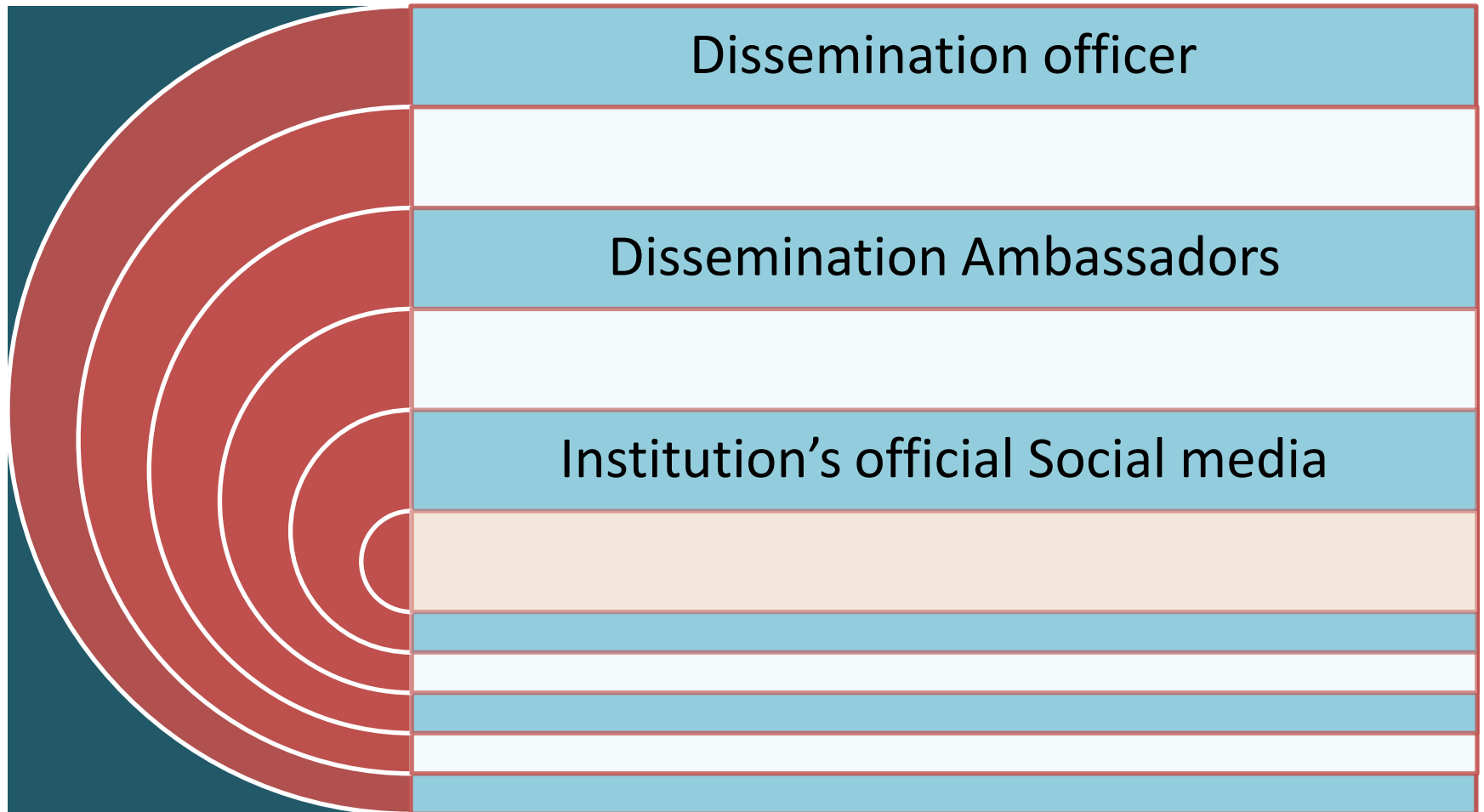
Employ influencers and community ambassadors.

Engaging content  
and project updates.

# Podcast topics and titles

- Wheelchair Athletes' Interviews
- Success Stories
- Community Spotlights
- Events
- Wellness Tips and Advice
- Motivational Stories and Testimonials
- Partner Showcases

# Prerequisites 4 successful implementation





Sports Club for Disabled Athletes  
"IRODIKOS"



In 2005 with initiative from decorated athletes-members of Perpato, Sports Club "IRODIKOS" was founded. The main goal is to cultivate all of the Paralympic sport so that disabled people can partake in them.

"IRODIKOS" now consists of some of the best athletes from all over Greece in more than 6 Paralympic sports.

## OUR GOALS

- Development of sports for people with disability
  - Creation of accessible athletic facilities
- Development and cooperation with similar associations either domestically or abroad
- Lay emphasis on the importance of exercise and physical activity for people with disabilities in order to achieve both physical and mental health







## WHEELCHAIR BASKETBALL

**2017: 1st International Wheelchair Basketball Tournament**

**Co-organization:** Irodikos, OSEKA, Komotini Municipality, AMTH District.

**Participation:** Greek National Team - Bulgaria National Team - Cyprus National Team

\*Hosting of the national team for their preparation for the tournament in our facilities.

**2018: 2nd International Wheelchair Basketball Tournament OSEKA THRACE 2018**

**Co-organization:** Irodikos, OSEKA, Komotini Municipality, AMTH District.

**Participation:** Greek National Team - Serbia National Team - Cyprus National Team

\*Hosting of the national team for their preparation for the tournament in our facilities.

## WHEELCHAIR RUGBY

Irodikos is currently the only sports club for disabled athletes that has a wheelchair rugby team, but our hope is that through the cultivation of the sport more athletes and teams will be motivated to participate.



# PARABADMIGTON





PARACYCLING



**PARASHOOTING**



PARASWIMMING

PARASAILING





MONOSKI





# СОФИЯ-БАЛКАН

Баскетболен клуб за хора  
в инвалидни колички





# Ние сме първият баскетболен клуб за хора в инвалидни колички в България

Създадени сме преди повече от 15 години

## Без ограничения:

- ⊗ Искаме да дадем възможност на всички хора с увреждане да открият желанието за игра и да се насладят на баскетбола.
- ⊗ Работим заедно, за да създадем условия всеки човек в количка или с двигателен дефицит да имат повече и по-добри условия за спорт.
- ⊗ Играем заедно, за да създадем нови приятели и силни връзки помежду си.
- ⊗ Печелим заедно, за да докажем, че невъзможни неща няма.
- ⊗ В нашето семейство всеки нов член е добре дошъл!



## Ние сме настоящият шампион на България!

- ⊗ Ние сме единственият засега носител на купата на България!
- ⊗ Ние сме постоянен участник в Държавното първенство от неговото създаване вече цели 8 години!
- ⊗ Ние сме трикратен шампион на България.
- ⊗ Ние имаме участия в няколко международни турнира в България, Сърбия, Гърция, Босна и Румъния.
- ⊗ Наши състезатели са част от националният отбор на България по баскетбол в инвалидни колички, който се класира на 4-то място на последното европейско първенство за Дивизия С (Септември 2023).

