



BIP: The Role of Sport and Exercise on Mental Health (MHSPA)

Agenda

- **Welcome**
- **CIVIS BIP: “The role of Sport and Exercise on Mental Health”**
- **National and Kapodistrian University of Athens**
- **School of Physical Education and Sport Science**



The Role of Sport and Exercise on Mental Health (MHSPA)

- **Objectives of the programme:** MHSPA proposal is submitted within the frames of the entrenched relation between PA/sport and mental health as well as the numerous reports supporting that physical exercise enhances the therapeutic scheme for people suffering from some type of mental disorders.
- **Partner Universities:** UOA, Universite libre De Bruxelles, Universidad Autonoma de Madrid, Universitat Tubingen
- **Physical Mobility part:** Athens, 2-6 October 2023
- **Virtual part:** 9 October - to 15 December 2023 (6 meetings)

The Role of Sport and Exercise on Mental Health (MHSPA)

Purpose: The development and implementation of a programme for professionals in Physical Education, Sport Science, Psychology, Physiotherapy.

Primary Goal:

- To promote training and development of specialized skills on Sport Science & Physical Education professionals, Psychologists, and Physiotherapists in order for them to acquire and develop the necessary skills (**theoretical, technical, practical etc.**) so to be able to:
 - **Develop their understanding and knowledge on Mental health issues**
 - **Enhance skills related with working with people (healthy and Unhealthy) that experience some type of Mental health problems, and**
 - **Incorporate this knowledge in order to be able to effectively apply in different settings.**

Main Topics of the Programme

- Understanding Mental Health Issues
- Physical Activity/Exercise/Sport and Mental Health
- Motives and Barriers toward Exercise in Mental Illness
- Mental Health issues in Sports
- Age, gender and cultural issues related to PA/Exercise/Sport and Mental Health

Participants (teachers)

- Prof. Victor Rubio Franco, Universidad Autonoma de Madrid
- Prof. Gorden Sudeck, Universitat Tubingen
- Prof. Jennifer Fuccart, Universite Lible De Bruxelles
- Prof. Nathalie Guissard, Universite Lible De Bruxelles
- Prof. Kostas Karteroliotis, NKUOA
- Assoc. Prof. Maria Koskolou, NKUOA
- Assoc. Prof. Nektarios Stavrou, NKUOA
- Prof. Evmorfia Koukia, NKUOA, Nursing Department
- Teaching Staff Sylvia Giannaki, NKUOA
- Admin. Staff Nikolaos Theodorou, NKUOA

Participants (students)

- 6 students from Universite libre De Bruxelles
- 5 students from Universitat Tubingen
- 3 students from Autonoma de Madrid
- 1 students from University of Bucharest
- 1 students from Sapienza Universita di Roma
- 1 student from Paris Lodron Universitat Salzburg
- 5 students from National and Kapodistrian University of Athens



CIVIS B.I.P. MOBILITY MODULE WORK LOAD (OCT 2ND-6TH, 2023)

The role of sport and exercise on mental health

ATHENS – OLYMPIA GREECE

DAY 1 MONDAY 2/10/2023

TIME	LOCATION	SESSION	CIVIS BIP LECTURER
14:00-15:00	NATIONAL & KAPODISTRIAN UNIVERSITY OF ATHENS SCHOOL OF PHYSICAL EDUCATION SPORT SCIENCE General Assembly Room	Group tutoring: Student Reception, Course Presentation.	Prof Konstantinos Karteroliotis, PhD NKUA Nikolaos Theodorou, PE Sports Administrative Staff
15:00-15:30	General Assembly Room	Coffee break	
15:30-17:00	General Assembly Room	Lecture 1 Module 2.A "Physical Activity & Health + lab	Prof Konstantinos Karteroliotis, PhD NKUA.
17:00 -18:00	General Assembly Room	Students' Individual Work	Students
18:00	General Assembly Room	Buffet	

DAY 2 TUESDAY 3/10/2023

TIME	LOCATION	SESSION	CIVIS BIP LECTURER
07:30 – 11:00	Departure travel ATHENS – OLYMPIA		
11:00 – 13:30	ANCIENT OLYMPIA MUSEUMS & OLYMPIC GAMES ARCHEOLOGICAL MONUMENTS -SITES	Scientific excursion ANCIENT OLYMPIA MUSEUMS	Dr Sotiria GIANNAKI PhD PE & SPORTS HISTORIAN
14:45 – 15:45	INTERNATIONAL OLYMPIC ACADEMY	Lecture 2 Historical Perspectives on Physical Activity & (Mental) Health	Dr Sotiria GIANNAKI PE & SPORTS HISTORIAN PhD
		Students' Individual Work	
16:00 – 18:0	ANCIENT OLYMPIC VILLAGE	Dinner	
18:00 – 21:30	Departure travel OLYMPIA - ATHENS		

