



Academic Staff

with excellence in sports research and proven professional and academic experience in Greece and abroad (USA - UK)



Dr. Konstantinos Pavlou Sc.D., FAAKPE
Associate Dean, Head of Studies,
Department of Sport Science and Coaching,
New York College



Ioannis Govas
Program Coordinator,
Department of Sport Science and
Coaching, New York College



Dr. Athanasios Moustogiannis Ph.D.
Academic Program Coordinator,
Department of Sport Science and Coaching,
New York College



Dr. Odysseas Paxinos M.D., Ph.D.
Director, Department of Orthopaedics,
Dunnal Hospital
Physician of the National Football Team



George Pomaski B.Sc.
Federal Athletics-
Athletics Coach



Stelios Poulos Ph.D(c)
Occupational Physiologist,
Owner of Ergofit Ergometric Centre



Dr. Mandy Persaki Ph.D.
Professor of Physical Education,
Owner of the Pilates
by Mandy gym chain



Dr. Georgios Ziogas Ph.D.
Sports Scientist-Ergophysiolgist Director
of the Ergometric Center for Sports
Performance "SportsClinic Thessaloniki



Dr. Vasiliki Garopoulou Ph.D.
Postdoctoral Researcher at the Medical
School of Aristotle University of Thessaloniki,
Professor of Physical Education and Sports



Dr. Panagiotis Fitzios Ph.D.
Postdoctoral Fellow of the Aristotle
University of Thessaloniki, Professor of
Physical Education and Sports



Petros Martinidis M.Sc., Ph.D(c)
Sports Scientist - Professor of
Physical Education and Sport



Michael Elpidoforou M.Sc., Ph.D(c)
Physiotherapist - Professor of Physical
Education, Owner of Somatic Release
Physiotherapy Centre

why to choose this programme

Top teaching staff
of distinguished professors with
a PhD degree and practical
experience in Greece and abroad

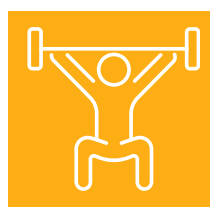
Innovative curriculum
During their studies, students have
the opportunity to apply their theoretical
knowledge in practical training

Specialization
in the sport of your choice
with practical training

Advanced technology research
and teaching workshops

Programme flexibility
with full or part-time attendance.
Courses run 3 times a week

Evaluation
through activities and tasks



Elevate your career in the sports industry with a prestigious BSc Hons in Sports Sciences and Coaching from the University of Bolton. Our comprehensive program is tailored for those passionate about coaching and sports education, equipping you with the skills and knowledge needed to excel in various professional settings. Whether your ambition lies in working with sports teams, fitness clubs, educational institutions, or sports organizations, our degree offers a competitive edge that sets you apart in the dynamic sports sector. Join us to gain the expertise and practical experience required to thrive in roles across businesses, gyms, clubs, and associations.



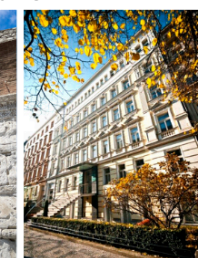
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NYC Athens Campus: 38 Amalias Ave., Syntagma
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ΘΕΣΣΑΛΟΝΙΚΗ



UNIVERSITY OF NEW YORK
IN PRAGUE (UNYP)
ΠΡΑΓΑ (ΤΣΕΧΙΑ)



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE
Το ΚΟΡΥΦΑΙΟ Κολλέγιο
Πανεπιστημιακών Σπουδών στην Ελλάδα:
το ΜΟΝΑΔΙΚΟ με εμπειρία στην ίδρυση και λειτουργία
ιδιωτικών Πανεπιστημίων στο εξωτερικό!

BSc (Hons) in Sports Sciences & Coaching

Elevating Athletes, Empowering Coaches



University of
Greater Manchester



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE

The **BSc (Hons) Sports Science and Coaching** with foundation year that is awarded by the University of Greater Manchester, is offered entirely at New York College in Greece and provides the students with a solid knowledge background in the Science of Sports according to international academic standards, i.e. the graduates of the programme are adequately qualified to pursue a career in the field of Coaching.

