



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ

Εθνικόν και Καποδιστριακόν
Πανεπιστήμιον Αθηνών

— ΙΔΡΥΘΕΝ ΤΟ 1837 —

Appendix A8

Study Guide 2023-2024

**Master's Program "Holistic Management of Risk Factors
for Cardio-respiratory Disease" (Smoking Prevention and
Cessation, Psychological Interventions, Nutrition, Sleep,
Physical Activity)**

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DIRECTOR'S GREETINGS

Dear Students,

We welcome you to the National and Kapodistrian University of Athens (NKUA) School of Medicine and heartily congratulate you on your admission to **the Master's Program "Holistic Management of Risk Factors for Cardiorespiratory Disease (Smoking Prevention and Cessation, Psychological Interventions, Nutrition, Sleep, Physical Activity)**. The prospectus for academic year 2023-2024 includes all the necessary information for your Study Program with a brief reference to the educational objectives of each course. Also included is information about other activities operational within our School, as well as useful information about the secretariat and the corresponding services provided.

Happy academic year!

The Director of the Master's Program.

1. AIM AND OBJECTIVES

The purpose of the Master's Program entitled "Holistic Treatment of Risk Factors for Cardiorespiratory Diseases" (Smoking Prevention and Cessation, Psychological Interventions, Nutrition, Physical Activity), is the provision of high-level postgraduate education in the Medical Sector.

Upon successful completion of the program, graduates will be able to:

- Recognize and safely manage situations at the pre-hospital level, prevent the occurrence of cardiorespiratory diseases, optimize the outcome of treatment
- Take positions of responsibility in the public and private sector and in the field of education.

Students will gain knowledge of preventing cardiorespiratory disease as well as gather experience in the clinical application of the management of cardiorespiratory disease risk factor.

To meet its objectives, the program uses evidence-based lifestyle change management practices (smoking cessation, stress management, healthy nutrition, healthy sleep and physical activity) through behavioral approaches combined with clinical management of common risk factors and covers a broad spectrum of preventive medicine, from asymptomatic individuals to patients at high multifactorial risk.

We place strong emphasis on practice with the aim of equipping our students with the ability to translate theory into everyday clinical practice, using a variety of specialized tools. The Master's Program is designed to fit across the spectrum of healthcare and public health and to equip our students for any career (public health, public and private primary and secondary care delivery, lifestyle medicine, research, policy).

Students will receive academic and research training in a wide spectrum of practice relating to the clinical management and lifestyle medicine of cardiovascular and respiratory health care, as well as the ability to use new technologies and interventions for prevention, diagnosis and management of the disease, providing people-centered health care.

We believe that the wide and timely application of holistic approach to prevention and treatment of cardiorespiratory diseases will increase the effectiveness of medical treatments, its patients and citizens application, with a significant impact on public health.

2. STRUCTURE AND ORGANS OF THE MASTERS PROGRAM.

In accordance to extant law 4957/2022, the competent bodies for the operation of the Masters' Program are:

2.1 At the Foundation level, the competent bodies are the Postgraduate Studies Committee and the Senate.

2.2 At the level of the School of Medicine, the competent bodies are:

2.2.1 The Assembly of the Medical School.

The powers of the Assembly are to:

- a) Recommend to the Senate, through the Postgraduate Studies Committee, the necessity of establishing/amending the Masters Program, as well as extending the duration of the program,
- b) Designate the Director and the members of the Coordinating Committee of each Masters Program of the School of Medicine.
- c) Recommend representatives for the appointment of the Master Program Committees in which the School of Medicine participates in.
- d) Assigns the lecturing work among the lecturers of the program and may assign auxiliary teaching duties for the Master's Program to the PhD candidates of the School, under the supervision of a Program's lecturer
- e) Certifies the successful completion of the course and awards the Graduate Diploma,
- f) Approves the report of the Master's Program, following the recommendation of the Coordinating Committee (CC)
- h) Commissions Masters' students to carry out auxiliary teaching work in first cycle study programs of the School of Medicine,
- i) Exercises any other legal authority.

2.2.2 The Coordinating Committee (CC)

SC consists of the Director of the Master's Program and four (4) members of D.E.P. of the School of Medicine and emeritus professors, who have a related subject to that of the Master's Program and undertake teaching work at Master's Program. The members of CC are determined by decision of the Medical School Assembly. The Coordinating Committee is responsible for monitoring and coordinating the operation of the program and in particular:

- a) Prepares the initial annual budget of the Master's Program and its amendments, since the Master's Program has resources, and recommends its approval to the Research Committee of the Special Research Funds Account (SRA),
- b) Draws up the report of the program and recommends its approval to the Assembly of the Medical School.
- c) Approves the expenditure of the Master's Program
- d) Approves the granting of scholarships, remunerative or non-remunerative, in accordance with what is defined in the founding decision of the Master's Program and the Regulations for postgraduate and doctoral studies,
- e) Recommends to the Assembly of the Medical School the distribution of teaching work, as well as the assignment of teaching work,
- f) Recommends to the Assembly of the Medical School the invitation of Visiting Professors which align with the teaching needs of the Master's Program
- g) Draws up a plan for the modification of the study program, which he submits to the Assembly of the Medical School,

h) Recommends to the Assembly of the Medical School the redistribution of courses between academic semesters, as well as issues related to the quality upgrade of the curriculum,

i) Sets up Committees for the evaluation of the applications of prospective Master's students and approves their registration in the program

j) Sets up examination committees for the examination of master's students' theses and designate the supervisor for each work

2.2.3 The Director of the Master's Program.

The Director of the Masters' Program as a priority, emerges from the members of D.E.P. of the School of Medicine, must be a professor or associate professor by rank and is appointed by decision of the Council of the School of Medicine for a two-year term, with the possibility of renewal without limitation.

The Director of the Master's Program has the following powers:

a) Presides over the Coordinating Committee, prepares the agenda and convenes its meetings

b) Advises the issues concerning the organization and operation of the Master's Program to the Assembly of the Medical School.

c) Recommends to the Coordinating Committee and the other organs of the Master's Program and of Higher Educational Institutions (HEIs) issues related to the effective operation of the Program.

d) Scientific Manager of the program and exercises the corresponding responsibilities,

e) Monitors the implementation of the decisions of the bodies of the Master's Program and of the Internal Regulation of postgraduate and doctoral study programs, as well as the monitoring of the implementation of the budget of the Master's Program

f) Exercises any other authority, which is defined in the decision establishing the Master's Program.

The Director of the Master's Program, as well as the members of the Coordinating Committee they are not entitled to remuneration or any compensation for the performance of the responsibilities assigned to them and related to the performance of their duties.

2.3 Secretary support Master's Program.

a) The Secretariat of the School of Medicine is responsible for the secretarial and administrative support of the Master's Program.

b) The Master's Program. has its own resources and employments, in accordance with the current legislation, external collaborators for secretarial and administrative support, who are again under the supervision of the Secretariat of the School of Medicine.

STUDY MATTERS

3. CATEGORIES AND NUMBER OF ENTRANTS

3.1 University Graduates from the Departments of Medicine, Nursing, Midwifery, Dietetics, Psychology, Medical Equipment Technologists, Physiotherapy, health supervisors from the country or corresponding Departments of recognized equivalent institutions abroad, and relevant Departments of the country or Departments of recognized equivalent institutions abroad are accepted at the Master's Program, as well as and graduates of T.E.I. related academic subject matter

3.2 The maximum number of students admitted to the master's Program is set at sixty (60). The maximum number of admissions is determined according to the number of instructors of the Master's Program and the student-instructor ratio, the logistical infrastructure, classrooms, the absorption of graduates by the labor market.