# FIBAU16EUROPE



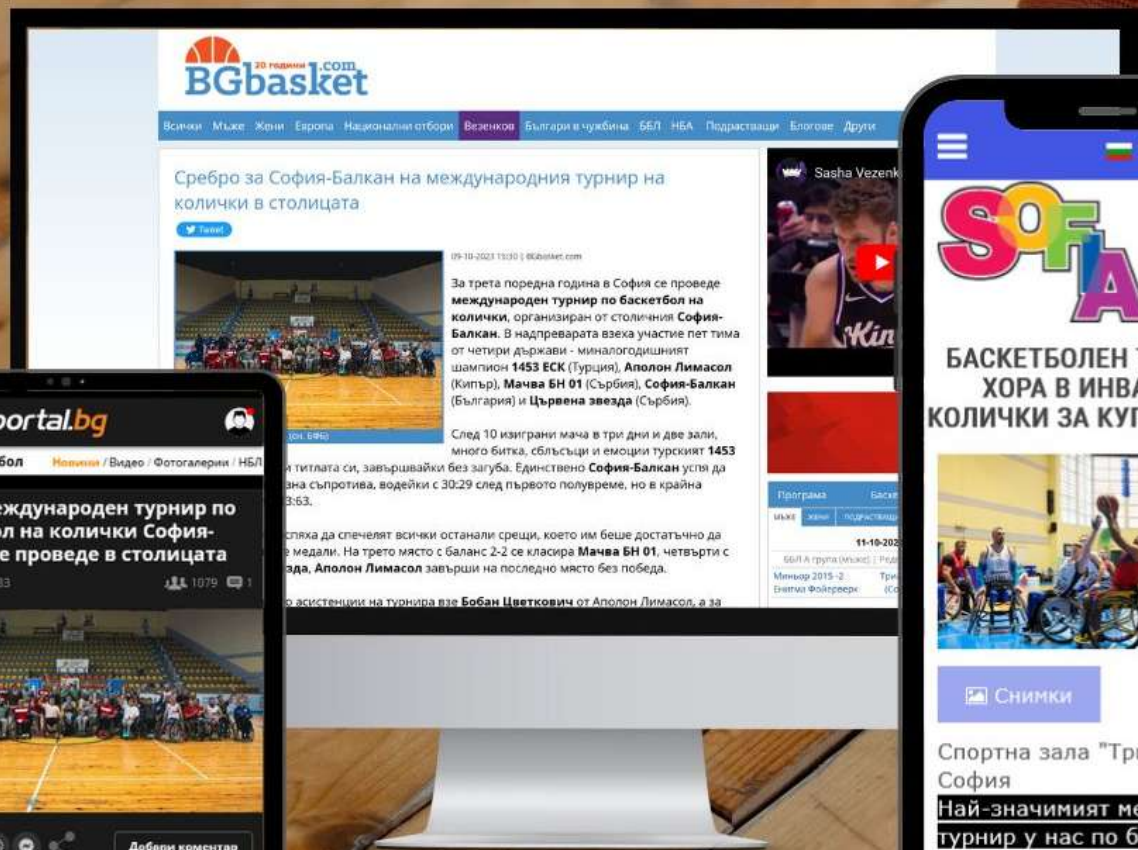
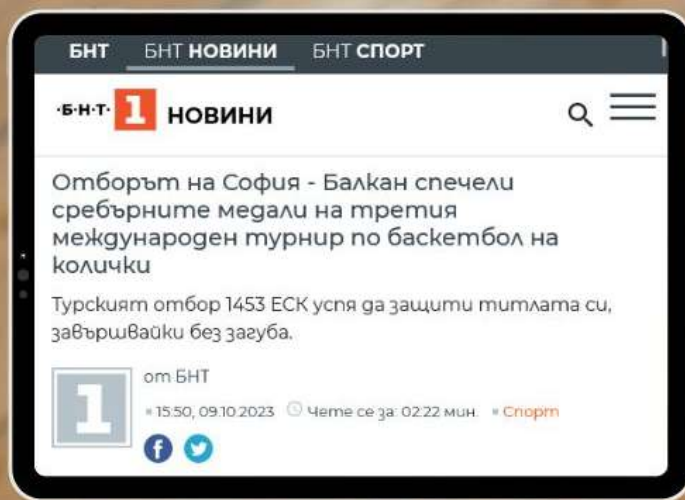
## Още няколко неща за нас

- ⊗ Ние сме 15 души с всякакви увреждания – ампутации, травматични и вродени.
- ⊗ Ние сме винаги усмихнати и положително настроени.
- ⊗ Ние играем до пълно възстановяване на желанието да живеем пълноценно.
- ⊗ Ние сме едно семейство – различни по възраст и интереси, обединени от общата кауза.
- ⊗ Ние тренираме всеки вторник, четвъртък и петък, в София, на националния стадион Васил Левски.
- ⊗ Ние вземаме участие в кръговете от държавното първенство в цялата страна.
- ⊗ Ние вземаме участие в международни турнири в страната и чужбина.



# Международен турнир София-Балкан

- ⊗ Преди три години стартирахме една наша идея – международен турнир по баскетбол на колички.
- ⊗ Освен нас, всяка година в турнира вземат участие отбори от няколко държави.
- ⊗ Турнирът се провежда в края на септември или началото на октомври в зала Триадица в рамките на 2-3 дни.
- ⊗ Наши партньори в организирането му са: София-Световна столица на спорта 2024, Българска Федерация Баскетбол, парк-хотел Москва, Декатлон и други.
- ⊗ Основаната цел на турнира е повишаване спортното майсторство на нашите играчи, придаване на гласност на нашия спорт като цяло с цел привличане на нови състезатели.
- ⊗ Всяка година ние подобряваме нашето представяне и след като завършихме 4ти през 2021, 3ти през 2022, тази 2023 година спечелихме сребърните медали.



# Международен турнир София-Балкан Медиите за нас

<https://basketball.bg/news.php?id=17757>

<https://bntnews.bg/news/otborat-na-sofiya-balkan-specheli-srebarnite-medali-na-tretiya-mezhdunaroden-turnir-po-basketbol-na-kolichki-1251015news.html>

<https://sportal.bg/news-2023100914335882346>



Create with avatar

Edit cover photo



## БКХИК София-Балкан

990 likes • 1K followers



Promote

Manage

Edit

Posts

About

Mentions

Reviews

Followers

More ▾



## Ние предлагаме ВИДИМОСТ

Развиваме клубен уебсайт и имаме постоянно присъствие в социалните медии.

Нашата фен база расте ежедневно, а публикациите ни достигат до няколко хиляди потребители.

Може да ви информираме за нашите събития и да организираме спонсорирано събитие по време на участие.

Ние сме готови да се снимаме с вас за да промотираме вашия бранд.

Ние може да поставим ваши рекламни материали по време на нашите участия.

Ние може да брендираме нашите екипи с вашето име и лого.

Ние можем да ви помогнем в реализирането на целите ви за Корпоративна Социална Отговорност.