DAY 3 WEDNESDAY 4/10/2023

TIME	LOCATION	SESSION	CIVIS BIP LECTURER
08:30 - 09:30	NATIONAL & KAPODISTRIAN UNIVERSITY OF ATHENS SCHOOL OF PHYSICAL EDUCATION SPORT SCIENCE General Assembly Room	Lecture 4: Module 2.C "Eating disorders in exercise and sport"	Prof. Jennifer Foucart PhD ULB
09:30 – 10:30	Gymnasium	Activities	Prof. Jennifer Foucart PhD ULB
10:30 – 11:00	General Assembly Room	Coffee break	
11:00 – 12:30	General Assembly Room	Lecture 5. Module 2.C "Vigorexia & exercise addiction"	Associate Prof. Maria Koskolou PhD NKUA
12:30 – 13:00	General Assembly Room	Small group activities	Students
13:00 – 14:00	School RESTAURANT	Lunch	
14:00 – 16:00	General Assembly Room	Lecture 6. Module 1.A "Mental Health, disorders & treatment"	Prof. Evmorfia Koukia PhD NKUA
16:00 – 17:30		Tutorials, informal contacts, other activities, free time	

DAY 4 - THURSDAY 5/10/2023

TIME	LOCATION	SESSION	CIVIS BIP LECTURER
08:30-10:30	NATIONAL & KAPODISTRIAN UNIVERSITY OF ATHENS SCHOOL OF PHYSICAL EDUCATION SPORT SCIENCE General Assembly Room	Lecture 6. Module 3.A.: "How to start, and maintain a regular PA pattern: self-motivation, adherence,	Prof. Gorden Sudeck PhD TBN Associate Prof. Nektarios Stavrou PhD NKUA
10:30-11:00		Coffee break	
11:00-13:00	General Assembly Room	Lecture 7: Module 3.A. "Why do (not) people practice PA? Theories of motivation" + lab	Prof. Gorden Sudeck PhD TBN Associate Prof. Nektarios Stavrou PhD NKUA
13:00 - 14:00	General Assembly Room	Students' Individual Work	Students
14:00 - 15:00	School RESTAURANT	Lunch	
15:00 – 17:00		Tutorials, informal contacts, other activities, free time	

DAY 5 - FRIDAY
6/10/2023

TIME	LOCATION	SESSION	CIVIS BIP LECTURER
08:30 - 10:30	NATIONAL & KAPODISTRIAN UNIVERSITY OF ATHENS SCHOOL OF PHYSICAL EDUCATION SPORT SCIENCE General Assembly Room	Lecture 8. Module 2.D "Preventing mental health issues in sport: from burnout to depression"	Prof. Víctor Rubio PhD UAM
10:30 – 11:00	General Assembly Room	Coffee break	
11:00 – 12:30	General Assembly Room	Athlete's burnout: A qualitative point of view	Alexandra Markati, PhD candidate NKUA
12:30 – 13:00	General Assembly Room	Sport and Mental Health: Athletes' experiences	Athletes
13:00 – 13:30	General Assembly Room	Wrap up, feedback and farewell	
13:30	General Assembly Room	Buffet	

VIRTUAL MODULE WORK LOAD

Week Oct 9th-13th, 2023	Lecture 10 Module 1.B Mental health, Sport and Exercise in a socio-cultural context	CIVIS BIP Teacher - Jannika John
Week Oct 23rd-27th, 2023	Lecture 11. Module 2.B. "Depression, Anxiety, depression and Physical Activity."	Panteleimon Ekkekakis (Michigan State University) + Sylfa Fassassi (Universite de Lausanne)
Week Nov 6th-10th, 2023	Lecture 12. Module 2.E Cognitive functioning and PA (separate into two sessions)	Pierre Oswald
Week Nov 20th-24th, 2023	Lecture 13. Module 2.E Psychoses and PA	CIVIS BIP Teacher - Pilar López (Psychoses)
Week Dec. 4th-8th, 2023	Lecture 14. Module 3.C:" Barriers Toward PA Involvement. Summary and Conclussions --> Round table as a wrap up session	Kostas Karteroliotis
Week Dec. 18th-22th, 2023	Student Project presentations	

CIVIS

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MAY 2022

GLOBAL CIVIS DAYS

ATHENS

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HELLENIC REPUBLIC
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University of Athens

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A Self-Portrait

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NATIONAL & KAPODISTRAIN UNIVERSITY OF ATHENS

- **The oldest state institution of higher education in Greece**
- **Among the largest universities in the European Union**
- **Founded in 1837**





NATIONAL & KAPODISTRIAN UNIVERSITY OF ATHENS (NKUA)