3.3 In addition to the number of admitted students, one (1) member of the Special Educational Staff (E.E.P.) the Laboratory Teaching Staff (E.D.I.P.) and the Special Technical Laboratory Staff (E.T.E.P.) categories are admitted per year, as far as the work carried out at the institution is related to the academic focus of the Master's Program.

3.4 The State Scholarship Foundation (IKY) scholars, the foreign scholars of the Greek state, for the same or related academic subject as that of the Master's Program, are admitted without exams.

4. MODE OF ENTRY

4.1 The selection of students is made in accordance with the extant legislation, the NKUA's Postgraduate and Doctoral Studies Regulations and the provisions of the present Regulation.

4.2 Every May, the publication of the notice of admission of postgraduate students to the program is made by the decision of NKUA's Assembly of the Medical School and posted on the website of the Medical School and the institution. The relevant applications together with the necessary supporting documents are submitted to the program's Secretariat, within a deadline specified in the announcement and may be extended by decision of the Assembly of the Medical School.

4.3 The Assembly of the Medical School assigns to the Coordinating Committee, the admissions selection process.

4.4 Necessary supporting documents are:

- Application form
- Curriculum vitae
- Photocopy of the police ID (two sides)

- Copy of diploma or certificate of completion of studies
- Detailed rating of undergraduate courses
- English language certificate(B2) or if the candidate does not hold a certification diploma, the knowledge of the English language will be certified by multiple-choice exams.
- Reference Letter
- Scientific publications, (if any)
- Evidence of professional or research activity, (if any)
- Greek language certificate, certified by the Selection Committee
- Master's Program admissions, or any testimonial document to prove the sufficiency of the Greek language for foreign candidates,
- Recognition of a foreign academic degree

4.5 For students from foreign institutions, who do not present a certificate of recognition of an academic degree from D.O.A.T.A.P., the following procedure is followed:

The Assembly of the Medical School appoints a committee responsible for determining whether a foreign institution or a type of title of a foreign institution is recognized.

In order for a degree to be recognized:

- The institution that awards the titles must be included in the list of foreign institutions, which is kept and updated by D.O.A.T.A.P.
- The student must present a certificate of place of study, which is issued and sent by the foreign university. If Greek territory is confirmed as the place of studies or part of them, the degree is not recognized, unless the part of studies done in Greek territory is in a public Higher Education Institution (HEI).

4.6 The evaluation of the candidates and the selection of those admitted are based on the following criteria:

- Bachelor's degree (percentage 10%)
- Grade in undergraduate courses related to the Master's Program (percentage 10%)

- Relevancy of the university degree and the candidate's knowledge to the subject of the Master's Program (percentage 10%)
- Certified knowledge of English Language (10%)
- Scientific publications, participation in conferences (15%)
- Recommendation letters (10%)
- Related research or professional activity (5%)
- Possession of a master's or doctoral degree (10%)
- Oral interview with a three-member committee appointed by the Organizing Committee (20%)

4.7 Based on the overall criteria, the Organizing Committee prepares the evaluation table of the students and submits it for approval to the Assembly of the Medical School. Successful candidates should register at the Master's Program Secretariat within thirty (30) days of the decision of the Medical School Assembly. In the event of a tie (with mathematical rounding to the whole unit of the scale of 100), candidates with the same grade are admitted, in a percentage not exceeding 10% of the maximum number of admissions. In case of non-registration of one or more students, they will be invited to register at the Master's Program the runners-up (if any), based on their order in the approved evaluation table.

5. Registration of first-year students

The names of the graduate students admitted to the Master's Program are notified by the Secretariat of the Master's Program by sending the list of successful applicants who submitted an online application for registration. The Secretariat of the School of Medicine checks the list of successful candidates for the completeness of their formal and substantive selection criteria. The invitation and registration take place in accordance with the provisions in force and within a deadline determined by the Faculty of Medicine of National and Kapodistrian University of Athens (NKUA) for each academic year. The registration is done by the successful candidate himself or by a person legally authorized by him and is completed by showing the police ID or passport in order to establish his identity. In any case, the Secretariat of the Master's Program may request additional supporting documents from the registrants. For reasons of extreme necessity, such as prolonged illness, serious illness, conscription or absence abroad, or in the case of a successful candidate who did not complete the online registration process in full on time, registration is possible upon request by the interested candidate, in which the reasons for the delay are set out. In the above cases, both the relevant application and the supporting documents are submitted by the successful candidate directly to the Secretariat of the program and with the obligation of physical presence at the program's Secretariat in an exclusive period of thirty (30) days from the end of the registration period. The registration

is considered completed or not, upon the rational decision of the Assembly of the Department. A successful candidate, who did not register using the procedure laid out in the aforementioned paragraphs, loses the right to be registered in the Master's Program for the specific academic year.

6. DURATION OF STUDIES

6.1 The duration of study for obtaining the Master' Degree (MSc) is defined in four (4) academic semesters, with the time for preparing a Master's thesis inclusive.

6.2 Part-time study is possible, upon the approval of the student's justified application by the Medical School Council.

The following have the right to apply for part-time study:

- a) Students who are proven to work at least twenty (20) hours a week
- b) Students with disabilities and special educational needs
- c) Students who in parallel are athletes and who during their studies, belong to sports association registered in the electronic register of sports associations according to article 142 of Law 4714/2020 (A' 148), which is maintained at the General Secretariat of Sports (G.S S.) under the following conditions:
 - ci) for the number of years, they are awarded 1st to 8th place in Pan-Hellenic individual sports championships with the participation of at least twelve (12) athletes and eight (8) clubs or compete in teams of the two (2) aforementioned categories in team sports or participate as members of national teams in Pan-European championships, World championships or other international events under the Hellenic Olympic Committee, or
 - cii) participate at least once, during the course of the postgraduate studies for which they are applying for partial study status, in Olympic, Paralympic and Deaf Olympic Games. The students of this subsection may register as part-time students, after their application is approved by the Dean's Office of the School of Health Sciences.

The duration of part-time studies does not exceed twice the duration of regular studies. The maximum duration of study is also applied in this case.

6.3 There is a possibility of an extension, following a council approved justified application by the student. The extension does not exceed two (2) academic semesters. Thus, the maximum time allowed to complete the studies is set at six (6) academic semesters.

7. DEFERRAL OF STUDIES

6.1 Students who have not exceeded the upper limit of study, after a justified application to the Medical School Council, may interrupt their study for a period not exceeding two (2) semesters. Deferral of studies is granted for serious reasons (military service, illness, sergeants, absence abroad, etc.).

The application must be justified and accompanied by all relevant supporting documents from competent public authorities or organizations, which prove the reasons for deferral of studies. The student status is deferred during the interruption of studies and participation in any educational process is not allowed. The semesters of deferral of the student status are not counted towards the prescribed maximum duration of normal studies.

At least two weeks before the end of deferral, the student must re-enroll in the program to continue his/her studies with the rights and obligations of an active student. Students may apply to defer their studies and return to the Program only if they have requested deferral of studies for two consecutive academic semesters. The request to end the study deferral must be submitted no later than two weeks before the commencement of the second semester of the deferral.

6.2 The length of deferral or extension of the time of study is discussed and approved on a case-by-case basis by the organizing committee/management committee., which makes recommendations to the Medical School Council.

8. ORGANIZATION OF STUDIES -

8.1 The Master's Program begins in the winter semester of each academic year.

8.2 To obtain Master's Degree a total of one hundred and twenty (120) credits (ECTS) are required. All courses are taught weekly and, where appropriate, include theory, practice, and workshops.

8.3 The language of teaching and writing of the master's thesis is English.

8.4 During their studies, master's students are required to attend and pass postgraduate courses, research and write scientific papers, as well as to prepare a master's thesis.

