



### Academic Staff

The BSc (Hons) in Physiotherapy is supported by a distinguished team of academics and healthcare professionals with extensive experience in higher education, clinical practice, and scientific research. Their interdisciplinary backgrounds and international engagement ensure a high-quality education grounded in modern scientific evidence.

**Dr. Konstantinos Pavlou, B.Sc., M.Sc., Sc.D., FAAKPE**  
**Professor of Exercise Physiology – Nutrition – Rehabilitation**

Health Sciences Doctorate holder, Former Researcher at Harvard and Boston universities Medical Schools. Former Director of the National Center for Sports Research (E.K.A.E.), author, and international lecturer. Scientific Deputy Director of the Physiotherapy Department. ACSM certified.

**Dr. Athanasios Moustogiannis, B.Sc., M.Sc., Ph.D**  
**Exercise Physiology Science**

Specialist in Molecular Physiology and the application of exercise in special populations. Brings many years of experience in medicine and physical education, particularly in rehabilitation settings.

**Dr. Odysseas Paxinos, M.D., Ph.D**  
**Sports Medicine – Orthopaedic Surgery**

Orthopaedic Surgeon, physician for the Greek Olympic Team and the National Football Team, with expertise in sports medicine and musculoskeletal rehabilitation.

**Dr. Georgios Ilias Goudevenos B.Sc., M. Sc., Ph.D.**  
**Physiotherapy – Manual Medicine**

Specialized physiotherapist with international training and clinical experience in Europe and the U.S. He has contributed to the fields of spinal and musculoskeletal rehabilitation and has supported Olympic teams and humanitarian organizations.

**Panagiotis Adamopoulos, B.Sc., M.Sc.**  
**Physiotherapy – Sports Physiotherapy**

Team physiotherapist for Olympiacos Water Polo and Athens Kallithea FC. Expert in Manual Therapy, functional movement rehabilitation, and support for elite athletes.

**Dr. Petros Savourdos, M.D., M.Sc.**  
**Sports Medicine – Anatomy – Physiology**

Military doctor in the Hellenic Air Force and Lecturer in Anatomy and Physiology at New York College. Specialises in medical rehabilitation and the teaching of applied biomedical sciences.

**Dr. Michalis Elpidoforou, B.Sc., M.Sc., Ph.D**  
**Physiotherapy – Biomechanics**

Physiotherapy clinic director with specialisation in biomechanical assessment and rehabilitation of musculoskeletal disorders.

**Dr. Stelios Poulos, B.Sc., M.Sc., Ph.D**  
**Clinical Exercise Physiology**

Founder of the ERGOFIT performance lab. Research experience in exercise physiology and in special populations, ACSM certified.

**Dr. Matina Koutroumpi, B.Sc., M.Sc., Ph.D**  
**Clinical Exercise Physiology**

ACSM-certified Clinical Exercise Physiologist with extensive clinical, teaching, and research experience. Specialises in the design, supervision, and implementation of exercise programmes for patients with chronic non-communicable diseases.

**Dr. Dimitrios Karataglis, B.Sc., M.Sc., Ph.D**  
**Orthopaedic Surgeon**

Specialised in shoulder and knee arthroscopy, robotic knee arthroplasty, and minimally invasive joint replacement surgery.

**Dr. Giorgos Ziogas, B.Sc., M.Sc., Ph.D**

**Founder of Sports Clinic, Performance & Rehabilitation Exercise Physiologist**  
Collaborated with international teams, Olympic delegations, and elite coaches, focusing on athletic performance and rehabilitation strategies.

## 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.

### Early and Ongoing Clinical Experience

Students engage in clinical placements, gaining valuable hands-on experience in hospitals and physiotherapy centres.

### 800 hours of supervised practical training

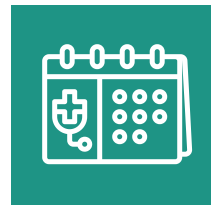
in clinical settings, rehabilitation centres, and physiotherapy clinics.

### Programme flexibility

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

### Evidence-Based, Modern Education

The curriculum promotes critical thinking and the application of evidence-based therapeutic approaches.



Graduates of the BSc (Hons) in Physiotherapy with Foundation Year are fully prepared to pursue a dynamic and multifaceted career in the rapidly evolving field of healthcare and rehabilitation. Holding an internationally recognised British degree and a strong academic foundation that blends theory, clinical practice, and research methodology, they are equipped to work across diverse professional environments in both Greece and abroad, aligned with national and European standards. Career opportunities include roles in private hospitals as part of multidisciplinary teams managing post-operative or chronic patient recovery; rehabilitation centres and clinics offering specialised therapeutic programmes; sports clubs and athletic teams focusing on injury prevention and recovery; private practices and wellness centres delivering personalised care; as well as research institutes and academic institutions contributing to evidence-based healthcare. Additionally, graduates may choose to continue their academic journey through postgraduate (MSc) studies in fields such as Neurological Physiotherapy, Sports Medicine, Cardiopulmonary Rehabilitation, Exercise Physiology, Public Health, Research Methodology and Ph.D. degree studies.



