



HELLENIC MEDITERRANEAN UNIVERSITY

School of Health Sciences



**Department of
Social Work
(Coordinator)**

**Department of
Nutrition and
Dietetic
Sciences**

**School of Management &
Economics Sciences**



**Department of Business Administration
& Tourism**

**Updated Internal Regulation of Operation of
the DPMS, according to L. 4957/2022**



**"Interdisciplinary Management of Chronic
Diseases, Disability and Aging"**

**MSc in Interdisciplinary Management of Chronic Diseases, Disability &
Aging**

HELLENIC MEDITERRANEAN UNIVERSITY



GOVERNMENT GAZETTE OF THE HELLENIC REPUBLIC

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ISSUE TWO

No. Leaf **382**

DECISIONS

No. 146/Φ20

**Internal Regulation of operation of the
Interdepartmental Postgraduate Program
"Interdisciplinary Management of Chronic
Diseases, Disability and Aging" of the Hellenic
Mediterranean University.**

HIS ASSEMBLY
HELLENIC MEDITERRANEAN UNIVERSITY

Bearing in mind:

1. Article 23 of n. 4610/2019 "Synergies of Universities and T.E.I., access to higher education, experimental schools, General Archives of the State and other provisions" (A' 70).

2. Articles 75 to 83 of n. 4727/2020 "Digital Governance (Incorporation into Greek Legislation of Directive (EU) 2016/2102 and Directive (EU) 2019/1024) - Electronic Communications (Incorporation into Greek Law of Directive (EU) 2018/1972) and others provisions" (A' 184).

3. Articles 79 to 89 of n. 4957/2022 "New Horizons in Higher Education Institutions: Strengthening the quality, functionality and connection of A.E.I. with society and other provisions" (A 141).

4. Under data 5984/Φ20/01-09-2023 the decision of the Rector of the Hellenic Mediterranean University "Establishment of the Senate of the Hellenic Mediterranean University for the academic year 2023-2024" (AD: 91ΘΟ46MH2I-20I).

5. Under data 2764/Φ20/10-05-2022 the decision of the Senate of the Hellenic Mediterranean University "Establishment of an Interdepartmental Graduate Program entitled "Interdisciplinary Management of Chronic Diseases, Disability and Aging - MSc in Interdisciplinary Management of Chronic Diseases, Disability and Aging" (B' 2571).

6. Under data 6265/Φ20/22-08-2022 the decision of the Senate of the Hellenic Mediterranean University "Approval of internal regulations of operation of the Interdepartmental master's program entitled "Interdisciplinary Management of Chronic Diseases, Disability and Aging" from the School's Departments of Social Work and Nutrition Sciences and Dietetics

of Health Sciences and Business Administration and Tourism of the School of Administration and Economics of the Hellenic Mediterranean University" (B' 5166).

7. The decision of the Senate of the Hellenic Mediterranean University under reference 8983/Φ20/29-11-2023 "Approval of the Regulation of Postgraduate and Doctoral Studies Programs of ELMEPA" (B'6895).

8. The decision of the Assembly of the Department of Social Work at the meeting no. of act 135/ Th.2/30-11-2023 "Approval of internal regulations of operation of the master's program "Interdisciplinary Management of Chronic Disease, Disability and Aging".

9. The decision of the Temporary Assembly of the Department of Nutrition and Dietetics at meeting no. of act 18/Th.5/30-11-2023 "Approval of internal regulations of operation of the Interdepartmental Master's program "Interdisciplinary Management of Chronic Diseases, Disability and Aging".

10. The decision of the Assembly of the Department of Business Administration and Tourism at the meeting no. of act 108/Th.5/28-11-2023 "Approval of a new Regulation of operation of the Interdepartmental P.M.S. "Interdisciplinary Management of Chronic Diseases, Disability and Aging".

11. The minutes of the Graduate Studies Committee dated 12-15-2023.

12. The decision of the Management Board of the Hellenic Mediterranean University under item 218/Φ20 "Appointment of Vice-Chancellors of the Hellenic Mediterranean University" (Y.O.D.D. 33/2023).

13. The deed of the Rector of the Hellenic Mediterranean University under reference 219/Φ20/2023 "Determining the Areas of Responsibility of the Vice-Chancellors - Transfer of powers and order of replacement of the Rector of the Hellenic Mediterranean University" (B' 265).

14. The attestation deed of the Vice-Rector of the Hellenic Mediterranean University under data 8768/ Φ20/07-12-2022 (Y.O.D.D. 1163) which established the election of the Rector of the Hellenic Mediterranean University.