8.5 The preparation of the diploma thesis takes place in the fourth semester of studies and is credited with thirty (30) ECTS.

8.6 The practical training of the program are; a) Nutrition-Dietetic, b) Ergospirometry, c) Interventions to promote physical activity in people with cardiorespiratory problems, d) Cardiorespiratory Rehabilitation-Physiotherapy. The internship is part of the course, no separate grade is provided, and it is mandatory. There is the possibility of internship in clinic for smoking cessation, ergospirometry, rehabilitation, nutrition department to gain the required practical experience, under the supervision/cooperation of the supervising faculty member. The responsible Lecturer in charge of the internship/training adjudges its successful completion or not and no separate grade is assigned as the internship is a mandatory part of the course.

8.7 Courses are taught onsite or remotely, in accordance with current legislation

The content of each course is constantly updated, based on scientific developments.

A. COMPULSORY COURSES

The courses are compulsory and attendance as well as passing the exam is essential for every Master's Program student. At the end of the semester exams of the compulsory courses are conducted on predetermined materials by the Lecturers. The exams can be either written or oral and the grade of the courses is expressed on a zero-ten (0-10) scale, with five (5) as the basis of success, and without the use of fractional parts. The curriculum of the Master's Program includes 5 compulsory courses in the 1st semester of studies, 5 compulsory courses in the 2nd semester of studies, 5 compulsory courses in the 3rd semester of studies and the preparation of the diploma in the 4th semester.

B. PRACTICALS

The courses contain practical training; a) Nutrition-Dietetic, b) Ergospirometry, c) Interventions to promote physical activity in people with cardiorespiratory problems, d) Cardiorespiratory Rehabilitation-Physiotherapy. The internship is a mandatory part of the course with no separate grade ascribed. Provision for internship is made available in the smoking cessation clinics, ergospirometry, rehabilitation, nutrition department to gain the required practical experience, under the supervision/cooperation of the supervising faculty member. The responsible Lecturer in charge of the internship/training adjudges its successful completion or not and no separate grade is assigned as the internship is a mandatory part of the course.

C. ABILITY TO REGRADE

The students studying in the first three semesters of the Master's Program have the possibility of regarding their written exams, after a written request to the Master's Program secretariat to obtain requisite information from the program's secretary.

D. OBTAINING A DEGREE

In order to receive the degree, it is necessary to attend all four (4) semesters and to pass the exam in all the courses of the MSc. In addition, it is necessary to write the thesis and successfully present it to the three-member committee.

9.STUDY PROGRAM

The course schedule is structured as follows:

A' Semester		
COMPULSORY COURSES	Hours	ECTS
PUBLIC HEALTH AND HEALTH PROMOTION	4	8
RESEARCH METHODOLOGY	4	8
ADDICTIONS-TOBACCO PRODUCTS	3	5
SLEEP HYGIENE	3	5
NUTRITION – DIETETICS(THEORY & PRACTICE)	3	4
TOTAL	17	30
B Semester		
COMPULSORY COURSES	Hours	ECTS
PULMONOLOGY	4	8
OCCUPATIONAL SPIROMETRY (THEORY & PRACTICE)	3	5
CARDIOVASCULAR REHABILITATION-PHYSICAL THERAPY (THEORY & PRACTICE)	3	5
INTERVENTIONS TO PROMOTE PHYSICAL ACTIVITY IN PEOPLE WITH CARDIOPRESPIRATORY PROBLEMS (THEORY & PRACTICE)	3	5
PHARMACOLOGY	3	7

TOTAL	16	30
C 'Semester		
COMPULSORY COURSES	Hours	ECTS
VACCINATION	3	6
PATIENT COMPLIANCE – REMOTE MONITORING	3	8
CARDIOLOGY	3	5
PSYCHOLOGY	4	8
SMOKE CONTROL AND ENVIRONMENTAL LEGISLATION	3	3
TOTAL	16	30
VACCINATION		
PATIENT COMPLIANCE – REMOTE MONITORING	Hours	ECTS
CARDIOLOGY		30
PSYCHOLOGY		30

CONTENT/COURSE DESCRIPTION

A SEMESTER:

1. Public Health and Health Promotion (ECTS: 8 – Course Code:)

Course Content:

Introduction to Environmental Health (exposure to environmental factors, environmental pollution, environmental toxicology, pollution, food safety); Health Education - Preventive and Social Medicine (Introduction, Analysis and Definition of the terms in Public health/health education and social medicine, health inequalities, Analysis of non-communicable diseases such as: endocrinological, cardiovascular, respiratory, neurological diseases; Analysis of communicable diseases-infectious such as: viral

diseases; Access and use of health services- Cost-effectiveness, economic efficiency, sustainable approaches to dealing with chronic diseases, sustainability of health systems interventions.)

Learning outcomes:

Upon successful completion of the course, the student will be able to:

- Combine elements from epidemiology, medicine, public policy, sociology, economics and other sciences.
- Recognize and evaluate cost-effective approaches to medical care in a resource-constrained environment.
- Understand and appreciate how psychological, economic, spiritual, social and biological factors interact to affect patient health.
- Understand the basic principles of economic/financial evaluation of health and budget impact analysis.
- To identify inequalities in public health and which are the most ethically expedient to be addressed
- To comprehend the concept of health and society
- To learn the goals of social medicine

Teaching and Learning Methods: Onsite Courses or Remote learning.

Teaching method: Lectures, Self-directed study.

Teaching organization: Lectures, Interactive lesson

Student evaluation: Final written exam.

2. Research Methodology (ECTS: 8 – Course Code:)

Course Content:

Basic principles of epidemiology, statistical analysis, selection criteria, design and implementation of the appropriate research method, data interpretation, descriptive/analytical epidemiology, quantitative and qualitative studies; Basic epidemiological concepts - Cause-effect relationship - Theories of causality; Disease incidence measures, relationship-outcome measures; Formulation of a research question - formulation of hypothesis; Study model selection; Study power, sample selection, sample size; Methodology of direct and indirect standardization; Types of epidemiological studies - Ecological - Contemporary studies; Cohort studies - examples from clinical practice; Patient-control studies; Systematic review-meta-analysis of the literature; Clinical trials Randomized clinical trials; Examples from other clinical practice; Types of scientific publications - Principles of writing a scientific paper.

Learning outcomes: Upon successful completion of the course, the student will;

- possess proven knowledge of basic principles and methods used in conducting research work.
- He/she will be able to design a research,
- use the appropriate method of data collection,
- use statistical methods to analyze data and interpret the results,

- develop critical thinking and recognize the ethical aspects associated with conducting research, including scientific vigilance and protection of participants

Teaching and Learning Methods: Onsite Courses or Remote learning.

Teaching method: Lectures, Self-directed study.

Teaching organization: Lectures, Interactive lesson

Student evaluation: Final written exam.

3. Addictions - Tobacco Products (ECTS: 5 – Course Code:)

Course Content:

Addiction, Addictive substances, Types of tobacco products and their effects on health, Nicotine abstinence methods (pharmacological and behavioral) and the extant legislation governing them.

Learning outcomes:

Upon successful completion of the course the student would be able:

- To recognize the different aspects of addiction (physical and psychological) and provide treatment for addiction.
- To acquire robust training in motivational interviewing, the stages of change, the 5A and 5R models.
- To learn about addictive substances, their pharmacogenetics and the products in which they are found. Emphasis will be particularly laid on specialization in tobacco products and the effects of their use on the body (short and long term).

Teaching and Learning Methods: Auditorium (onsite) courses or distance (remote) learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, self-directed study, Role-play

Student evaluation: Final written exam.