## Къде отива вашата помощ?

- ⊗ Месечно възнаграждение за нашия треньор.
- ⊗ Разходи по поддръжката на материалната ни база - спортни колички, гуми, резервни части, ремонти.
- ⊗ Транспортни и разходи за настаняване - при пътувания за участия в страната и чужбина.
- ⊗ Хранителни добавки за повишаване ефекта от тренировъчния процес.
- ⊗ Рехабилитация и възстановяване.





# БЛАГОДАРИМ ВИ!

Ако имате въпроси ние сме винаги на разположение.  
Можете да се свържете лесно с нас:

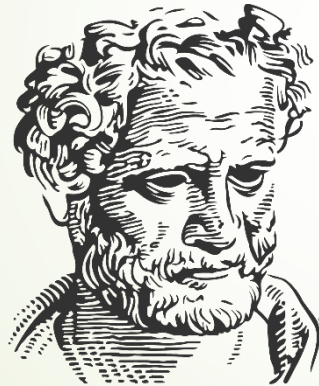
[website](#)

+359 896 85 1587

[facebook](#)

+359 888 85 0066

[bkhik.sofiabalkan@gmail.com](mailto:bkhik.sofiabalkan@gmail.com)



**ΔΗΜΟΚΡΙΤΕΙΟ  
ΠΑΝΕΠΙΣΤΗΜΙΟ  
ΘΡΑΚΗΣ**

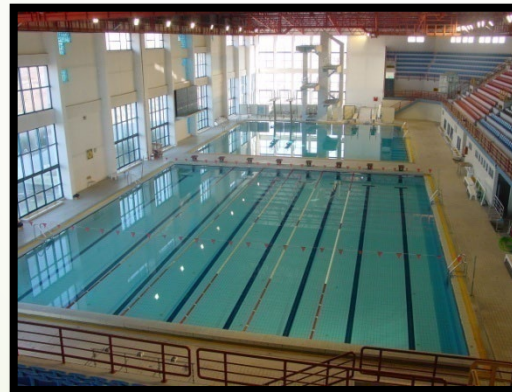
**School of  
Physical  
Education &  
Sport**

**Democritus  
University of  
Thrace**

# The facilities



# The facilities



# The Study Program

➤ [www.phyed.duth.gr](http://www.phyed.duth.gr)



# Practical training & Indoor Championships

- To achieve multidimensional education





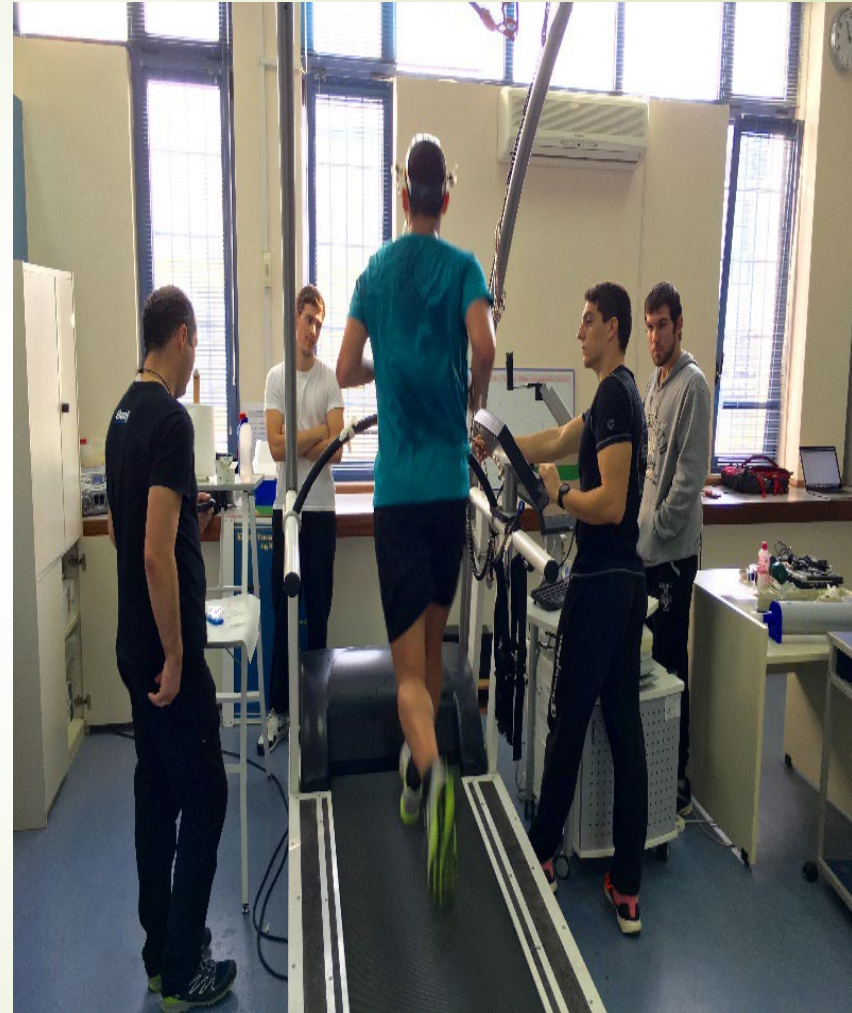
**ΣΕΦΑΙΑ-**

Σχολή Επιστήμης Φυσικής Αγωγής & Αθλητισμού  
Πανεπιστήμιο Θεσσαλονίκης

**Scientific activities &  
Research**

# Scientific activities & Research

- The Laboratory of Physical Education & Sports comprises six specializations, each of which involves scientific, research, and educational work in studying the effects of exercise on healthy individuals and those with various conditions.
- The specializations of the Laboratory are:





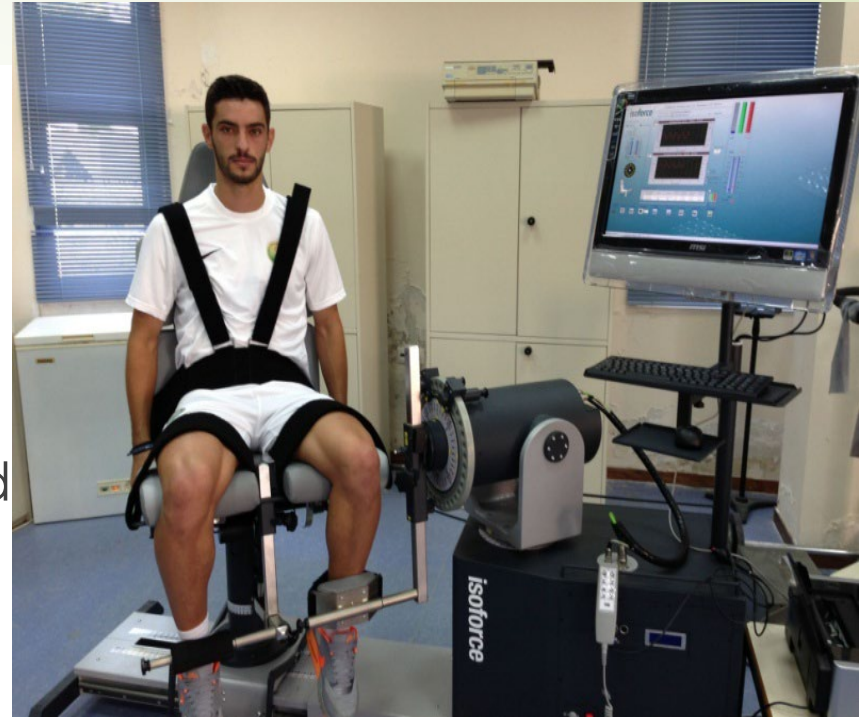
# 1. Sports Tourism & Recreation



- The objective of this specialization is:
- Designing and implementing leisure and (sports) recreational programs for people of all ages and abilities.
- Designing and developing sports tourism activities for everyone.
- Designing programs for indoor and outdoor activities related to recreational companies, municipalities, camps, health clubs, hotels, environmental education centers, etc.