15. The fact that this decision does not cause an expense to the state budget, decided:

To approve the Internal Regulation of operation of the Interdepartmental master's program "Interdisciplinary Management of Chronic Disease, Disability and Aging", as follows:

Article 1

General provisions

1. The Departments of Social Work (Coordinator), Nutrition Sciences and Dietetics of the School of Health Sciences, and the Department of Business Administration and Tourism of the School of Management and Economics of the Hellenic Mediterranean University (ELMEPA) organize and operate an Interdepartmental Postgraduate Program of Studies (I.P.P.) with the title "Interdisciplinary Management of Chronic Diseases, Disability and Aging" and three (3) specializations. The I.P.P. operates in accordance with the provisions of the present Internal Regulation, the Regulation for Postgraduate and Doctoral Studies Programs of the ELMEPA and the provisions of the law in force at any given time.

2. The title of I.P.P. in English is "MSc in Interdisciplinary Management of Chronic Diseases, Disability and Aging". The program is implemented at ELMEPA headquarters in Heraklion. The Department of Social Work undertakes the secretarial and administrative support of the Program.

Article 2

Aim - Purpose

1. The aim of the I.P.P. "Interdisciplinary Management of Chronic Diseases, Disability and Aging" is the provision of the most up-to-date and specialized postgraduate level knowledge and the development of the necessary competences - skills in the scientific field of the prevention and management of chronic diseases, dietary - nutritional practice, the management of challenges related to disability and the promotion of active and healthy Aging, through an interdisciplinary approach and based on modern principles of leadership, management of human resources, but also management of changes at the level of organizations.

2. Purpose of the master's program is the creation of well-trained professionals who will be able to implement interdisciplinary interventions to adequately respond to the ever-increasing needs and the complex and multifactorial clinical, nutritional and psychosocial problems of individuals and their families/caregivers through a common perspective and effective cooperation.

3. Each specialization of the program has different and more specific educational objectives which, however, share the common principle of adherence to the scientific cutting edge and interdisciplinarity. Upon completion of the I.P.P. "Interdisciplinary Management of Chronic Diseases, Disability and Aging" graduates will be able to:

a) Collaborate effectively and harmoniously with other professionals of the same or other disciplines to assess, plan, and provide care that optimizes the health and quality of life of individuals, and their caregivers, across the spectrum of health and illness, in various health and social care services, as well as in home care.

b) They carry out scientifically sound interventions on individuals, families, and the wider community, with the aim of preventing and managing chronic diseases and disability, promoting healthy and active aging, and improving the quality of life.

c) They understand and respect the different roles and complex professional approaches for the comprehensive and effective treatment of physical, psychological, nutritional and social problems.

d) Demonstrate negotiation and conflict management skills to resolve issues and concerns in the context of interprofessional collaboration.

e) Respond effectively to the functioning of a multidisciplinary team of health and social care professionals, either as members or as its leader.

f) They conduct well-planned scientific research in individual areas of the master's program with the aim of producing new knowledge.

Article 3

Master's Degree

1. The I.P.P. awards an MSc in Interdisciplinary Management of Chronic Diseases, Disability and Aging with the following specializations:

1. Leadership in Interdisciplinary Health & Social Care Teams.

2. Social Work in the Management of Chronic Diseases and Disability.

3. Evidence-based Dietetics Practice in the Management of Chronic Diseases and Disability.

2. Students have the right not to choose a specialization and to obtain a Postgraduate Diploma in which only the general title of the program is mentioned.

3. To obtain the Graduate Diploma of the I.P.P. the successful attendance of the courses defined by the study program and the accumulation of ninety (90) ECTS credits are mandatory.

4. The Graduate Diploma awarded is classified at level 7 of the National Qualifications Framework

(NQF) and the European Qualifications Framework (EQF).

5. The degrees are awarded by the Department of Social Work with reference to the names of all collaborating Departments in the granted degrees and signed by the Director of the Department of Social Work and the Rector of the Hellenic Mediterranean University.

Article 4

Categories and number of admitted students

1. In I.P.P "Interdisciplinary Management of Chronic Illnesses, Disability and Aging" are accepted holders of first cycle degrees of domestic universities or of equivalent institutions abroad. For example, graduates of the Departments of Social Work, Nutrition Sciences - Dietetics, Medicine, Nursing, Midwifery, Dentistry, Pharmacy, Health Visitors, Public and Community Health, Occupational Therapy, Physiotherapy, Psychology, Sociology, Social Anthropology, Business Administration and Organizations, Health Management, Public Administration, Public Health Policies, Economic Sciences.