4. Sleep Hygiene (ECTS: 5 – Course Code:)

Course Content:

Introduction, sleep-wake balance, circadian rhythm, consequences of insufficient and poor-quality sleep, sleep disruption factors, sleep apnea, narcolepsy.

Learning outcomes: Upon successful completion of the course the student will be able to demonstrate rich knowledge of sleep health and its role in overall health including the effects of sleep deprivation on the immune system, metabolism, mental health and other areas. She/he will be able recognize and recommend solutions to common sleep disorders such as obstructive sleep apnea, insomnia, sleep apnea syndrome, and sleep deprivation.

Teaching and Learning Methods: Auditorium courses (Onsite) or distance learning (remote).

Teaching method: Lectures, Self-directed Study.

Teaching organization: Lectures.

Student evaluation: Final written exam.

5. Nutrition-Dietetic (ECTS: 4 – Course Code:)

Course Content:

Principles of nutrition, obesity and metabolism, anorexia nervosa, vitamins and amino acids, food groups, psychology and nutrition; Basic principles of carbohydrate, protein and lipid metabolism; Hormonal regulation; Endocrine regulation of intracellular and extracellular volume, salt intake, dehydration; Dietary supplements, trace elements, vitamins, antioxidants; Determining the dietary needs of the individual or specific groups of patients; Obesity-Malnutrition-anorexia; Nutrition education; Nutrition in chronic diseases (DM, hypertension, cardiovascular disease, COPD, etc)

Learning Outcomes:

Upon successful completion of the course, the student will have proven knowledge of the basic principles of metabolism regulation as well as the nutritional management of a plethora of clinical cases.

Teaching and Learning Methods: Auditorium courses or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive lesson

Practice: Compulsory

Student Evaluation: Final written exam.

B' SEMESTER

Courses Compulsory

1. Pulmonology (ECTS: 8 – Course Code:)

Course Content:

Obstructive Respiratory Diseases (COPD-Asthma), Pneumonia, Pulmonary Embolism, Infections, Post-viral Syndromes, Pleural Diseases, Occupational Diseases, Malignancies)

Learning Outcomes: Upon successful completion of the course, the student;

- Would have gathered adequate knowledge relating to the anatomy and physiology of the respiratory system;
- Will be able to recognize respiratory diseases, suggest diagnostic tests and therapeutic approaches such as medication, breathing exercises, oxygen therapy.

- Will be able to recommend approaches for preventing respiratory problems such as smoking cessation and healthy lifestyle maintenance.

Teaching and Learning Methods: Auditorium courses or distance learning.

Teaching method: Lectures, Self-directed study.

Teaching organization: Lectures,

Student evaluation: Final written exam.

2. Ergospirometry (ECTS: 5 – Course Code:)

Course Content

Understanding the basic concepts of ergospirometry, indications, methodology, recording and evaluation of ergospirometry parameters, assessment and clinical evaluation of results, practice; Application of ergospirometry in preoperative control, in athletes and patients with cardiovascular and respiratory diseases

Learning outcomes:

Upon successfully completing the course, the student will be able

- To evaluate an ergospirometry and diagnose the cause of dyspnea (respiratory or cardiovascular disease, poor physical condition, obesity, etc.).
- To apply ergospirometry in the diagnosis of diseases such as exercise-induced asthma, pulmonary hypertension, etc. and evaluate patients before surgery (pneumonectomy, etc.)
- To monitor the outcome of treatments and rehabilitation programs.

Teaching and Learning Methods: Auditorium courses (Onsite) or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive lesson

Practice: Compulsory

Student evaluation: Final written exam.

3. Cardiorespiratory Rehabilitation-Physiotherapy (ECTS: 5 – Course Code:)

Course Content:

Assessment of exercise capacity; Exercise and recovery protocols; Rehabilitation programs for patients with COPD, Interstitial Lung Diseases, etc; Exercise-based cardiac rehabilitation in the post-myocardial infarction patient and in heart failure; Rehabilitation programs for post-COVID, long COVID patients; Exercise programs for patients after long hospitalization, immobilization and hospitalization in ICU.

Learning outcomes:

Upon successful completion of the course, the student will have proven knowledge and skills for the management of patients with cardiovascular diseases and respiratory problems. He/she will be able to:

- Explore strategies for the implementation of novel models of pulmonary rehabilitation and methods for assessing essential and desirable outcomes in the pulmonary rehabilitation setting.
- Consider approaches for extending the scope of pulmonary rehabilitation to respiratory diseases beyond COPD and to people with long term conditions beyond respiratory disease.

Teaching and Learning Methods: Auditorium courses or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive Course

Practice: Compulsory

Student evaluation: Final written exam.

4. Interventions to Promote Physical Activity in People with Cardiorespiratory Problems (ECTS: 5 – Course Code:)**Course Content:**

Benefits of exercise, sports (psychological, moral and biological areas), principles of aerobic exercise, patients and exercise, types of alternative exercise, prevention of chronic diseases, reduction of cholesterol levels, sugar levels and hypertension; Application of exercise programs in chronic diseases; Evaluation of functional and physical condition of patients, personalized exercise programs, interaction of medication with exercise capacity and physiological-biochemical adaptations; Exercise and smoking

Learning outcomes:

Upon successful completion of the course, the student will be able:

- To understand the strategies and interventions used for promoting physical activity in people with cardiovascular and respiratory problems
- To design customized exercise programs that promote cardiovascular and respiratory health
- To apply techniques for assessing the physical condition of individuals and
- To recommend activities safe for people with cardiovascular and respiratory problems.

Teaching and Learning Methods: Auditorium courses (onsite) or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures.

Practice : Compulsory

Student evaluation: Final written exam.

5. Pharmacology (ECTS: 7 – Course Code:)

Course Content:

Principles of pharmacology, drug metabolism, drugs acting on the respiratory, cardiovascular and central nervous system, side effects, overdose, polypharmacy, alternative medicine, herbs, placebo effect, nocebo effect

Learning outcomes:

Upon successful completion of the course, the student will be able to:

- Recognize the effect of drugs on the human body, as well as their effect on health
- Categorize drugs (antibiotics, analgesics, anti-inflammatory, anti-cataract, anti-hypertensive, etc.)
- Manage the adverse effects of the drugs.

Teaching and Learning Methods: Auditorium courses or distance (remote) learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive lesson

Student evaluation: Final written exam.

C 'SEMESTER

1. Vaccination (ECTS: 6 – Course Code:)

Course Content:

Introduction, prevention of infections, vaccinations in emergency situations, physiology and immunology of vaccines, efficacy and safety of vaccines, vaccines in children, adults and special groups, national vaccination program

Learning outcomes:

Upon successful completion of the course students will be able to:

- Know the different types of vaccines (live or dormant, viruses, polysaccharides, conjugates, mRNA, etc.).
- Evaluate the safety and effectiveness of vaccines.
- Monitor unwanted actions.
- Evaluate the benefit of Vaccination for Public Health (prevention of infectious diseases, economic costs, etc.)

Teaching and Learning Methods: Auditorium courses or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive lesson

Student evaluation: Final written exam.

2. Patient Adherence-Remote Monitoring (ECTS:8 – Course Code:)

Course Content:

The Master's Students will be taught topics regarding patient's adherence depicting the degree to which the behavior of each patient aligns with medical recommendations with respect to taking medications, implementing hygienic and dietary measures, modifying lifestyle habits, conducting medical tests or following suggested medical instructions.

Learning outcomes:

Upon successful completion of the course, the student would:

- have understood the importance of patient compliance with medical instructions and proposed treatment plans.
- have acquired communication skills for effective patient engagement (motivational interview, non-verbal behavior, etc.)
- have been familiar with the use of digital technologies and applications for remote monitoring of patients and
- be able to personalize the approach according to the conditions that affect the patient's life (socio-economic, education, anxiety, depression, etc.) and his personality and propose alternatives.