## 2. Rehabilitation of musculoskeletal injuries and disorders

- The main objective of this specialization is the field of musculoskeletal injuries and disorders, achieved through:
- Conducting evaluations in all key parameters considered in rehabilitation.
- Implementing rehabilitation programs and assessing their effectiveness in addressing specific injuries or disorders of the musculoskeletal system.

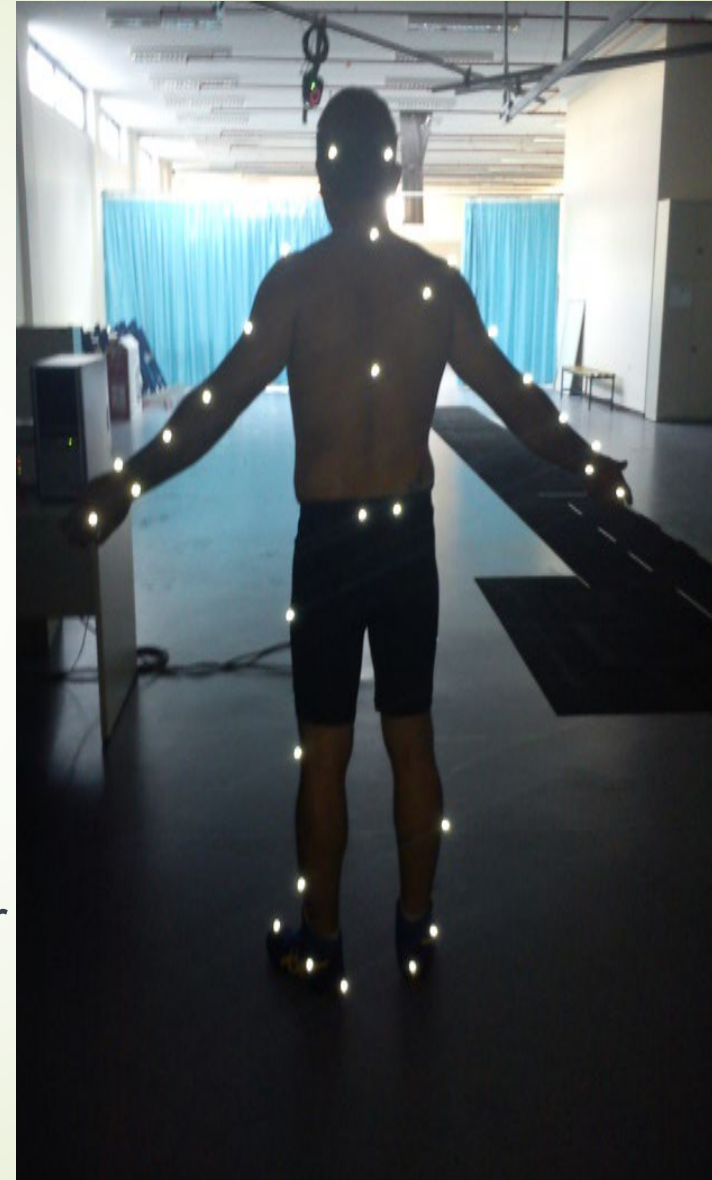


## 2. Rehabilitation



## 3. Biomechanics

- The primary purpose is the research of movement, which is carried out through:
  - Evaluation of the mechanics of athletic movements: Assessing and identifying technical flaws that lead to reduced performance and proposing optimization methods.
  - Evaluation of athletes' muscle strength: Assessing the strength of various muscles in athletes and suggesting ways to improve it through training.
  - Evaluation of neuromuscular control of movements: Assessing the neuromuscular control of movements in athletes and children of preschool and school age, and suggesting ways to optimize it through training or exercise.



# 3. Biomechanics

- ▶ Evaluation of lower limb motor problems: Through the analysis of gait in individuals with Parkinson's disease, stroke, dementia, and children with cerebral palsy, methods for improving their walking patterns through exercise are proposed.
- ▶ Evaluation of rehabilitation programs for lower limb motor problems: By assessing the effectiveness of various rehabilitation programs for lower limb motor problems, ways to enhance their efficacy are recommended.



## 4. Ergophysiology

The main objective is:

- The study of organism functions during exercise and the adaptations that occur in both athletes and individuals with medical conditions.
- The ergometric assessment of physical abilities and the measurement of health and fitness factors, including aerobic and anaerobic capacity, flexibility, body composition, and anthropometric characteristics, across a wide range of populations.



## 4. Ergophysiology



- The recording and monitoring of various factors of human performance, talent identification, energy metabolism, as well as the study of strength and power relationships, speed, endurance through laboratory measurements and field assessments.