2. Students who choose the specialization "Social Work in the Management of Chronic Diseases and Disabilities" must have an undergraduate degree in Social Work. Students who choose the specialization "Evidence-Based Dietary Practice in the Management of Chronic Diseases and Disabilities" must have an undergraduate or postgraduate background in nutrition and/or human health in general.

3. The number of admissions to the I.P.P. is limited to a maximum of thirty-five (35) full-time students and five (5) part-time students per year of admission. In order for the program to be sustainable and functional, a minimum number of four (4) full-time students is defined for the operation of each specialization.

Article 5

Duration of operation

1. The I.P.P. operates from the academic year 2022-2023 and its duration of operation is set until the academic year 2029-2030. It may be extended by decision of the University Senate, following a recommendation by the Study Program Committee and the opinion of the Graduate Studies Committee, as long as it meets the criteria of internal and external evaluation, in accordance with current legislation.

Article 6

Structure and instruments

1. Competent bodies for issues of the Interdepartmental Master's Program are the following:

- a) The University Senate,
- b) The Graduate Studies Committee,

c) The General Assemblies of the three cooperating Departments,

d) The Study Program Committee e) The Director of the program

2. The Senate and the Graduate Studies Committee exercise all responsibilities regarding the I.P.P. are provided for in the current legislation and are not assigned by law specifically to other bodies.

3. Responsibilities of the General Assemblies of the three participating Departments are to:

a) propose representatives for the appointment of the Study Program Committee of the program,

b) exercise any other legal authority provided for by the current legislation.

4. The other responsibilities of the General Assemblies of the Departments are exercised by the Study program Committee (SPC), which consists of seven (7) members of the Faculty of Education appointed by the General Assembly of each Department with a two-year term. The Department of Social Work is represented in the SPC by three (3) regular members, the Department of Nutrition and Dietetics by two (2) regular members and the Department of Business Administration and Tourism by two (2) regular members. The Assemblies of the Departments may decide to amend the SPC Organization.

5. SPC has the responsibilities of the General Assemblies of the Departments of the program:

a) Appoints the Director and the Deputy Scientific Manager of the I.P.P.

b) Decides on the announcement for the admission of new students to the program.

c) Defines the admission conditions and the evaluation criteria for the candidate graduate students.

d) Forms committees for the selection and/or examination of prospective graduate students.

e) Validates the final list of successful and runner-up students and sets the registration and course declaration deadlines.

f) Appoints the Coordinators of Courses, distributes the teaching work among the members of the teaching staff, and assigns supporting teaching and auxiliary teaching work to the doctoral candidates of the participating Departments, under the supervision of members of the teaching staff of the program.

g) Appoints the Advising Professors for the new graduate students.

h) Appoints the supervisor of the diploma theses and sets up the three-member examination committee for the final evaluation of the thesis.

i) Defines the presentation dates of Master's Theses in at least two (2) periods during the year.

j) Certifies the successful completion of the studies in order to be awarded the diploma.

k) Examines student issues, such as applications for suspension of studies, deletion of students, etc.

l) Recommends to the Senate the amendment of the decision establishing the I.P.P., as well as the

extension of its duration, following decisions of the Assemblies of the three participating Departments through the Graduate Studies Committee.

m) Approves the report of the I.P.P. and subsequently, communicates it to the Collaborating Departments.

n) Examines applications for exemption from tuition fees based on social and economic criteria and issues a reasoned decision on acceptance or rejection of the application of prospective students.

o) Draws up the initial annual budget of the program and its amendments and recommends its approval to the Research Committee of the Special Research Funds Account.

p) Approves the expenditure of the I.P.P.

q) Approves the granting of scholarships, remunerative or non-remunerative.

h) Approves the distribution of teaching work, as well as the assignment of teaching work.

k) Approves the invitation of Visiting Professors to meet the teaching needs of the program.

ms) Draws up a plan for the modification of the curriculum.

kv) Decides on issues related to the quality upgrade of the study program.

kc) Exercises any other authority provided for by this regulation and by the provisions of the current legislation.

6. In the event that a S.E. is not established, its powers are exercised by the E.P.S.

7. The Study Program Committee meets and operates in accordance with the rules of the collective bodies of the University.

8. The Director of I.P.P. comes from the members of the academic staff who participate in the SPC, preferably at the rank of Professor or Associate Professor. It is defined by a decision of the SPC for a two-year term, renewable without limitation.