Teaching and Learning Methods: Auditorium courses or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive lesson

Student evaluation: Final written exam.

3. Cardiology (ECTS:5 – Course Code:)

Course Content:

The course would cover areas of cardiovascular physiology at rest-exercise; coronary heart disease; cardiac arrhythmias, hypertension, heart failure, angina pectoris, early detection and treatment of heart disease

Learning outcomes:

Upon successful completion of the course, the student will:

- Be equipped with knowledge on the physiology and nosology of the cardiovascular system.
- Be able to accurately recognize and manage the risk factors for cardiovascular diseases (smoking, stress, hyperlipidemia, sedentary lifestyle, etc.)
- Be able to suggest and recommend preventive measures, as well as diagnostic and therapeutic approaches.

Teaching and Learning Methods: Auditorium courses or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures.

Student evaluation: Final written exam.

PSYCHOLOGY(ECTS:8 – Course Code:)

Course Content :

Prevailing theories relating to health behaviors, health staff-Patient engagement and communication, recognition of patient's stressors, recognition of emotions, support, motivational interviewing, stages of behavior change, providing motivation, educating patients to improve their quality of life and maintaining healthy behaviors, experiential seminars, role-playing, self-efficacy, self-esteem, psychological benefits of exercise self-regulation strategies for exercise, self-determination, exercise psychology in patients with respiratory and cardiovascular diseases.

Learning results:

Upon successful completion of the course the student will be able to:

- Gather sufficient proven knowledge about aspects of human behavior, mental and emotional functioning.

- Understand a wide range of issues of the mind and soul, spanning into the application of methods to deal with various psychological problems and to propose ways of combating addictions based on the patient's psychological and socio-economic conditions.

Teaching and Learning Methods: Auditorium courses or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive lesson

Student evaluation: Final written exam.

4. Legislation on Tobacco Control and the Environment (ECTS:3 – Course Code:)

Course Content:

Introduction, non-smoking areas, consequences, methods of preventing pollution and environmental degradation, ensuring human health, ways to ensure human health is shielded from the various forms of environmental degradation especially from pollution and nuisance etc; European and other world countries' legislations; Understanding the concept of legal liability and its legal consequences in the field of health. Critical analysis of legislation and institutions in the field of health; Legal consequences.

Learning outcomes:

Upon successful completion of the course, the student will:

- be well abreast with the legal framework governing tobacco products both in Europe and in countries outside the European Union.
- be able to gain an in-depth understanding of the concept of legal responsibility and legal consequences.

Teaching and Learning Methods: Auditorium courses (Onsite) or distance learning.

Teaching method: Lectures, self-directed study.

Teaching organization: Lectures, Interactive lesson

Student evaluation: Final written exam.

D' SEMESTER

Compulsory preparation of a postgraduate thesis (ECTS: 30 – Course Code:).

10. DISSERTATION/ THESIS

9.1 Assigning of a Master's thesis (MT) is done after meeting the required attendance of the courses of the study program and consequently passing their corresponding examinations.

9.2 The MT must be individual, original, have a research character and be prepared in accordance with the writing instructions posted on the website of the Program.

9.3 Following an application by the candidate in support of the supervisor appointed by the Organizing Committee, in which the proposed title of the thesis is indicated and a summary of the proposed thesis attached, the Organizing Committee sets up a three-member examination committee (the supervisor inclusive) for the approval of the work. The writing language of the master's thesis can be English or Greek and is stated alongside the description of the topic.

9.4 The title of the thesis can be finalized following the student's application in collaboration with the supervisor's consent to the Organizing Committee. The application must also include a brief justification of the change.

9.5 In order for the work to be approved, the student must defend it before the three-member examination committee.

9.6 The Supervisor and the members of the three-member examination committee of the Master's thesis are appointed from the following categories who have undertaken lecturing job at the Master's Program:

a) Members of Teaching Research Staff (D.E.P.), Special Educational Staff (E.E.P.), Laboratory Teaching Staff (E.D.I.P.) and Special Technical Laboratory Staff (E.T.E. P.) of the School of Medicine or other Departments of NKUA or another Higher Educational Institution (H.E.I.) or Higher Military Educational Institution (A.S.E.I.), with additional employment beyond their legal obligations,

b) Emeritus Professors or retired members of the Faculty of Education. of the School of Medicine or other Departments of NKUA or other A.E.I.,

c) Collaborating Professors,

d) Authorized Lecturers,

e) Visiting Professors or Visiting Researchers,

f) Researchers and Specialized Scientists of research and technological bodies as depicted in article 13A of Law 4310/2014 (A' 258) or other national or foreign Research Centers

By decision of the Coordinating/Organizing Committee, the supervision of Master's theses may also be assigned to members of D.E.P., E.E.P., E.T.E.P. and E.D.I.P. of the School, who were not part of lecturing at the Master's Program.

9.7 Master's Degree theses, once approved by the Examination Committee, must be uploaded to the "PERGAMOS" Digital Repository, in accordance with the decisions of the NKUA Senate.

9.8 Since the Master's study contains original unpublished results, at the request of the supervisor, which is countersigned by the graduate student, only the abstracts may be published on the website, and the full text be published later.

11. EXAMINATIONS ANDEVALUATION OF GRADUATE STUDENTS

10.1 The educational work of each academic year is structured in two study semesters, the winter and the spring, each of which includes at least thirteen (13) weeks of teaching and three (3) weeks of exams. The courses of the winter and spring semesters are reviewed repeatedly during the September period.

10.2 In the event of an obstruction to the conduct of a course, its reimbursement is foreseen. The date and time of reimbursement are posted on the Master's Program website.

10.3. Attending courses/workshops etc. is mandatory. A postgraduate master's student is considered to have attended a course (and therefore has the right to sit for the exam) only if he/she has attended at least 80% of the course hours. Otherwise, the postgraduate master's student is obliged to retake the course in the following academic year. If the percentage of the master's student absences exceeds 20% in all the courses, the issue of deletion arises. The matter in question is examined by the Organizing/Coordinating Committee, which gives its opinion on the matter to the Medical School Council.

10.4. The evaluation of postgraduate students and their performance in the courses they are required to attend within the framework of the Master's Program. It is carried out at the end of each semester with written or oral exams or with the preparation of assignments throughout the semester or to be based on intermediate progress exams, written assignments, laboratory or clinical exercises or to apply a combination of all of the above. The evaluation method is defined by the Lecturer/Instructor of each course. When conducting written or oral examinations, as evaluation methods, the integrity of the process must be ensured. Grading is done on a scale of 1-10. The results of the exams are announced by the Lecturer/Instructor and sent to the Secretariat of the Master's Program and the School of Medicine within four (4) weeks at the latest from the examination of the course. In that the above limit is repeatedly exceeded by a teacher, the Director of the program informs the Medical School Council about this.

10.5 The participation percentage of laboratory exercises, assignments and seminars in the final grade of each course is determined for each course separately, after a recommendation by the teacher of each course and is written in the Study Guide of the Master's Program.

10.6 In order to deal with emergency needs or circumstances resulting from force majeure, alternative assessment methods may be applied, such as the conduct of written or oral examinations using electronic means, provided that the integrity of the assessment process is ensured.

10.7 Alternative methods may be applied for the evaluation of students with disabilities and special educational needs after a decision of the Organizing Committee and a recommendation of the Department's Persons With Disability (PWD) Committee taking into consideration the relevant instructions of the Accessibility Unit for Students with Disabilities.

10.8 The evaluation of the students of the second cycle study programs organized by distance education methods may be performed through distance exams, provided that the integrity of the evaluation process is ensured.