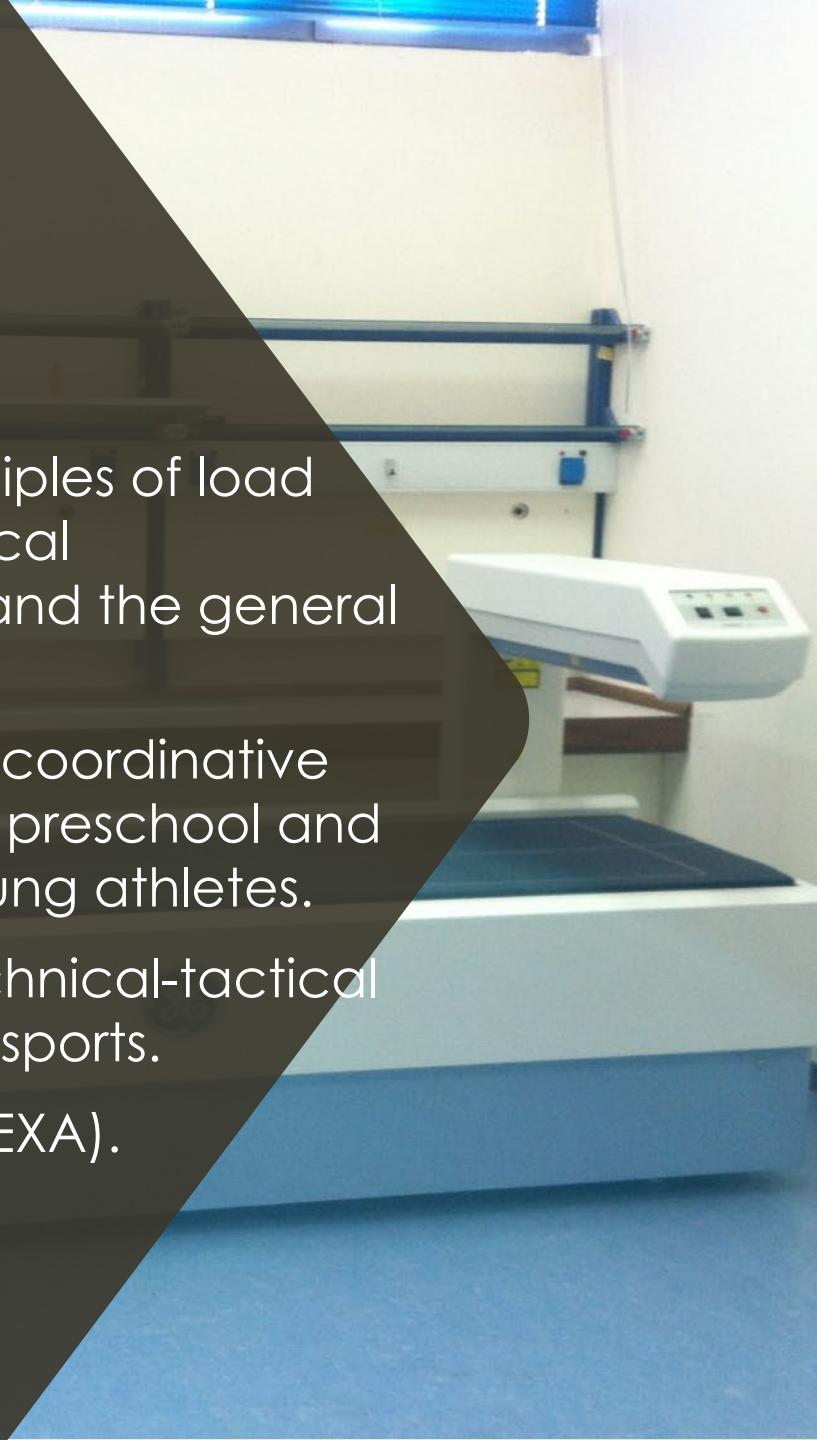
- The interpretation and recording of physiological, metabolic, biochemical, and neuromuscular parameters, hormonal responses, immune system function, electromyographic activity in different population groups.

- The research and study of different exercise programs on lipids, lipoproteins, glucose, insulin, hormones, bone density, endothelial factors, muscle metabolism in obese individuals, individuals with cardiovascular diseases, diabetes, osteoporosis, and the elderly.



## 5. Coaching & Physical Performance

- ▶ The main objectives of this field are:
- ▶ Researching and applying the principles of load management in the design of physical conditioning programs for athletes and the general population.
- ▶ Evaluating the motor performance, coordinative abilities, and motor development in preschool and school-aged children, as well as young athletes.
- ▶ Assessing competitive behavior (technical-tactical parameters) in team and individual sports.
- ▶ Body composition measurement (DEXA).





# Coaching & Physical Performance

- Design of specialized training programs
- Adaptation of specialized training programs according to the athlete's age and parameters of physical fitness, muscle strength, muscular endurance, body composition, aerobic capacity, speed, and flexibility.
- Assessment and management of athletes' overtraining level.
- Training programs to improve athletic performance.
- Design of appropriate training programs in relation to athletes' motor development and physical abilities.
- Evaluation of competitive behavior.
- Recording of technical-tactical behavior.
- Analysis and evaluation of technical-tactical behavior.
- Using video analysis systems as well as additional statistical software.



## 6. Physical Activity & Movement Performance

- Its main objectives are:
- Development of measurement techniques for distinguishing temporary changes during practice from relatively permanent changes in learning.
- Development and improvement of cognitive, perceptual, and motor abilities.
- Formation of models related to effective physical education teaching, teacher effectiveness, and appropriateness of teaching content.
- Utilization of psychological skills in sports and application of appropriate tools and measurement methods.



Exercise can be beneficial for:

- Overall healthy individuals.
- Athletes and recreational exercisers of all ages, activities, and sports.
- Pregnant women.
- Individuals who have experienced musculoskeletal injuries.
- Individuals with various medical conditions, such as heart disease, diabetes, physical disabilities (e.g., hemiplegia), anxiety disorders, Parkinson's disease, osteoporosis, hypertension, obesity (in children and adults), older adults, children with cerebral palsy, etc.





# ΣΕΦΑΙΑ-

Σχολή Επιστήμης Φυσικής Αγωγής & Αθλητισμού  
Δημοκρίτειο Πανεπιστήμιο Θράκης

**Academic Activities**

# Academic Events

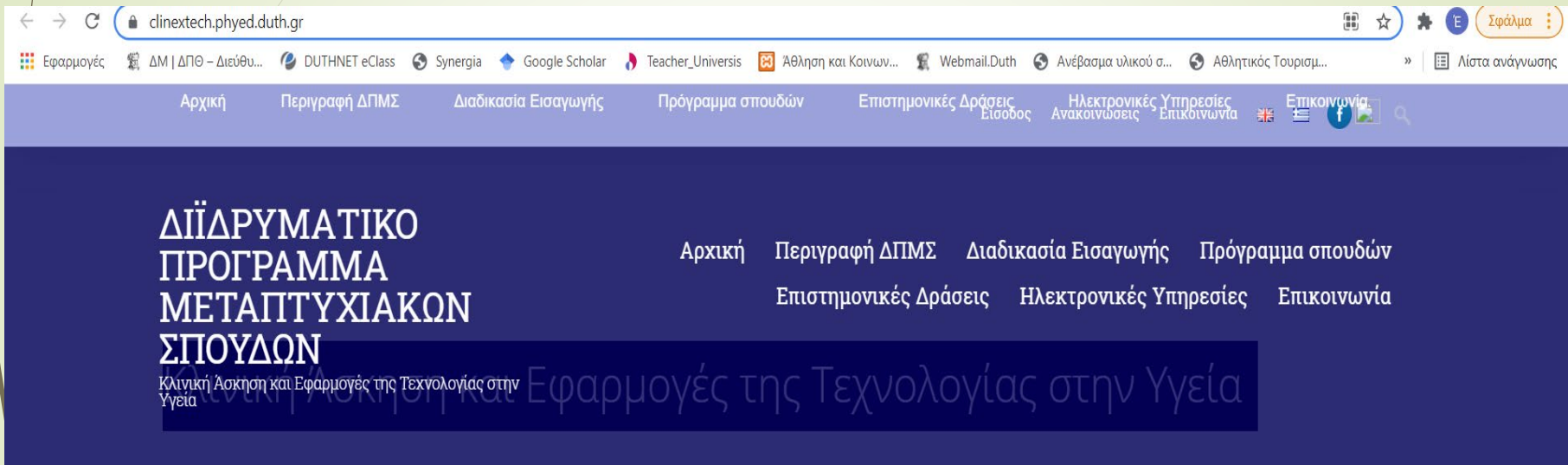
The S.E.F.A.A. implements various academic activities such as:

- Postgraduate Programs
- Publishing a journal
- Welcoming freshmen students
- Active student participation in research
- Volunteering
- Organizing alumni meetings and developing relationships with graduates
- Organizing workshops on employment and career days
- Organizing international conferences, seminars, and other educational and scientific programs for students and graduates of the S.E.F.A.A.
- Organizing events that provide multidimensional experiences for undergraduate, postgraduate, and doctoral students.
- More specifically:

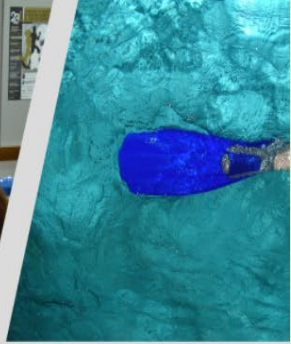


# "Clinical Exercise & Applications of Technology in Health" Interinstitutional Postgraduate Program

<https://clinextech.phyed.duth.gr/>



The screenshot shows a web browser with the URL [clinextech.phyed.duth.gr](https://clinextech.phyed.duth.gr/). The browser's address bar and tabs are visible at the top. The website's navigation menu includes: Αρχική, Περιγραφή ΔΠΜΣ, Διαδικασία Εισαγωγής, Πρόγραμμα σπουδών, Επιστημονικές Δράσεις Εισόδου, Ηλεκτρονικές Υπηρεσίες Ανακοινώσεις, and Επικοινωνία. The main content area features the title "ΔΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ" and a list of menu items: Αρχική, Περιγραφή ΔΠΜΣ, Διαδικασία Εισαγωγής, Πρόγραμμα σπουδών, Επιστημονικές Δράσεις, Ηλεκτρονικές Υπηρεσίες, and Επικοινωνία. Below the menu is the text "Κλινική Άσκηση και Εφαρμογές της Τεχνολογίας στην Υγεία" and a large, faint watermark reading "Εφαρμογές της Τεχνολογίας στην Υγεία".



# "Functional Management of Injuries in Athletes & Exercisers" Postgraduate Program

<https://leidiata.phyed.duth.gr/>

leidiata.phyed.duth.gr

Είσοδος Ανακοινώσεις Επικοινωνία

## ΜΕΤΑΠΤΥΧΙΑΚΟ ΠΡΟΓΡΑΜΜΑ ΣΠΟΥΔΩΝ

στη "Λειτουργική Διαχείριση Τραυματισμών σε Αθλητές και Άσκουμένους"

Αρχική Με μια ματιά Σπουδές Υποψήφιοι Έντυπα Δράσεις Συνέδριο 2020 Προγράμματα ΚΕΔΙΒΙΜ ΔΠΘ

### ΜΠΣ Λειτουργική Διαχείριση Τραυματισμών σε Αθλητές & Άσκουμένους

The collage includes several images: a close-up of a person's leg being examined, a person running on a track, a person performing a physical therapy exercise with a kettlebell, a person on a blue trampoline, and a group of athletes in red shirts performing a stretching or warm-up exercise on a grass field.

# "Creative & Adaptive Physical Education" Postgraduate Program

<https://diprofa.phyed.duth.gr/>

The screenshot shows a web browser window with the URL [diprofa.phyed.duth.gr](https://diprofa.phyed.duth.gr/). The browser's address bar and tabs are visible at the top. Below the browser window, there is a navigation menu with the following items: Αρχική, Διαδικασία Εισαγωγής, Μαθήματα, Έντυπα, Ανακοινώσεις, Το Πρόγραμμα, and Δράσεις.

The main content area features a central banner with the following information:

- ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ**
- Σχολή Επιστήμης Φυσικής Αγωγής & Αθλητισμού
- Τμήμα Επιστήμης Φυσικής Αγωγής & Αθλητισμού
- Πανεπιστημιούπολη - 69100 Κομοτηνή
- DEMOCRITUS UNIVERSITY OF THRACE**
- School of Physical Education & Sports Science
- Department of Physical Education & Sports Science
- University Campus - GR 69100 Komotini

On the left side of the banner, there is a logo of the Democritus University of Thrace, featuring a classical bust of a man and the text "ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ" and "DEMOCRITUS UNIVERSITY OF THRACE".

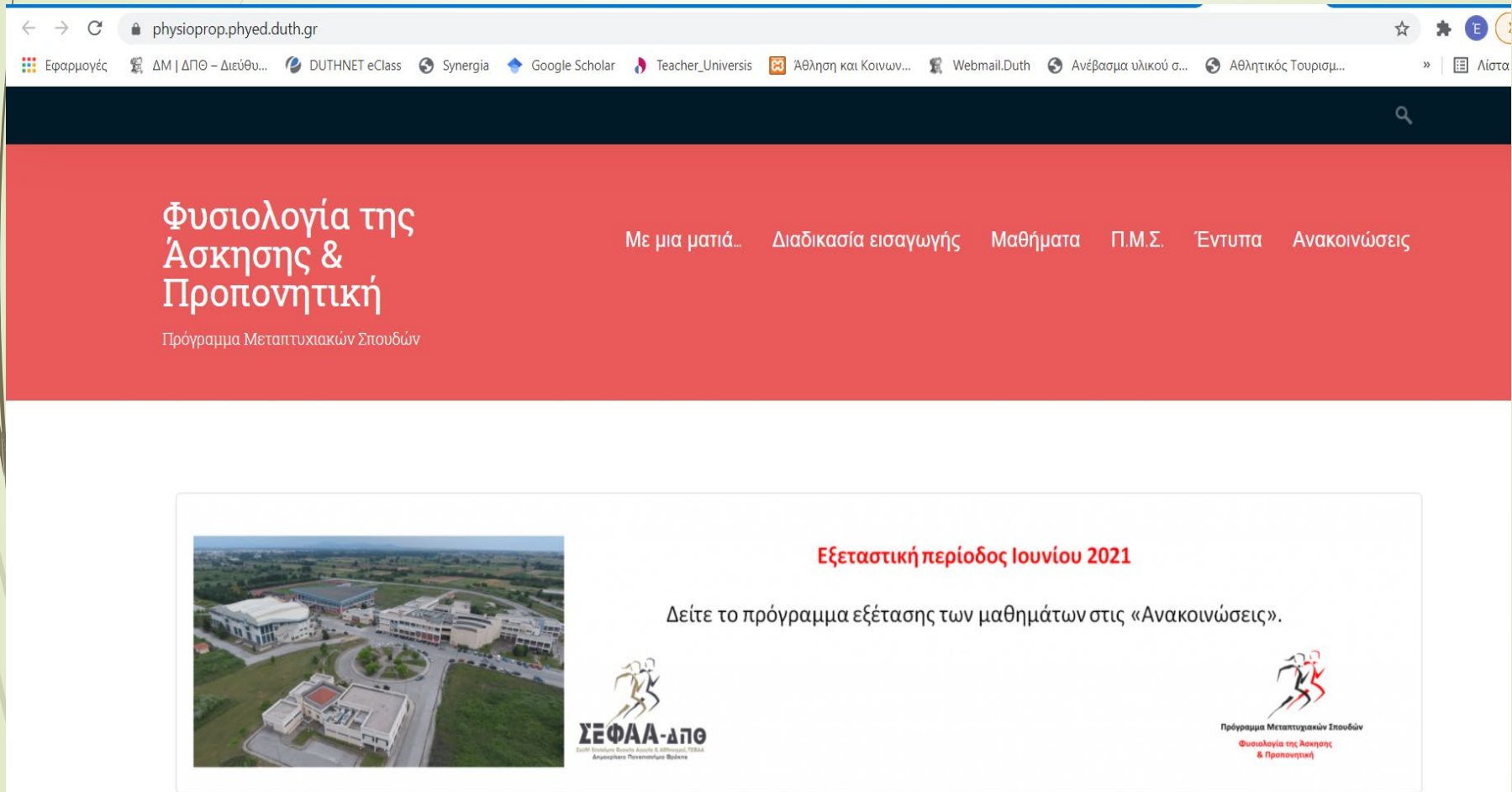
On the right side of the banner, there is a logo of a stylized runner and the text "Πρόγραμμα Μεταπτυχιακών Σπουδών", "Δημιουργική", and "& Προσαρμοσμένη Φυσική Αγωγή".