9. The Director of the I.P.P. has the following powers:

a) chairs the Study Program Committee, prepares the agenda and convenes its meetings,

b) introduces the issues concerning the organization and operation of the I.P.P. to the Study Program Committee,

c) recommends to the SPC and the other bodies of the I.P.P. and the University issues regarding the effective operation of the program,

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

e) monitors the implementation of the decisions of the bodies of the I.P.P. and of the Internal Regulation of postgraduate and doctoral study programs, as well as the monitoring of the execution of the program's budget.

10. The Director of the I.P.P., as well as the members of the Study Program Committee are not entitled to remuneration or any compensation related to the performance of their duties.

The Director of the program, who is also the Scientific Officer in the case of a self-financed program, requests the Research Committee of the Special Research Funds Account to appoint a Deputy Scientific Officer for the financial management needs of the I.P.P. The request of the Director must be accompanied by a decision of the competent body of the program.

Article 7

Teaching staff of the I.P.P.

1. The teaching work is assigned following a decision of the competent body of the I.P.P. to the following categories of teachers:

a) members of the permanent Academic Teaching and Research Staff, Special Educational Staff, Laboratory Teaching Staff and Special Technical Laboratory Staff of the Department or other Departments of ELMEPA or another Higher Education Institution or of the Supreme Military Educational Institution, with additional employment beyond their legal obligations, if the I.P.P. has tuition fees,

b) Emeritus Professors or retired members of the Departments or other Departments of ELMEPA or another Higher Education Institution,

c) collaborating professors,

d) assigned professors,

e) visiting professors or visiting researchers,

f) researchers and special functional scientists of research and technological bodies of article 13A of the law. 4310/2014 (A'258) or other national or foreign research centers and institutes,

g) scientists of recognized prestige, who have specialized knowledge and relevant experience in the subject matter of the I.P.P.

2. All categories of teachers may be paid exclusively from the resources of the I.P.P. It is not allowed to pay a fee or other benefit from the state budget or the National Development Program. By decision of the competent body of the program regarding the assignment of teaching work, the amount of each teacher's fee is determined in accordance with the ELMEPA Salary Regulation. In particular, members of the teaching staff who are also members of the academic staff, may be paid additionally for the work they offer to the program, as long as they fulfill their minimum legal obligations, such as defined in par. 2 of article 155 of 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 long as they fulfill their minimum legal obligations. The exclusive employment of members of the permanent academic staff in I.P.P. of the Department or School is not allowed.

3. The amount of the fee related to the supervision of postgraduate theses must be in accordance with the ELMEPA Remuneration Regulation, it is determined

by the competent body (Study Program Committee) and is uniform for all supervisors.

Article 8

Admission requirements

1) The selection of students is made in accordance with the law. 4957/2022 and the provisions of the Regulation of Postgraduate and Doctoral Studies Programs and the present Regulation. Following a decision of the SPC, during the month of April of each academic year is published and posted on the university's and the program's websites announcement for the admission of postgraduate students for the next academic year. The applications together with the necessary supporting documents are submitted to the Secretariat of the program within a deadline specified in the announcement and may be extended by a decision of the SPC for a period not exceeding thirty (30) days.

2) Necessary supporting documents are:

1. Application for participation
2. Curriculum vitae
3. Copy of diploma or certificate of completion of studies
4. Detailed rating of undergraduate courses
5. Certificate of English Language Proficiency (level B2 or above)
6. Publications in peer-reviewed journals (if any)
7. Presentations at peer-reviewed scientific conferences (if any)
8. Evidence of professional and/or research activity (if any)
9. Two-sided photocopy of the police ID
10. A letter of recommendation
11. For candidates who hold first-cycle degrees, the procedure defined by law 4957/2022 is followed.
12. Memorandum of research interest

Article 9

Eligibility criteria

1. The selection of students is based on the following criteria and the corresponding weighting factors:

Criteria	Coefficient
Bachelor's degree	10
Professional experience, Research activity, scientific publications/ conference presentations	20
Possession of a second degree in the first cycle of studies, possession of a second diploma in the second cycle of studies, continuing education, letter of recommendation, voluntary and social activity	40
Oral interview	30
Total	100

2. Based on the above criteria, the Evaluation Committee prepares an evaluation table of the student candidates and submits it to the SPC for

making a decision. The table includes all the candidates who have submitted an acceptable application. The successful candidates should register at the program's Secretariat within thirty (30) days from the decision of the SPC. In case of non-registration of one or more admitted students, the runners-up/ runners-up (if any) will be invited to register based on their order in the approved evaluation table.