10.9 In cases of illness or recovery from a serious illness, the teacher is recommended to facilitate, in whatever way he/she considers appropriate, the student (e.g. remote oral examination). During the oral exams, the teacher ensures that he/she will not attend alone with the student being examined.

10.10 Courses in which one did not receive a passable grade, must repeat them. However, the workshop or exercise that is graded independently, is secured and not repeated, as far as their attendance was deemed successful.

10.11 Grade amendment is allowed after obtaining a document from the competent Lecturer and a decision of the Medical School Council in a case where an obvious deviation or cumulative error is detected.

10.12 If the student fails more than three (3) times in the same course, the procedure defined by the current legislation is followed.

10.13 The exams or any other documents are kept under the supervision of the person in charge of the course for two (2) years. After the expiration of this time, the written documents cease to be valid and, under the responsibility of the Assembly of the Medical School, relevant minutes are drawn up and destroyed - unless relevant criminal, disciplinary or any other administrative procedure is pending.

10.14 To calculate the grade of the degree, the importance of each course in the study program is taken into consideration and is expressed by the number of credits (ECTS). The number of credits (ECTS) of the course is also the weighting factor of this course. To calculate the grade of the degree, the grade of each course is multiplied by the corresponding number of credit units (of the course) and the total sum of the individual products is divided by the total number of credit units required to obtain the degree. This calculation is expressed by the following mathematical formula:

$$\text{Βαθμός πτυχίου/διπλώματος} = (\sum_{\kappa=1}^N \text{ΒΜ}_{\kappa} \cdot \text{ΠΜ}_{\kappa}) / \Sigma \text{ΠΜ}$$

where:

Βαθμός πτυχίου = Grades

Διπλώματος = Degree

N = number of courses required to obtain the corresponding degree

ΒΜ_κ = grade of the course κ

ΠΜ_κ = course credits κ

ΣΠΜ = total credits for obtaining the corresponding degree

For the acquisition of the Master's Degree, every master's student must attend and be successfully examined in all the mandatory and required number of electives offered courses including preparing a Master's thesis to make a total of one hundred and twenty (120) ECTS.

12. OBLIGATIONS AND RIGHTS OF GRADUATE STUDENTS

11.1 Master's students have all the rights and benefits provided for students of the first cycle of studies, until the end of any granted extension of study, except for the right to provide free textbooks.

11.2 The institute ensures that students with disabilities and/or special educational needs have access to the proposed texts and teaching (<https://access.uoa.gr/>).

11.3 The NKUA Liaison Office provides advisory support to students in matters of study and professional rehabilitation (<https://www.career.uoa.gr/ypiresies/>).

4. Postgraduate/ Master's students are invited to participate in and attend seminars of research groups, bibliographic information discussions, laboratory visits, conferences/workshops with a subject related to that of the MASTERS PROGRAM., lectures or other scientific events of the Master's Program etc.

11.5 The Assembly of the Medical School, after the proposal of the Organizing/Coordinating Committee, may decide to delete postgraduate students if:

- exceed the maximum absence limit,
- have failed the examination of a course or courses and have not successfully completed the program, in accordance with what is defined in this regulation,
- exceed the maximum duration of study at the Master's Program as defined in this Regulation,
- have violated the written provisions regarding the treatment of disciplinary offenses by the competent disciplinary bodies,
- do not pay the prescribed tuition fee,
- submit a withdrawal request themselves.

11.6 In the event that a graduate student is removed from the Master's Program, he/she may request the granting of a certificate for the courses in which he/she has been successfully examined.

11.7 Students can participate in international student exchange programs, such as the program ERASMUS + ή CIVIS, according to current legislation. In this case the maximum number of ECTS they can recognize is thirty (30). This possibility is provided after the second semester of their studies. Students should apply to the Organizing Committee. and follow the terms of the program.

The Master's Program can also be attended by students from international student exchange programs, such as the ERASMUS+ program, according to the partnerships concluded.

11.8 The postgraduate/Master's students of the NKUA can enroll in Master's Program of the same or other H.E.I. of the country or abroad in the context of educational or research cooperation programs in accordance with the applicable legislation.

11.9 It is possible to study in parallel in an undergraduate study program and in a postgraduate study program or in two (2) Postgraduate Studies Programs of the same or another Department, the same or another H.E.I.

11.10 At the end of each semester, an evaluation of each course and each Instructor is carried out by the Master's students (see article 17).

11.11 Postgraduate/ Master's students can request the issuance of a diploma/ degree supplement in Greek and English.

11.12 For their participation in the Master's program "Holistic Management of Risk Factors for Cardiorespiratory Disease" (Smoking prevention and cessation, Psychological interventions, Nutrition, Physical activity) postgraduate students pay tuition fees amounting to one thousand two hundred euros (€1200) per semester. The fee is paid at the beginning of each semester.

13. SCHOLARSHIPS AND AWARDS

For the realization of their studies, students can receive scholarships and awards.

12.1 These scholarships are divided into:

a) Excellence scholarships (up to two), which are awarded to the outstanding students of the Master's Program based on their performance in the 1st and 2nd semester courses. The scholarships exempt their beneficiaries from the tuition fees of the last semester of teaching courses.

Eligibility Conditions

Postgraduate Master's students who have completed half of their normal course of study can apply for excellence scholarships. Candidates must not hold a salaried position in the public or private sector nor receive a scholarship from any other body for the specified period.

Criteria

- grade performance in courses (with an average greater than or equal to eight and a half)
- successful completion of all courses according to the curriculum
- individual and family income

In the case of a tie and coincidence of income, a lottery is held. In case the student renounces the scholarship, it is given to the next in the ranking order.

Procedure

After the invitation, the students submit to the Secretariat of the School of Medicine an application accompanied by the following supporting documents:

- 1) Detailed course grades

2) A signed statement through the gov.gr platform, with the following text: "I do not hold a salaried position in the public or private sector, either I have received or applied for a scholarship from any other organization for the specific period of time"

3) Recent tax certificate (individual and family)

The Organizing Committee. of the Master's Program examines the nominations and makes a recommendation to the Assembly of the Medical School, which decides on it.

b) Reciprocating scholarships.

The School of Medicine Council may grant up to three (3) remunerative scholarships to carry out supplementary lecturing work in first-cycle study programs to postgraduate students depending on the number of admissions to the MSC and the financial possibilities of the Program upon recommendation of the Organizing Committee of the Master's Program. The amount of the reciprocating scholarship may cover part or all the tuition fees and is calculated based on actual working hours. The hourly wage is decided at the beginning of each year with the recommendation of the S.E. and decision of the Medical School Assembly. This decision is communicated to the students the Master's Program.

The cost of remunerative scholarships may be charged to the budget of projects/programs, which are financed by private, international and own resources of article 230 of Law 4957/2022, as well as co-financed projects of the Enterprise Agreement for the Development Framework (ESDF).

The conditions, criteria and procedure of paragraph 12 a) for the awarding of excellence scholarships apply to the awarding of reciprocating scholarships.

Auxiliary teaching work is defined as the assistance of the members of the Teaching Research Staff (D.E.P.) during the exercise of their teaching work, the exercise of first cycle students, the conduct of tutorials, laboratory exercises, the supervision of exams and the correction of exercises.

12.2 Awards of Excellence.

The Master's Program may award the top three students of each series upon completion of the 1st and 2nd semester courses, following a proposal from the S.E. and decision of the Medical School Council. The prizes have no financial benefit. The award is signed by the Director of the Master's Program and the President of the School of Medicine.

Conditions

1. Average of A' and B' semester courses greater than / equal to eight.
2. Completion and successful examination in the examination of February (Semester 1) and June (Semester 2) in the regular years of study (Semester 1 and Semester 2 of each series).