Below the banner, there is a white box with the following text:

**Π.Μ.Σ. του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού (Τ.Ε.Φ.Α.Α.)**  
**της Σχολής Επιστήμης Φυσικής Αγωγής και Αθλητισμού (Σ.Ε.Φ.Α.Α.) του Δημοκρίτειου Πανεπιστημίου Θράκης (Δ.Π.Θ.)**



# "Exercise Physiology & Training" Postgraduate Program <https://physioprop.phyed.duth.gr/>



The screenshot shows a web browser displaying the website for the "Exercise Physiology & Training" Postgraduate Program. The browser's address bar shows the URL <https://physioprop.phyed.duth.gr/>. The website has a red header with the title "Φυσιολογία της Άσκησης & Προπονητική" (Exercise Physiology & Training) and the subtitle "Πρόγραμμα Μεταπτυχιακών Σπουδών" (Postgraduate Program). A navigation menu includes links for "Με μια ματιά...", "Διαδικασία εισαγωγής", "Μαθήματα", "Π.Μ.Σ.", "Έντυπα", and "Ανακοινώσεις". Below the header, there is a white box containing an aerial photograph of the DUTH campus, the text "Εξεταστική περίοδος Ιουνίου 2021", and the instruction "Δείτε το πρόγραμμα εξέτασης των μαθημάτων στις «Ανακοινώσεις»". The box also features the logos of the Hellenic Olympic Committee (ΣΕΦΑΑ-ΑΠΟ) and the Department of Physical Education and Sport Sciences (Φυσιολογία της Άσκησης & Προπονητική).

Φυσιολογία της Άσκησης & Προπονητική  
Πρόγραμμα Μεταπτυχιακών Σπουδών

Με μια ματιά... Διαδικασία εισαγωγής Μαθήματα Π.Μ.Σ. Έντυπα Ανακοινώσεις

**Εξεταστική περίοδος Ιουνίου 2021**

Δείτε το πρόγραμμα εξέτασης των μαθημάτων στις «Ανακοινώσεις».

**ΣΕΦΑΑ-ΑΠΟ**  
Εθνική Ολυμπιακή Επιτροπή - Αθλητική Οργάνωση 1984  
Αθλητική Πανεπιστημιακή Ένωση

Πρόγραμμα Μεταπτυχιακών Σπουδών  
Φυσιολογία της Άσκησης & Προπονητική

# "Sports Tourism, Event Organization, Dance" Postgraduate Program <https://stourdance.phyed.duth.gr/>

The screenshot displays the website's interface. At the top, the browser address bar shows the URL [stourdance.phyed.duth.gr](https://stourdance.phyed.duth.gr/). Below the address bar, there is a navigation bar with the following links: Είσοδος, Δημοσιεύσεις - Ανακοινώσεις, and a search icon. The main header area features the text "Αθλητικός Τουρισμός, Οργάνωση Δρώμενων, Χορός" on the left and a secondary navigation menu with links: Αρχική, Σπουδές, Υποψήφιοι, Έντυπα, Δράσεις, and Επικοινωνία. The background of the header is a teal color with a tree silhouette. Below the header, there is a large black banner with the text "Αθλητικός Τουρισμός, Οργάνωση Δρώμενων, Χορός" in white. The bottom section of the page is a collage of images: a group of cyclists on a path, a sailboat on the water, a golfer on a green, and a group of runners on a path with a city skyline in the background.

# Journal "Sport & Society"



**ΑΘΛΗΣΗ & ΚΟΙΝΩΝΙΑ**  
ΠΕΡΙΟΔΙΚΟ ΑΘΛΗΤΙΚΗΣ ΕΠΙΣΤΗΜΗΣ

...μια καινούργια αρχή

...a fresh start



e-Journal

Ηλεκτρονικό περιοδικό

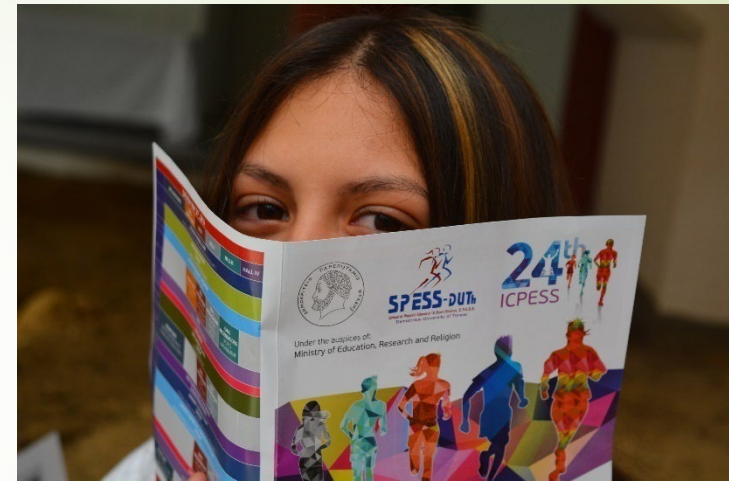


[www.phyed.duth.gr](http://www.phyed.duth.gr)