3. In case of a tie (with mathematical rounding to the whole unit of the 100 scale), candidates with equal grades are admitted, in a percentage that does not exceed 10% of the maximum number of admissions.

Article 10

Duration of study

1. The study at the I.P.P. may be full or part-time. The program has a time duration of three (3) academic semesters to obtain the Graduate Diploma (M.S.) for the full-time study program which is increased by three (3) semesters for the part-time study program, and which includes the time required for the preparation and submission for assessment of the graduate thesis. Part-time students must fulfill all their academic obligations and can register for a maximum of two (2) courses in one academic semester. The maximum length of study that leads to the award of the D.M.S. it cannot exceed twice the prescribed normal length of study for full-time students.

2. Postgraduate students with their application may request an extension of studies only for serious reasons, which may not exceed the number of semesters of the normal study of the program. Unjustified, non-completion of studies beyond this schedule leads to a question of deleting the postgraduate student from the I.P.P. which is handled by the competent body (SPC).

3. Postgraduate students can, with their application, request a justified suspension of studies. The semesters of suspension of the student status are not counted towards the prescribed maximum duration of normal studies.

Article 11

Curriculum

1. The courses of the I.P.P. start in the winter semester of each academic year. For the awarding of the program the successful attendance of eight (8) courses and the preparation of a diploma thesis are required. In total, the courses correspond to thirty (30) credits per semester and a total of 60 credits. (ECTS). The thesis corresponds to thirty (30)

P.M. The order in which the students attend the courses is indicated in the study program and is summarized in the table below.

N/A	TITLE COURSE	Academic six months	Hours	CREDITS UNITS (ECTS)
1	XNA-A01: Core principles of Interprofessional collaborative Practice	A	3	7.5
2	XNA-A02: Interdisciplinary Approach to Healthy & Active Aging	A	3	7.5
3	XNA-A03: Understanding Health and its Determinants	A	3	7.5
4	XNA-A04: Quantitative and Qualitative Research Methods	A	3	7.5
5	XNA-A05: Biostatistics - Data Analysis	A		-
SPECIALIZATION 1: Leadership in Interdisciplinary Health & Social Care Teams				
6	XNA-B01: Leadership in Interdisciplinary Health & Social Care Teams	B	3	7.5
7	XNA-B02: Organizational Behavior and Human Resource Management	B	3	7.5
SPECIALIZATION 2: Social Work in the Management of Chronic Diseases and Disability (Social Work in the Management of Chronic Diseases and Disability)				
8	XNA-B03: Gender & Health	B	3	7.5
9	XNA-B04: Chronic Diseases, Disability & Empowerment	B	3	7.5
SPECIALIZATION 3: Evidence-based Dietetics Practice in the Management of Chronic Diseases and Disability				
10	XNA-B05: Evidence-based Dietetics Practice	B	3	7.5
11	XNA-B06: Evidence-based Public Health Nutrition	B	3	7.5
Optional Courses - compulsory by choice				
12	XNA-B07: Prevention & Management of Chronic Diseases and Disability	B	3	7.5
13	XNA-B08: Contemporary Approaches to Health Behaviors and Behavior Modification (Contemporary Approaches to Health Behaviors and Behavior Modification)	B	3	7.5
14	XNA-B09: Interpersonal Communication & Counseling Skills	B	3	7.5
15	XNA-B10: IT-Supported Wellness and Well-Being	B	3	7.5
16	XNA-B11: Bereavement: Managing Loss and Grief	B	3	7.5
17	XNA-B12: Organizational Culture and Change Management	B	3	7.5
18	XNA-B13: Body Composition and Energy Expenditure as Health Improvement Indicators	B	3	7.5
19	XNA-B14: Nutrition, Food and Metabolism (Nutrition, Food and Metabolism)	B	3	7.5
20	XNA-B15: Interdisciplinary approach for sustainable dietary patterns	B	3	7.5
	Diplomatic Thesis	C		30
	Total Credit Units			90

2. The brief content of the courses is as follows:

XNA-A01: Principles of Interprofessional Collaborative Practice:

The course delves into the fundamental principles of collaborative practice in care delivery, emphasizing effective communication and teamwork between different professionals to improve the care of individuals, healthy and ill. By exploring the complex dimensions of interprofessional collaboration, students master the collaborative approach that is necessary for the integrated and human-centered provision of health care and social care.