Procedure

After submitting the June score, S.E. examines the scores of the students in the series, and as long as the previous conditions are met, it ranks the students in descending order (in

terms of their grade point average) and is recommended to the Assembly of the Medical School the awarding of prizes to the top three (3) students.

Average: In all cases of awarding scholarships or prizes the average is calculated by the formula:

$$\text{Average} = (\sum_{k=1}^N \text{BM}_k \cdot \text{PM}_k) / \Sigma \text{PM}$$

N = number of semester courses

BM_κ= course grade κ,

PM_κ = course credits κ,

ΣPM = total credits of the semester(s)

14. STUDENT WELFARE MATTERS

14.1 Healthcare

According to paragraph 3 of article 31 of Law 4452/15-2-2017 (A' 17) "undergraduate and master postgraduate students and doctoral candidates who have no other medical and hospital care are entitled to full medical and hospital care at the National Health System (HSS) with coverage of the relevant costs by the National Organization for the Provision of Health Services (EOPYY) in accordance with article 33 of Law 4368/2016 (A' 83), only using the A.M.K.A. To the Health Service operates the following clinics: A) Pathology clinics B) Ophthalmology clinic C) Dental clinic D) Psychosocial Intervention Unit E) Dermatology examination. NKUA students have the possibility to be examined at the "Andreas Syngros" Hospital after consultation with the Secretariat of the Health Service of the University Club. The health service is domiciled in the University Club, Ippokratous 15, on the 1st floor.

Information. 2103688208-2103688218

14.2 European Health Insurance Card (EHIC)

When students are going to move to a European Union country, they can obtain the relevant card in order to have the possibility of medical care in the respective health systems of European states. The E.K.A.A. card is issued by the Engineering Department of EKPA only to students (undergraduate/postgraduate/doctoral candidates) who do not have insurance capacity (i.e. they are not insured with another insurance company) and

are going to move to a European Union country, Norway, Liechtenstein, Iceland and Switzerland. Students submit a relevant application to the Master's Program Secretariat, which is forwarded to the Department Secretariat. The card can be collected from the Department of Mechanical Engineering (Mathematics building, tel. 210 7276450) upon presentation of the student ID. Students who have chosen another insurance provider can obtain this card from their insurance provider.

14.3 Academic ID

Students receive their academic ID after their electronic application in a specially configured information system for this purpose <http://academicid.minedu.gov.gr>. It is valid for the entire academic year and for as many years as the studies last. The academic identity card with the right to a reduced ticket is valid for full-time students of the first cycle of studies who do not already hold a university degree and for the number of years required to obtain a degree increased by two years. The ID provides a 50% discount on urban transport in Athens and long-distance transport to and from Athens, and 25% on urban transport in the rest of the country.

14.4 Accessibility for Students with Disabilities

The courses of Master's Program are held in the auditorium of the Physiology Laboratory (MAF). Due to the nature of the institution, full accessibility is offered to students with different abilities and requirements through adaptations to the environment and access services.

The Medical School of Athens has a special Accessibility Unit for Students with Disabilities (MOProPmeA) of the University of Athens. In order to better serve VAT students, a VAT consultant has been appointed at the Faculty of Medicine of the Greek Academy of Sciences as well as a special employee at the Secretariat of the Medical School, to which the Master's Program belongs.

Information: 210-725130, 210-7275687, email: access@uoa.gr,

Webside: <http://access@uoa.gr>

14.5 Electronic Class (e-class) which is an integrated system for managing electronic courses and supports the asynchronous distance learning service at EKPA without limitations and commitments. Access to the service does not require specialized technical knowledge.

14.6 "Multimedia Content Hosting and Search" service, which is addressed both to the content creators themselves (e.g. teaching and research staff of the institution), and to users who have access to the educational content in question through the search function or by navigating freely.

14.7 Academic Adviser Service through which guidance and support is provided to P.M.S. students. providing various advice regarding the P.M.S. as well as the possible further development of the student's studies.

14.8 Digital Services with electronic services such as Electronic Mail services (email), connection via wireless network (Wi-Fi), posting of personal websites, virtual private network (VPN), completing electronic questionnaires etc. (For a detailed presentation of the digital benefits - services for the students of the Master's Program. visit the online page https://www.uoa.gr/el/foitites/ilektronikes_ypiresies/psifiakes_paroches/)

14.9 Consulting Services in matters of professional orientation and dealing with psychosocial problems, through the special units and structures of the Foundation. (For more detailed information visit the website https://www.uoa.gr/foitites/symboleytikes_ypiresies/)

14.10 Student Advocate whose purpose is to examine student requests for problems they face with the academic and administrative services and search for solutions to these problems, facilitating the student's contacts with administrative bodies and services, examining student reports-complaints for violation of provisions and rules of university legislation and ethics, and informing students about their rights and obligations as members of the University Community.

14.11 The Department of Foreign Languages of EKPA, which is an independent and self-contained academic unit, which provides higher level teaching of 25 foreign languages. EKPA students have reduced fees.

14.12 Students' Cultural Club, which is a space for collective expression and creation. Students come into contact with works of art and are encouraged to create their own works of art. It includes 5 areas: music, theater, dance, film and photography.

15. INFRASTRUCTURE MASTERS PROGRAM.

14.1 For the proper operation of the Master's Program teaching and seminar rooms, auditoriums equipped with audio-visual media and laboratories of the School of Medicine are available.

14.2 The administrative and secretarial support of Master's Program is done by the Secretariat of the School of Medicine

14.3 The financing of the Master's Program. can come from:

- a) End of graduation,
- b) donations, sponsorships and all kinds of financial aid,
- c) legacies,
- d) resources from research projects or programs,
- e) resources of the Higher Educational Institution (A.E.I.) and
- f) the state budget or public investment program.
- g) any other legal source.

14.4 The payment of tuition fees is carried out by the student himself or by a third natural or legal person on behalf of the student, as far as this is provided for in the decision establishing the Master's Program.

14.5 The management of the resources of the Master's Program. of H.E.I. is carried out by the Special Research Funds Account (ELKE) of the NKUA.

14.6 The resources of the Master's Program are distributed as follows:

a) Amount corresponding to thirty percent (30%) of the total revenue derived from tuition fees is withheld by the ELKE. This amount includes the withholding percentage in favor of the E.L.K.E. for the financial management of Master's Program. When the revenues of the Master's Program come from donations, sponsorships and all kinds of financial support, legacies or resources from research projects or programs, the withholding is carried out in favor of E.L.K.E. applicable to income from corresponding funding sources,

b) the remaining amount of the total income of the Master's Program. is available to cover the operational costs of the Program.

15.1. Electronic services MASTERS PROGRAM.

The Master's Program has an independent website at the e-mail address <https://www.https://www.medical-uoaa.com/> On the website of the Master's Program information is provided on the Study Program, the Teaching Staff as well as the Administration of the program. Regular news and extraordinary announcements are provided through the newsletters of the website, while finally topographical information is provided for the headquarters of the Master's Program as well instructions for contacting the program to the secretary. As the MSc is included in the Postgraduate Course Program of the School of Medicine of the NKUA uses the electronic study system of the NKUA. With the new computerization system of the Secretariat of the School of Medicine, students are given the opportunity to monitor their student status online and to make course declarations online. They can also receive updates and announcements from the general announcements folder (Announcement) and the school's central folder (Med) through the university email provided during their registration in my studies. In addition, the system allows faculty members to enter their students' grades directly over the network.

