

Laboratory of Exercise Psychology & Quality of Life

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Laboratory Director (2014): [Papaioannou Athanasios](#) , Professor

Laboratory Director since its inception up to 2014: [Theodorakis Yannis](#) , Professor

The Laboratory of Exercise Psychology and Quality of Life focuses on promoting research, teaching, development and implementation of optimal human performance programs, enhancing quality of life through physical education, lifelong exercise and sport participation. The activity of the Laboratory and its members are multi-dimensional and in a wide variety of fields.

Research: Our laboratory has research expertise in all areas of Exercise and Sport and Performance Psychology. Its members have published widely in both Greek and international journals. Also, our laboratory researchers are editors, section editors and have served as members of Editorial Boards as well as reviewers in prominent international scientific journals, such as the official journal of the International Society of Sport Psychology which is administered by three members of our lab from the roles of Editor, Assistant Editor and Section Editor respectively

Books: Laboratory members have edited, authored and coauthored various books and / or book chapters, in Greece and abroad, within the domains of Sports Psychology, Physical Education Pedagogy, Physical Education, in sports and exercise settings. These books have been used widely across the country and the world, such as the Routledge Companion of Sport and Exercise Psychology (Ed. A. Papaioannou) containing 62 chapters from 144 authors in 24 countries.

Physical Education: Our Laboratory members have participated in every major educational reform in the area of Physical Education in our country over the last 15 years which are: the "Olympic Education" Program (nation-wide program, 2000-2006), the Program promoting societal equality **"Kallipateira"** (nation-wide program, 2006-2008). They

have also been **actively involved in the book writing process guided by the Greek Pedagogical Institute** for Physical Education for the 5th grade Elementary School class to the 3rd grade High School class (teacher and student books, 2003-2006), in the writing of the new **"Curriculum for Physical Education in High School"** by reforming curricula entitled "NEW SCHOOL" (2011-2012), and recently drafting on the New Curriculum and Teaching Guide for High School Physical Education (2014-2015).

They have also participated in the **PAPA program** (Promoting Adolescent Physical Activity-PAPA) funded by the European Union (FP7, Health Framework, 2009-2013). This program involved five countries [UK, Program leader, France, Norway, Greece; (University of Thessaly) and Spain], almost 1,400 football coaches who attended interactive seminars and 10,000 children. The Department of Physical Education and Sport Science headed by Professor Athanasios Papaioannou along with a teaching and research team delivered to coaches workshops on how they can initiate a motivating atmosphere that creates a more empowering sport experience and ultimately facilitate children continued participation in sport activities.

Thalis program : Exercise, Smoking, & Alcohol: Investigation of Mechanisms, & Interventions for Prevention, Cessation & Awareness: The aim of this project is to develop a theoretical and applied framework of support and self-regulation for smokers and alcoholics in order to aid cessation.

Postgraduate Programs: The Department has organized and is responsible for conducting two postgraduate Sport Psychology programs. The "Psychology of Exercise" program (<http://postgrad.pe.uth.gr/pse/>) and, in collaboration with three European universities, the "ERASMUS MUNDUS European Master in Sport Exercise Psychology" program (<http://postgrad.pe.uth.gr/emsep/>), which is a highly competitive program supported by scholarships and funded by the European Union. Overall, 33 international graduate students from 22 countries around the world (e.g. USA, Australia, Brazil, Ethiopia, India, Iran, Canada, China, Colombia, and in many countries of Europe) have already attended this postgraduate program (EMSEP)

Exercise and Health Education Programs: Laboratory has developed and deployed a variety of programs relating to health education, exercise, nutrition and smoking cessation, whose material is organized and delivered in the form of manuals for all, and is also available online.

Conferences: Our Laboratory has organized the 10th World Congress of Sport Psychology (2001), the 12th European Congress of Sport Psychology (2007), and regularly organizes National Congresses of Sport Psychology (1998, 2004, 2006, 2010 and 2014).