XNA-A02: Multidisciplinary Approach to Active and Healthy Aging:

Focusing on holistic strategies, the course approaches the promotion of healthy and active aging, taking into account the physical health and mental well-being of both individuals and their caregivers. Students examine the multiple factors that contribute to healthy and active aging and develop skills to design interdisciplinary interventions that meet the unique needs of older populations.

XNA-A03: Understanding Health and its Determinants:

In this course students gain knowledge about the multiple factors that shape disability and health indicators, including social, economic, individual (e.g. personality), genetic, and environmental determinants. The course equips students with the knowledge to understand the web of causality, multiple strategies for disease prevention, and addressing social inequalities in health through an interdisciplinary lens.

XNA-A04: Quantitative and Qualitative Research Methodology:

The course covers both quantitative and qualitative research methods, and equips students with basic research skills, preparing them to conduct methodologically sound research in the field. Students learn to critically evaluate existing literature, design various types of studies, collect and interpret data, and ultimately base their daily practice on contemporary research evidence.

XNA-A05: Biostatistics - Data Analysis:

The seminar-style course provides students with basic theoretical knowledge of descriptive and inductive statistics and the tools, through specialized software, needed to register research data, conduct statistical analyses - tests required to test their hypotheses and interpret the results. Students are not assessed and do not receive credits (ECTS).

XNA-B01: Leadership in Interdisciplinary Health and Welfare Teams

The course includes the basic principles and modern approaches of leadership, with emphasis and application in interdisciplinary health and social care teams with the ultimate goal of more effective management. Upon completion of the course, students develop leadership skills adapted to the complex, but also team nature of healthcare and social welfare.

XNA-B02: Organizational Behavior and Human Resource Management:

In the course, students explore topics such as organizational culture, motivation, the effective functioning of organizations, teamwork, and human resources management strategies, gaining knowledge about creating a positive work environment that strengthens human-centered care.

XNA-B03: Gender and Health:

This course examines how gender relates to and affects health outcomes. Students explore and critically analyze the impact of gender inequalities in health and social care and develop skills to design inclusive interventions that take into account the different experiences of gender in their contact with health care services and social care.

XNA-B04: Chronic Diseases, Disability and Empowerment:

With a focus on empowerment strategies, the course explores the challenges faced by people with chronic illnesses and disabilities, emphasizing approaches to enhancing their well-being and independence. Students learn to implement person-centered and community empowering interventions, which promote the self-efficacy and quality of life of people living with chronic diseases or disabilities, as well as their caregivers.

XNA-B05: Evidence-Based Dietetic Practice: The course equips students with the knowledge and skills to implement evidence-based Dietetic Practice, ensuring effective nutritional management of people with chronic disease and/ or disability and against aging. Students explore the most up-to-date studies and guidelines in dietary science, and become able to translate research evidence into clinical practice to manage nutrition-related challenges.

XNA-B06: Evidence-Based Nutrition in Public Health: The course delves into the interdependence of nutrition science and public health to address population-level health challenges. Students examine interventions, policies and strategies to promote hygiene

nutrition and the prevention of chronic diseases and other issues related to nutrition and public health on a broader scale, taking into account the overall impact of dietary patterns on population health and their socio-economic determinants.

XNA-B07: Prevention and Management of Chronic Diseases and Disability:

The course approaches the complexity of chronic diseases and disabilities, and comorbidity, emphasizing interdisciplinary approaches to improve the well-being of individuals and their quality of life. Students explore evidence-based methods for the prevention and management of chronic disease and disability, developing a holistic understanding of the need for continuity of care for individuals living with complex health challenges.

XNA-B08: Contemporary Approaches to Health Behaviors and Behavior Modification:

This course delves into modern approaches to understanding and modifying health behaviors, contributing to effective interventions. Students delve into many of the theoretical models of behavior change, but at the same time gain practical skills from different approaches to promote healthier lifestyles and improve health outcomes.

XNA-B09: Interpersonal Communication and Counseling Skills:

The course aims to train students theoretically in counseling theories and mainly in their learning and practical/experiential practice in interpersonal communication and counseling techniques and skills required for the application of counseling to individuals, groups of patients or vulnerable groups and healthy populations.

XNA-B10: Well-being and Well-Being supported by IT Technologies:

The course explores various concepts related to Information Technologies as determinants of health, but also the role of digital solutions in promoting health and improving quality of life.

