



UNIVERSITY OF  
THESSALY

**Department of Physical Education & Sport Science  
Interdepartmental Graduate Program in Lifestyle Medicine**

M1.2

Quality Objectives of the Academic Unit for the  
Postgraduate Program



**MLM**  
Msc Lifestyle Medicine

2024

STRATEGIC TARGET	QUALITY TARGETS	Index	BASELINE (CURRENT)	TARGET	ACTIONS (What should we do in order to have the desired results?)	RESPONSIBILITIES (Who is responsible for each action?)	TIMESCALE (When?)
A. Tracking and improving the education provided	A1. Tracking the progress and performance of the students	A1.1. Frequency of meetings with academic advisors per academic semester	1	2	<ol style="list-style-type: none"> <li>1. Strengthening the institution of the academic advisor.</li> <li>2. Meeting at the start of every semester.</li> </ol>	<ul style="list-style-type: none"> <li>▪ Program Director</li> <li>▪ Coordinating Committee</li> <li>▪ Academic Advisors</li> </ul>	31-12-2024
		A.1.2. Percentage of students with duration of studies > n+1	20%	15%	<ol style="list-style-type: none"> <li>1. Tracking progress of students towards their Master Thesis.</li> <li>2. Frequent meetings between students and supervising Professors.</li> </ol>	<ul style="list-style-type: none"> <li>▪ Program Director</li> <li>▪ Supervising Professors</li> <li>▪ Academic Advisors</li> </ul>	31-12-2024
	A2. Attracting students that are interested in the subject of Program	A2.1. Average number of applications for the Program (during the last 5 years)	15	20	<ol style="list-style-type: none"> <li>1. Publishing call for applications on electronic media outlets and social media platforms.</li> <li>2. Enriching the website of the Program.</li> <li>3. Promoting research done by the Faculty staff through the website of the Department and the Program.</li> <li>4. Presentation of the Program to executives and staff of schools.</li> </ol>	<ul style="list-style-type: none"> <li>▪ Head of DPES</li> <li>▪ Program Director</li> <li>▪ Faculty</li> <li>▪ Program Secretariat</li> </ul>	31-12-2024
B. Increasing research activities and publishing of scientific work	B1. Increasing research work	B1.1. Average number of papers per Faculty member (Scopus / Google Scholar)	68 / 156	72 / 160	<ol style="list-style-type: none"> <li>1. Encouraging Faculty staff members to participate in conferences.</li> <li>2. Encouraging Faculty staff members to publish the results of their research in internationally renowned journals.</li> </ol>	<ul style="list-style-type: none"> <li>▪ Head of DPES</li> <li>▪ Program Director</li> </ul>	31-12-2024
	B2. Increasing recognition of research work	B2.1. Average number of references per paper (Scopus / Google Scholar)	24 / 30	27 / 34	<ol style="list-style-type: none"> <li>1. Publishing in international journals that are included in SCOPUS.</li> <li>2. Improving the level of research work</li> </ol>	<ul style="list-style-type: none"> <li>▪ Faculty members</li> </ul>	31-12-2024
		B2.2. Average number of references per Faculty member (Scopus / Google Scholar)	1608 / 4611	1650 / 4700	<ol style="list-style-type: none"> <li>1. Publishing in high profile journals.</li> <li>2. Improving the level of research work</li> </ol>	<ul style="list-style-type: none"> <li>▪ Faculty members</li> </ul>	31-12-2024
		B2.3. Ratio of number of diploma theses completed / number of students that have graduated	1	1	<ol style="list-style-type: none"> <li>1. Encouraging postgraduate students to prepare their Master Thesis .</li> </ol>	<ul style="list-style-type: none"> <li>▪ Program Director</li> <li>▪ Supervising Professors</li> </ul>	31-12-2024
		B2.4. h index (Google Scholar)	31.12	33	<ol style="list-style-type: none"> <li>1. Utilization of research results.</li> <li>2. Writing Papers.</li> </ol>	<ul style="list-style-type: none"> <li>▪ Faculty members</li> </ul>	31-12-2024
C. Course Evaluation	C1. Increasing the number of students that evaluated the courses	C1.1 Percentage of answered questionnaires for the courses that were evaluated during the previous academic year.	20%	60%	<ol style="list-style-type: none"> <li>1. Encouraging postgraduate students to participate in the evaluation.</li> </ol>	<ul style="list-style-type: none"> <li>▪ Program Director</li> <li>▪ Faculty members</li> <li>▪ Program Secretariat</li> </ul>	31-12-2024

					<ol style="list-style-type: none"> <li>2. Emphasizing the importance of the evaluation towards improving the educational process.</li> <li>3. Reminder to participate in the evaluation through emails sent by the Program's Secretariat.</li> </ol>		
D Strengthening Extroversion	D1. Increasing the number of invited lecturers from various institutions (Research Institutes, Universities, etc)	D1.1. Average number of invited lecturers per academic year	10	12	<ol style="list-style-type: none"> <li>4. Encouraging Faculty staff members to organize seminars where invited lecturers will participate.</li> </ol>	<ul style="list-style-type: none"> <li>▪ Program Director</li> <li>▪ Faculty members</li> </ul>	31-12-2024

\* The implementation of a Thesis is obligatory for this IPPS