**Apply Now- Info:**  
**NYC Athens Campus:** 38 Amalias Ave., Syntagma  
tel.: +30 210 32 25 961  
**Thessaloniki:** Egnatias & P.P. Germanou 138  
tel: (+30) 231 132 0143  
**info@nyc.gr, www.nyc.gr**



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THESSALONIKI



UNIVERSITY OF NEW YORK  
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**NEW YORK COLLEGE**  
THE INTERNATIONAL COLLEGE OF GREECE  
**The LEADING College**  
**of University Studies in Greece:**  
The ONLY Greek College with expertise in founding and operating Private Universities in Europe!



University of  
Greater Manchester



**NEW YORK COLLEGE**  
THE INTERNATIONAL COLLEGE OF GREECE

# Building the Foundations of Movement, Health, and Care.

# BSc (Hons) in Physiotherapy with foundation year



The **BSc (Hons) in Physiotherapy with Foundation Year**, awarded by the British state **University of Greater Manchester** and offered in Greece through **New York College**, is one of the most modern and comprehensive undergraduate programmes in the fields of **Physiotherapy and Sports Rehabilitation**.

Designed and delivered by expert physiotherapists, health scientists, and researchers with extensive academic and clinical experience, the programme combines rigorous theoretical training with hands-on clinical practice in real healthcare settings.

## SHAPE THE FUTURE OF HEALTHCARE

### CLINICAL ASSESSMENT



### MANUAL THERAPY



### ANATOMICAL KNOWLEDGE



### PATIENT COMMUNICATION



### REHABILITATION PLANNING



“ We take immense pride in offering a program distinguished by its exceptional academic staff in cooperation with the Associate Dean Dr. Pavlou, Former Researcher A, HARVARD MEDICAL SCHOOL and our esteemed partnership with the University of Greater Manchester. Our faculty comprises leading experts dedicated to providing a rigorous and inspiring educational experience. Together with the University of Greater Manchester, 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 Physiotherapy and Sports Rehabilitation.

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



“ The BSc (Hons) in Physiotherapy has been carefully designed to meet the highest international academic and professional standards, equipping students with all the necessary tools to become highly competent healthcare professionals. The programme is built on evidence-based scientific knowledge, hands-on clinical training in real-world healthcare environments, and continuous engagement with the latest advancements in the field of rehabilitation.

Our academic team is composed of distinguished experts in physiotherapy, kinesiology and biomechanics, sports science, and applied clinical physiology. With extensive experience in both Greece and abroad—and partnerships with leading institutions in the USA and Europe—we ensure high standards in teaching, research, and clinical practice.

This programme serves as a meaningful first step toward a career with real impact. Our students are not only prepared for successful entry into the workforce, but also for making a lasting contribution to the advancement of health, mobility, and quality of life for patients.

I warmly invite you to join us on this demanding yet deeply rewarding academic journey—and become the physiotherapists of tomorrow: professionals who combine scientific expertise, and a global outlook.

**Konstantinos Pavlou Sc.D., FAKPE**  
Associate Dean, Department of Physiotherapy &  
Department of Sports Science New York College



The programme places strong emphasis on practical training and interdisciplinary collaboration with related healthcare professions, equipping graduates with the knowledge and skills required to thrive in both public and private sector healthcare environments, in Greece and internationally.

## Programme Duration

Full time Studies 4 years

Part Time Studies 6 years

## CURRICULUM

### Year 1

- Academic Language and Skills 1
- New Biophysics and Electrophysical Means in Physiotherapy
- Foundations of Anatomy and Physiology
- Academic Language and Skills 2
- Biomechanics, Kinesiology and Neurology
- Psychology in Physiotherapy

### Year 2

- The Profession of Physiotherapy
- Pathophysiology of Illness
- Clinical Enquiry and Personal Development
- Musculoskeletal Injury and Assessment
- Clinical Exercise Physiology and Sports Physiotherapy
- Radiology and Electrical Equipment in Physiotherapy

### Year 3

- Principles of Physiotherapy Management 1
- Clinical Placement 1
- Clinical Placement 2
- Injury Pathology, First Aid and Clinical Treatment Skills
- Physiotherapy in Childhood
- Physiotherapy Elective Placement

### Year 4

- Principles of Physiotherapy Management 2
- Pain Management, Physiotherapy and Kinesiotherapy in Clinical Populations
- Clinical Placement 3
- Clinical Placement 4
- Physiotherapy Dissertation

## 800 hours of Practical Learning

The programme has been approved by the University of Greater Manchester and is in the final stage of formal licensing by the relevant authorities.

# 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.