Students learn to utilize Information Technologies, as well as Artificial Intelligence, to support people with complex health problems and/or disabilities. At the same time, they explore digital platforms, applications and telemedicine solutions to more effectively deliver healthcare in a variety of healthcare environments.

XNA-B11: Loss and Bereavement Management:

The course provides knowledge about the management of loss and bereavement, examining the emotional aspects of caring for patients, the patients themselves, but also their caregivers experiencing or preparing to experience loss. Students are taught various theories of approaching bereavement, as well as communication strategies

and practical interventions to provide compassionate care during times of loss.

XNA-B12: Organizational Culture and Change Management:

Examining organizational dynamics, the course explores the role of culture and change management in health and social care organisations, promoting an understanding of how organizational factors influence effective interdisciplinary collaboration and ultimately patient care.

XNA-B13: Body Composition and Energy Expenditure as Indicators of Health Improvement:

The course provides information on assessing and improving health through assessment of body composition and energy expenditure. Students learn to interpret body composition data and understand metabolic implications to design individualized health improvement plans.

XNA-B14: Nutrition, Food and Metabolism: The course delves into the complex relationship between nutrition, food and metabolism, providing a comprehensive understanding of how nutritional factors affect metabolic processes and overall health. Students investigate the biochemical basis of nutrition, gaining knowledge about the role of nutrition in the body's optimal metabolic function.

XNA-B15: A Multidisciplinary Approach to Sustainable Dietary Patterns:

The course takes an interdisciplinary approach to ensuring the long-term health and well-being of individuals, communities, and the entire population through sustainable food choices.

Students analyze the environmental, social and economic aspects of dietary patterns, developing strategies to promote sustainable and health- positive dietary choices. The course places particular emphasis on the concepts of One-health, planetary health and how interconnected all the individual systems are on a global level.

3. To calculate the grade of the degree, the importance of each course in the study program is taken into account and is expressed by the number of credits (ECTS), which is also the weighting factor of the course. This calculation is expressed by the following mathematical formula:

$$\text{Degree Grade} = (\text{Course1 Grade} \times \text{Course1 ECTS} + \text{Course2 Grade} \times \text{Course2 ECTS} + \dots + \text{CourseN Grade} \times \text{CourseN ECTS}) / \text{Total Number of ECTS},$$

where N is the number of required courses or educational activities to obtain the Diploma. The Master's Thesis is also considered as a course since it is mandatory for the completion of the studies.

4. All courses of the program are given face-to-face. Attendance of all courses is compulsory. The maximum number of absences per course is set at three (3).

Article 12

Master Theses

1. The following lecturers have the right to supervise diploma theses, provided they hold a doctoral degree:

- a) members of the permanent Academic 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 Department or other Departments of ELMEPA or another Higher Education Institution (HEI) or of the Supreme Military Educational Institution (ASEI), with additional employment beyond their legal obligations,
 - b) Emeritus Professors or retired members of the Faculty of Education of the Department or other Departments of ELMEPA or another Institutions of Higher Education.
 - c) cooperating teaching staff,
 - d) authorized teaching staff,
 - e) visiting professors or visiting researchers,
 - f) researchers and special functional scientists of research and technological bodies of article 13A of the law. 4310/2014 (A'258) or other national or foreign research centers and institutes.
2. By decision of the SPC the supervision of diploma theses may also be assigned to members of D.E.P., E.E.P., ET.E.P. and E.D.I.P. of the three collaborating Departments, which have not undertaken teaching work at the program. The subject's relevance to the participants' knowledge, scientific work, or thesis is a necessary condition.

Article 13

Examinations and assessment of graduate students

1. The educational work of each academic year is structured in two study semesters, the winter and the spring, each of which includes thirteen (13) weeks of teaching. The courses of the winter and spring semesters are examined during the periods defined by the academic calendar as well as during the review period in September. Should a course be canceled, a substitute one is foreseen. The date and time of replacement are posted on the electronic training platform and the Secretariat of the program is informed.
2. Throughout the semester, written or oral tests and/or assignments are used to assess graduate students' performance in the courses they must take as part of the I.P.P. The method of assessment is defined by the coordinator of each course, recorded in the approved outline of the course and does not change. A scale of 0 to 10 is used for grading.

A grade equal to or greater than five (5) is considered a passable grade. The grade of the courses is posted on the information system within fifteen (15) days from the end of the examination period.

Article 14

Course registration and declarations

1. Student status is acquired by registration at the program. Students' enrollment takes place in a period defined by the Secretariat of the I.P.P. for each academic year. All students, by registering, fully accept the provisions of these regulations for postgraduate studies.