15.2 E. Mail

The Master's Program has e-mail:.....The Email Service provides an email address of the format username@med.uoa.gr. It also provides the infrastructure for sending messages to other internet users, storing messages on the University server through the IMAR protocol, accessing mail through Webmail (webmail.noc.uoa.gr) and also combating spam (spam).

16. ASSIGNING TEACHING/INSTRUCTORS IN THE MASTER'S PROGRAM.

16.1 Lecturing /Instructors of the Master's Program are assigned to the following categories of persons, following the decision of the Medical School Assembly:

a) Members of Teaching Research Department (D.E.P.), Special Educational Team (E.E.P.), Laboratory Teaching Department (E.D.I.P.) and Special Technical Laboratory Staff (ETEP) of the School of Medicine or other Departments of NKUA or other Higher Educational Institution (H.E.I.) or Higher Military Educational Institution (A.S.E.I.), with additional employment beyond their legal obligations.

b) Professors or retired members of D.E.P. of the School of Medicine or other Departments of NKUA or other H.E.I.

c) Collaborating Professors.

d) Authorized Lecturers.

e) Guests Professors or Researchers

f) Researchers and functional specialist scientists of recognized research and technological bodies as enshrined in article 13A of Law 4310/2014 (A' 258) or of other national or foreign research centers and institutes.

z) Scientists with prestigious recognition, possessing specialized knowledge and relevant experience in the scientific subject of the Master's Program.

16.2 All categories of Instructors/Lecturers may be paid exclusively from the resources of the Master's Program. The use of state budget or public funds for the payment of remuneration or other benefits is not permitted. The amount to be paid to each lecturer is determined by decision of the Medical School Assembly; Particularly, lecturers with membership status of D.E.P. may be paid additionally for the work they contribute to the Master's Program as long as they fulfill their minimum legal obligations, as defined in par. 2 of article 155 of Law N.4957/2022. The last paragraph applies proportionally to the members of the E.E.P., E.D.I.P. and E.T.E.P., as far as they fulfill their minimum legal obligations.

16.3 By decision of the School of Medicine Council, auxiliary teaching/lecturing work may be assigned to PhD candidates of the School of Medicine, under the supervision of a professor of the Master's Program.

16.4 Assigning teaching/instructors to the Master's Program is carried out by a decision of the Assembly of the Medical School, following a recommendation of the Coordinating Committee of the program. The decisions of the Assembly of the Medical School to distribute teaching/lectures must include the following elements:

a) The full name of the Lecturer

b) His/her status (e.g. member of D.E.P., E.E.P., E.D.I.P., E.T.E.P. etc.)

c) The type of teaching work assigned by teacher (course, seminar or workshop)

d) The amount of teaching hours per course, seminar or workshop.

16.5 The distribution of teaching/Lecturing takes place before the start of the academic year for both the winter and spring semesters. If the distribution of the teaching work cannot be carried out simultaneously for both academic semesters, the decision will be taken before the start of each academic semester. With a well thought out decision of the Assembly of the Medical School, assigning teaching work may be modified during the academic year.

16.6 During the period of time the students is on educational leave or suspension of duties, they may take up teaching job in the Master's Program if it is judged that their program allows it, provided that based on the condition in view, it is essentially and practically possible; a matter which must be competently judged on a case-by-case basis.

17. MANAGEMENT OF STUDENT(S) COMPLAINTS

Given the commitment of the School of Medicine to the continuous strengthening of the student-centered Educational process and accountability, the goal of the Masters' Program is to achieve the most efficient possible handling of complaints for the benefit of both postgraduate students and the improvement of the operation of the program.

The procedure concerns all questions-complaints of active graduate students that are submitted in writing and by name, regarding matters of academic order and dysfunction.

The provisions herein do not include matters concerning the purely academic work of teachers.

The purpose of the complaints handling policy is to resolve disputes or problems relating to matters such as:

Subjects of study and attendance, for which the Masters' Program is directly responsible (The Committee's responsibilities do not include objections regarding the grading of examinees).

Misconduct by a member of academic or administrative staff.

Insufficient mentoring of graduate students by a member of academic or administrative staff. Students may submit a written request when an action or decision by a member of the Faculty of Medicine is inconsistent with:

- a) the Program Regulation,
- b) the Code of Ethics and/or the prescribed procedures related to academic teaching and research,
- c) the proper use of facilities and infrastructure,
- d) the protection of intellectual property and intellectual rights,
- e) the appropriate behavior and
- f) equality, the fight against discrimination (racial, religious, sexual, due to disability, etc.), the fight against harassment and sexual harassment.

In order to know their rights and obligations, students must study the Regulations for Postgraduate and Doctoral Studies of the EKPA and the University's operating rules in general.

The Regulations of the School of Medicine are posted on the website of the School of Medicine (<http://www.med.uoa.gr/>).

Also, students can consult their Academic Advisor for guidance and support on issues that concern them and are related to their studies.

The student completes the Complaint Submission Form and submits it to the Academic Advisor of the Masters., within 30 days from the day the problem erupted. Then, after a discussion with the student, he informs the Coordinating Committee, which takes the necessary actions to examine and investigate the problem.

Within a reasonable period of time and depending on the nature of the problem and the

urgency of the matter, the student is duly informed of the outcome of the actions taken and the decisions taken regarding the problem or complaint.

In cases where, after the completion of the examination process of the problem/complaint by the Coordinating Committee, the student insists on the solution or the situation is still problematic, then he/she can resubmit his/her complaint in writing to the competent Grievance Management Committee of the School of Medicine, through protocol, using the corresponding Grievance Submission Form, mentioning among other things the hearing, mediation and administrative review process followed by the Program's Coordinating Committee.

18. ACADEMIC ADVISOR

The Academic Advisor (A.A.) may be a member of the Academic and Research Staff (A.D.E.P.) regardless of rank, Special Educational Staff (E.E.P.) and Laboratory Teaching Staff (E.D.I.P.) of the School of Medicine and provides guidance to students regarding their choice of courses and any problems that may arise during their studies. The Academic Advisor (A.A.) remains the same for each Masters student until the end of their Studies.

The name of the Academic Advisor, his/her e-mail and his/his office hours is communicated through the website of the Program to incoming students at the beginning of the studies of the first-year students. The stipulated times the A.A. accepts students for cooperation and guidance are usually announced at the beginning of each semester on the website of the Master's Program.

The planned fixed meetings of students with the Academic Advisor. are:

- a) after the publication of the results of the corresponding examination period, where they discuss the general course of the student and
- b) during the period of choosing a thesis topic.

Extraordinary meetings can be held if deemed necessary by the student, or if requested by the A.A. for a major issue concerning the student. The content of the discussions is confidential and the student's personal data is protected by the A.A.

The task of the Academic Advisor is to advise, guide and support students in their study program and in personal problems related to their studies, as well as to indicate ways to achieve their individual goals in each level of their studies. The A.A. only advises and suggests, without his/her suggestions being mandatory or binding.

The Academic Advisor also supports postgraduate students in matters that delay the completion of their studies (e.g. communicates and processes together with corresponding members of the Faculty of Education the provision of additional educational material, etc.).

The Academic Advisor creates a list of the institutional e-mail addresses of the graduate students for whom he/she has assumed responsibility within the framework of his/her competence and regulates communication with them.

19. ACCESS

The Master's Program is domiciled at "Evangelismos" General Hospital Athens (Ypsilantou 47-47, Athens). The teaching place is located at the center of Athens, Evangelismos General Hospital Athens, (GNA "O Evangelismos") on the 5th floor of "Oikos Adelfon" as well as in the laboratories of the hospital.

It is a 5-minute walking distance from the METRO entrance. (More information on the transition to the Medical Center of Athens can be found on the websites <https://www.oasa.gr/> for urban transport and <https://www.emetro.gr/> for the Attica metro.