- **SCHOOL OF THEOLOGY**
- **SCHOOL OF LAW**
- **SCHOOL OF ECONOMICS AND POLITICAL SCIENCES**
- **SCHOOL OF PHILOSOPHY**
- **SCHOOL OF SCIENCE**
- **SCHOOL OF HEALTH SCIENCES**
- **SCHOOL OF EDUCATION**
- **SCHOOL OF PHYSICAL EDUCATION AND SPORT SCIENCE**

NATIONAL & KAPODISTRAIN UNIVERSITY OF ATHENS

- Professors (all ranks): 1,588
- Research associates and other teaching, laboratory, and technical staff: 498
- Administrative staff: 1,061

NATIONAL & KAPODISTRAIN UNIVERSITY OF ATHENS

- Undergraduate programs: 41
- Postgraduate programs: 213
- University Research Institutes: 5
- Centers of Excellence: 15
- University Hospitals: 3
- Centers of Expertise in Rare Diseases of the School of Medicine: 18
- Departments under the auspices of the School of Health Sciences: 72
- University Laboratories: 275
- Libraries: 11
- Museums: The History Museum, the Historical Archive of the University and 17 thematic museums



School of Physical Education & Sport Science

Dean: Prof. Kostas Karteroliotis

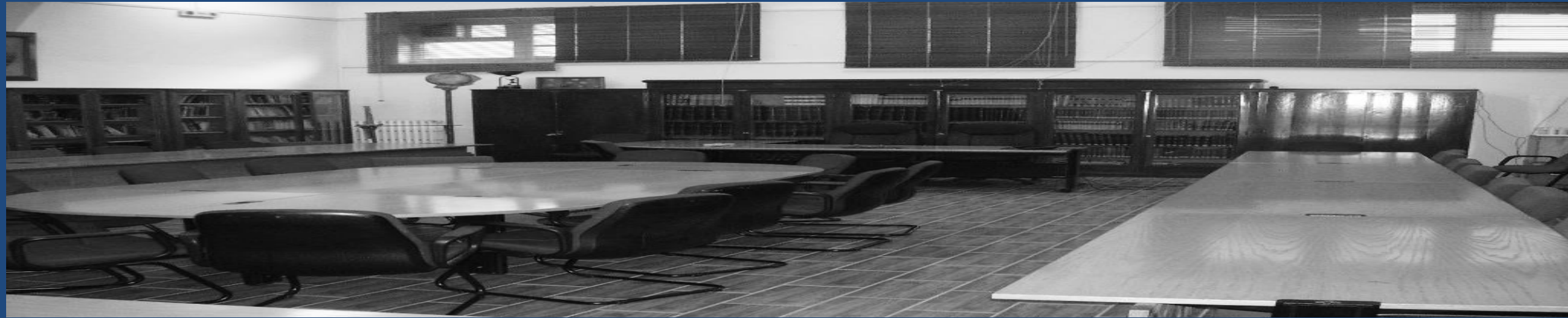
Faculties

- **Sport Medicine & Biology of Exercise**
- **Social and Humanistic Studies**
- **Sport Games**
- **Gymnastics & Dance**
- **Track and Field & Other Sports**
- **Aquatic Sports**

SCHOOL OF PHYSICAL EDUCATION & SPORT SCIENCE



School of Physical Education & Sport Science (General Assembly Room)



- **51 Academic Staff**
- **17 Teaching Staff (Instructors)**
- **10 P.E. Teachers (Sport Experts) from the Public Schools**
 - www.phed.uoa.gr

PROGRAMS

- **4-Year, Undergraduate Degree (Equivalent to a B.A.) in Physical Education and Sport Science**
- **2 Post-Graduate Degrees (M.A.) by Coursework, Research, and Thesis**
- **1 Doctoral Degrees (PhD) by Coursework, Research, and Dissertation**

POST-GRADUATE PROGRAM
"BIOLOGY OF PHYSICAL ACTIVITY"

- **M.A. DEGREE IN BIOLOGY OF PHYSICAL ACTIVITY** by coursework, research, thesis

<https://dms.uoa.gr/el/Document/163/UiViewDoc/1082392>

- Exercise Physiology
- Sports Biomechanics
- Sports Medicine
- Sports Physical Therapy

POST-GRADUATE PROGRAM
“PHYSICAL EDUCATION AND SPORT”

- **M.A. DEGREE** IN PHYSICAL EDUCATION AND SPORT
by coursework, research, and thesis
- Sport Psychology
- Adapted Physical Education
- Sociology of Sport
- Sport Pedagogy
- Sport Coaching
- Sport Sociology
- History and Philosophy of Sport

Ph.D. PROGRAM

“PHYSICAL EDUCATION AND SPORT”

By coursework, research, and thesis

- Exercise Physiology
- Sports Biomechanics
- Sports Medicine
- Sports Physical Therapy
- Sport Psychology
- Adapted Physical Education
- Sociology of Sport
- Sport Pedagogy
- Sport Coaching
- Sport Sociology
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