2. In each academic semester, the declaration of the courses to be attended and examined by each student is made exclusively on dates announced by the secretariat of the program. Requests for declarations submitted outside of these dates are rejected. Students must register and attend all courses of the study program in the semester provided for and courses that have been successfully attended in their other studies, undergraduate, graduate, or doctoral, cannot be considered equivalent to the ones offered by the program.

Article 15

Rights and obligations of students

1. Graduate students have all the rights and benefits provided for students of the first cycle of studies with the same conditions and criteria set by the University, except for the right to have access to free textbooks. Prospective postgraduate students must be aware of this Regulation before registering. Graduate students have the following obligations:

- to attend the courses offered,
- to participate in conferences and other scientific events on topics related to the subject of the program
- to submit their assignments within the prescribed deadlines,
- to attend the course exams,
- to provide supplementary teaching work in first cycle study programs up to six (6) hours per week,
- to participate in the evaluation process of the program,
- to successfully complete their Diploma Thesis,
- to settle all their financial obligations, as well as any other obligation to the University, before the swearing-in. Otherwise, they will not have the right to receive the Graduate Diploma or other relevant document,
- to observe the present Graduate Studies Regulation, the decisions of the bodies of the I.P.P. and the University,
- to respect and observe the rules of academic ethics and research.

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

3. Graduate students can participate in the ERASMUS mobility program according to the current legislation and the University's regulations. In this case, the maximum number of ECTS credits they can recognize, from courses attended and successfully examined at the institution abroad, amounts to thirty (30).

4. With a reasoned decision of the competent body of the Graduate Studies Program, students of the I.P.P. may be exempted, in whole or in part, from the obligation to pay tuition fees, if they provide work for the program or the University.

5. The ELMEPA Liaison Office provides advisory support to students in matters of study and professional rehabilitation.

6. In addition, returning all materials borrowed from the University Library and giving up the student residence room, if they were beneficiaries, are requirements for getting the degree.

Article 16

Duties of the teaching staff

1. The members of the teaching staff of the program should:

- expand their cognitive abilities within the wider framework of the scientific field in order to be able to offer students interdisciplinary modern knowledge,

- be accessible to the students, to discuss, collaborate and contribute with their knowledge and experience for a successful academic career,

- draw up a course outline, which includes the objectives, the learning outcomes, bibliography, the evaluation method, an extensive syllabus, so that the teaching material fully covers the academic needs of the educational activity,

- support student-centered learning, to participate in discussions about the results of exams or assignments with the aim of maximizing learning success,

- propose subjects for Master's Thesis, to cooperate and help the students during the preparation of the Theses.

Article 17

Available scholarships

The Program Study Committee of the I.P.P. may grant excellence scholarships and remunerative scholarships to postgraduate students/

with the procedure, terms and conditions defined in the University's Graduate and Doctoral Studies Program Regulations, and in the Legislation.

Article 18

Infrastructure and financing

1. For the proper functioning of the program classrooms and seminars, auditoriums equipped with audio-visual media and laboratories of the School of Health Sciences and the School of Management and Economics of ELMEPA will be available.

2. The Secretariat of the I.P.P. may be staffed by person/s hired by the program for this purpose, and is under the supervision of the Secretariat of the Department of Social Work.

3. The financing of the program comes from tuition fees. Additionally, it can come from:

- a) donations, benefits, legacies and all kinds of sponsorships from public sector entities, as defined in c. a' of par. 1 of article 14 of n. 4270/2014 (A' 143), or of the private sector,

- b) resources from research programs,

- c) resources from programs of the European Union or other international organizations,

- d) any other legal source.

4. Graduate students enrolled in the master's program "Interdisciplinary Management of Chronic Diseases, Disability and Aging" pay 900 euros per semester in tuition for the full-time program. Each academic semester, tuition is paid in installments during the first week.

Article 19

Evaluation of the program

The internal and external evaluation of the program will be done in accordance with the applicable provisions and the Regulation of Postgraduate and Doctoral Studies Programs of the University.

Article 20

Transitional provisions

Any matters not regulated by these Operating Regulations or the Regulations of the University's Master's and Doctoral Studies Programs will be regulated by decisions of the Study Program Committee or the Senate in accordance with the applicable legislation.

The validity of this Regulation begins from its publication in the Government Gazette.

This decision to be published in the Government Gazette.

Heraklion, January 10, 2024

The Rector

NIKOLAOS KATSARAKIS



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