



Academic Staff

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



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New York College



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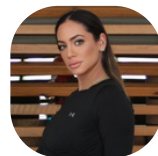
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Physician of the National Football Team



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Federal Athletics-
Athletics Coach



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Owner of Ergofit Ergometric Centre



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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



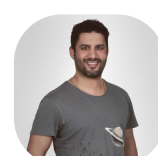
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Panagiotis Fitzios Ph.D.
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Sports Scientist - Professor of
Physical Education and Sport



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.



Apply Now- Info:
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tel.: +30 210 32 25 961
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NYC THESSALONIKI CAMPUS
ΘΕΣΣΑΛΟΝΙΚΗ



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



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



The **BSc Hons in Sports Sciences and Coaching** that is awarded by the UNIVERSITY OF BOLTON- 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 seasoned 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 3 years
4 years for the “with Foundation Year” programme

Part Time Studies
4-5 years usually

CURRICULUM

Year 1

- Foundations of Sports Coaching
- Foundations of Anatomy and Physiology
- Historical and Social Aspects of Sports
- Foundations of Biomechanics in Sport
- English - Stage C for IFP and Pre-Masters
- English - Stage D for IFP and Pre-Masters
- 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
- (Advanced Sports Coaching & Data Analysis for each speciality, Biomechanics & Strength & Conditioning for each speciality, Strategies and Tactics for each speciality, Special Issues and Tutored Study for each speciality)

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

The five specialisations (pathways) of the programme have been approved by the University of Bolton and they are in the final stage of formal licensing procedures by the relevant authorities in Greece.

University of Bolton Greater Manchester

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

The state UNIVERSITY OF BOLTON is located in the Greater Manchester area of England with a history dating back to 1824. According to the Guardian (Best UK Universities 2024 – rankings), to UNIVERSITY OF BOLTON is ranked among the 30 best universities in the UK. Recently, the BBC highlighted the UNIVERSITY OF BOLTON as a model for UK Universities, regarding its operating standards for student safety from the Covid-19 pandemic and the UK Education Secretary Michelle Donelan, from the floor of the House of Commons, referred to the “amazing work the University is doing”.

New York College has a franchise agreement under the Greek Ministry of Education legislation 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