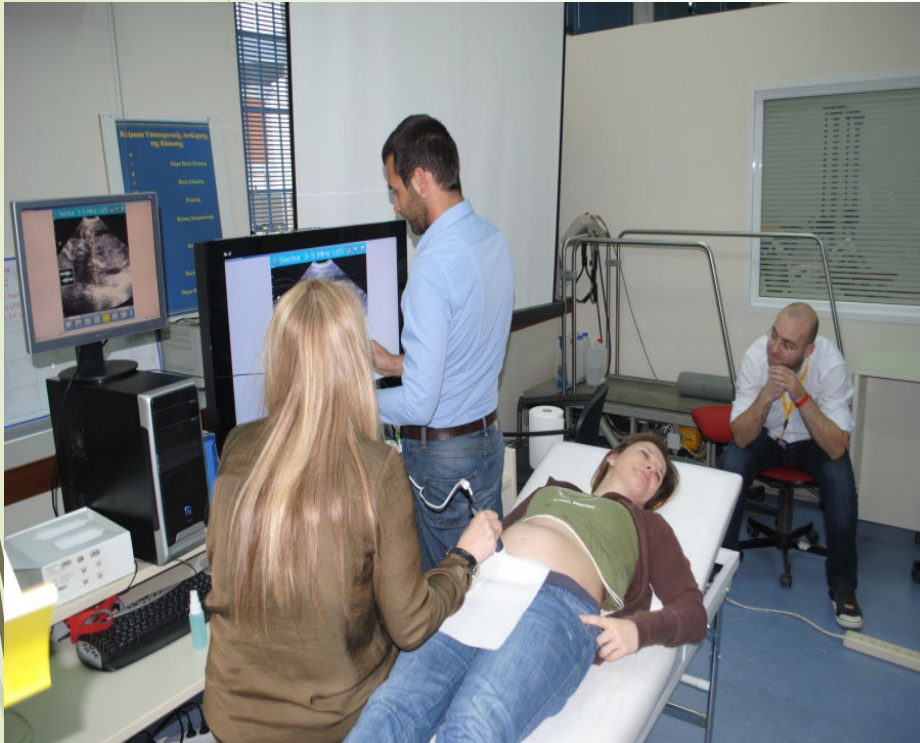
# SPESS International Congress

[www.phyed.duth.gr/icpes/](http://www.phyed.duth.gr/icpes/)

- From 1992-2022: 30 consecutive International Conferences



# Educational Seminars



# Educational Seminars

- ▶ Every year, as part of the Swimming Specialty, seminar courses on baby swimming are conducted by Ms. Margarita Kontzia, M.Sc., Physical Education Teacher, and trainer of Baby Swimming coaches.



# Practical Training

- The participation of students and their instructors in activities that benefit society is strong, including within the framework of their practical training. For example, students and trainees from the Swimming Specialty organize swimming lessons for elementary school students, contributing to their learning and development.



# Volunteering



Maria Pappa  
PHOTOGRAPHY





# Welcoming the Freshmen

Annually each October, updates are provided regarding:

- The curriculum framework,
- The initiatives and undertakings of SEFAA,
- The designation of a professor consultant



# Annual Alumni meeting



► Developing relationships among graduates through their systematic recording.

[https://docs.google.com/.../1vVGDb8yk08iPcut\\_M9fcmkdimHF.../edit](https://docs.google.com/.../1vVGDb8yk08iPcut_M9fcmkdimHF.../edit)

# Career days

- Fostering interaction between fourth-year students and professionals/graduates of the SEFAA, DUTH, presentations and in-depth discussions focusing on alternative employment opportunities and the potential for entrepreneurship within the field of sports and recreation.
- This platform also facilitates the submission of resumes and the scheduling of interviews.





# ΣΕΦΑΙΑ-

Σχολή Επιστήμης Φυσικής Αγωγής & Αθλητισμού  
Δημοκρίτειο Πανεπιστήμιο Θessalonikis

**Events**

# Events



- The SEFAA of DUTH, throughout its years of operation, has participated in or fully organized the following events:
- National Wrestling Championship
- European Wrestling Championship
- 1st World University Weightlifting Championship
- "Matheteada" (Sports event for high school students)
- Blood donations
- University Championships
- Running events





# 1st Matheteada (Student Sport Festival) of the Eastern Macedonia and Thrace Region.

- ▶ With the active voluntary participation of the faculty members, students, and female students of SEFAA.



# 1<sup>st</sup> Game Festival





# 23 years of voluntary blood donation.

- Information on bone marrow donation and bone marrow transplantation
- Information on organ donation.



# Information sessions for citizens about safe exercising.

**ΣΕΦΑΑ-ΔΠΘ**  
Σεφά Επιστήμη Φυσικής Αγωγής & Αθλητισμού, ΤΕΦΑΑ  
Δημοκρίτειο Πανεπιστήμιο Θράκης

Τμήμα Επιστήμης Φυσικής Αγωγής & Αθλητισμού

ΚΥΚΛΟΣ ΕΝΗΜΕΡΩΣΕΩΝ  
Σε ελεύθερα ασκούμενους  
για ασφαλή και αποτελεσματική  
σωματική άσκηση

**ΑΣΚΕΙΣΑΙ;  
ΑΣΚΗΣΟΥ ΣΩΣΤΑ ΜΕ ΤΟ Τ.Ε.Φ.Α.Α.**

Ημέρες ενημερώσεων  
Απογεύματα Τετάρτης  
29 Απριλίου  
6 Μαΐου  
20 Μαΐου  
και 27 Μαΐου 2015

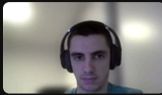
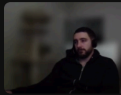
Χώρος  
Αίθουσα Δημοτικού Συμβουλίου  
Πολυλειτουργικού Κέντρου

Ώρα έναρξης: 19:30

The image shows a Zoom meeting interface. The main video window displays a man with dark hair and a beard, wearing large black headphones and a blue t-shirt. He is looking directly at the camera. Above the main video is a gallery of six smaller video thumbnails showing other participants. The right side of the interface features a 'Participants (6)' list with the following entries:

- vivian (Host, me)
- Atanas
- Persiyen Elenkov
- Πέρσα
- Grigor Ivanov
- Vaios G.

Microphone icons are visible next to each name, and red 'X' marks are present next to the last three names, indicating their audio is muted.



Participants (5)

- v vivian (Host, me)
- A Atanas
- VG Vaios G.
- GI Grigor Ivanov
- PE Persiyan Elenkov

The image shows a Zoom meeting interface. At the top, there is a gallery view of several participants. The main video area shows a man with dark hair and a beard, wearing a black hoodie, with his eyes closed. On the right side, there is a 'Participants (7)' list with a search bar and icons for each participant.

Participants (7)

Search

- v (vivan (host, me))
- iPhone (8)
- VG Valia G.
- A Atanas
- n Nikola
- Grigor Ivanov
- PE Petrus Dimitrov

The image shows a Zoom meeting interface. The main video area displays a man wearing large black headphones and a blue shirt. Above this main video is a horizontal strip of six smaller video thumbnails showing other participants. On the right side, there is a 'Participants (8)' list with the following entries:

- vivian (Host, me)
- Almas
- PE Perdyan Erenkov
- n Filipa
- GR Grigor Ivanov
- VQ Vase G.



Participants (8)

- v vlvian (Host, m)
- A Almas
- F Filipe
- G Grigor Ivanov
- PE Petriyan Elenov
- VQ Vase G.