Where SCIENCE Meets EXERCISE

SPORTS COACHING PHILOSOPHY



SPORT LEADERSHIP SKILLS



COMMUNICATION SKILLS



DECISION MAKING



“ We take immense pride in offering a program distinguished by its exceptional academic staff in cooperation with the Associate Dean Mr. Pavlou, Researcher A, HARVARD MEDICAL SCHOOL and our esteemed partnership with the University of Bolton- Greater Manchester. Our faculty comprises leading experts dedicated to providing a rigorous and inspiring educational experience. Together with the University of Bolton, renowned for its excellence in higher education, we ensure our graduates are equipped with the skills and knowledge to excel in the dynamic field of sports sciences and coaching.

Elias S. Foutsis, Hon PhD, President & Founder of the NYC Educational Group



“

We are delighted to present the key features of our established undergraduate Sports Science and Coaching program.

Our curriculum is designed and delivered by a team of experts in exercise and health, ensuring you receive the most current and specialized knowledge in the field.

This comprehensive education will equip you with the skills and experience necessary to excel in your professional career and achieve your goals in the dynamic world of sports science and coaching.

Join us and take the first step towards a successful and fulfilling future.

Konstantinos Pavlou Sc.D., FAAKPE
Associate Dean, Head of Studies, Department of Sport Science and Coaching, New York College



100 hours of Practical Learning

Programme Duration

Programme flexibility with full or part-time studies.

Choice of morning or evening classes.

Full time Studies
4 years

Part Time Studies
6 years

CURRICULUM

Year 1

- Foundations of Sports Coaching
- Foundations of Anatomy and Physiology
- Historical and Social Aspects of Sports
- Foundations of Biomechanics in Sport
- Academic Language and Skills 1
- Academic Language and Skills 2
- Kalisthenics (Gymnastics)
- Basketball
- Football
- Taekwondo

Year 2

- Academic Skills and Research Methods
- Introduction to Sports Physiology
- Introduction to Sports Psychology
- Sports Law - Organization and Management (Content of Sports)
- Sports Coaching I
- Introduction to Sports Nutrition
- Track and Field I
- Track and Field II
- Swimming I
- Swimming II

Year 3

- Sports Biomechanics
- Sports Coaching II
- Research Methods in Sports
- Sports Physiology and Ergometry
- Work-based Learning
- Personal Training I
- Personal Training II
- Pangration
- Weight Lifting
- Sports Nutrition

Year 4

- Basketball
- Taekwondo
- Swimming
- Track and Field
- Exercise throughout the life cycle (Exercise, Health and Wellbeing, Mentor Practical Training, Sports for Children & Young People, Advanced Physical Activity & Health)

(Advanced Sports Coaching & Data Analysis for each specialty, Biomechanics & Strength & Conditioning for each specialty, Strategies and Tactics for each specialty, Special Issues and Tutored Study for each specialty)

University of Greater Manchester

IN THE 30 BEST UNIVERSITIES IN THE UK! (Guardian 2024)

The public British university University of Greater Manchester (known until 2024 as the University of Bolton) has a long history and strong commitment to the provision of high-quality education. It was founded in 1824 as Bolton Mechanics' Institute, one of the first educational institutions in Great Britain. The University of Greater Manchester has managed to stand out for the quality of its teaching. The Times and Sunday Times Good University Guide 2023 ranks it first in North West England for teaching quality, the Complete University Guide 2024 ranks it first in student satisfaction, while the University held the 30th position according to the Guardian's 2024 ranking list of British Universities. Recently, the BBC highlighted the UNIVERSITY OF Greater Manchester as a model for the Universities of Britain regarding its operating standards for student safety during the Covid-19 pandemic, and the British Minister of Education Michelle Donelan, from the podium of the House of Commons, referred to the "amazing work the University is doing." New York College has a franchise agreement in accordance with the legislation of the Greek Ministry of Education, and the degree you will receive at the end of your studies is awarded by the University itself.

Greater Manchester's **No.1**
University for Student Satisfaction
for the last 6 years

