



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ

Εθνικόν και Καποδιστριακόν
Πανεπιστήμιον Αθηνών

ΙΔΡΥΘΕΝ ΤΟ 1837

SCHOOL: SCHOOL OF HEALTH SCIENCES MEDICAL SCHOOL

APPENDIX A12 Regulation of studies, practical training, mobility, and thesis preparation of the MSc Program "Women's Health" (MSc in Women's Health) of the Medical School of the National and Kapodistrian University of Athens

ATHENS 2024

Regulations of the Master's Program "Women's Health" (MSc in Women's Health) of the Medical School of the National and Kapodistrian University of Athens

ARTICLE 1. OBJECTIVE-PURPOSE 1.1 The aim of the MSc in "Women's Health" (MSc in Women's Health) is the education of medical professionals and all healthcare workers in all medical conditions, beyond reproduction, that have different natural progressions in women, with the primary goal of prevention and quality of life. Key areas of interest include gynecological endocrinology, gynecological cardiology, management of menopause and early ovarian failure, osteoporosis, and mental health of women. Additionally, the aim of the program is to educate healthcare professionals who work with women in primary and secondary prevention through non-medical interventions, such as lifestyle management. 1.2 The MSc leads to the award of a Master's Degree in "Women's Health" (MSc in Women's Health) after the full and successful completion of studies based on the curriculum. 1.3 The degree is awarded by the Medical School of the National and Kapodistrian University of Athens. 1.4 Learning outcomes, qualifications obtained from the successful completion of the MSc: Prospective application of specialized knowledge in the management of diseases and clinical needs of women (excluding reproduction), conducting courses in MSc programs, and pursuing doctoral studies at the National and Kapodistrian University of Athens.

ARTICLE 2. STRUCTURE AND ORGANS OF THE MSc The competent bodies for the operation of the MSc, according to Law 4957/2022, are: 2.1 At the institutional level, the competent bodies are the Graduate Studies Committee and the Senate. 2.2 At the level of the Medical School, the competent bodies are: 2.2.1 The Assembly of the School. The duties of the Assembly are to: a) propose to the Senate, through the Graduate Studies Committee, the need to establish/modify an MSc program, as well as extend the duration of the MSc program, b) appoint the Director and the members of the Steering Committee of each MSc program of the Medical School, c)

propose representatives for the designation of Program Committees for Graduate Programs in which the Medical School participates, d) form committees to evaluate applications of prospective graduate students and approve their enrollment in the MSc program, e) assign teaching duties among the instructors of the MSc program and may assign additional teaching duties to PhD candidates of the Department or School, under the supervision of an MSc instructor, f) form examination committees for the evaluation of theses of graduate students and appoint a supervisor for each thesis, g) confirm the successful completion of studies and award the Master's Degree, h) approve the annual report of the MSc program, upon proposal from the Steering Committee, i) assign graduate students to carry out auxiliary teaching duties in undergraduate programs of the Department, j) exercise any other legal responsibilities. By a decision of the Department Assembly, the responsibilities of paragraphs d) and f) may be transferred to the Steering Committee of the MSc.

2.2.2 The Steering Committee (S.C.)

The S.C. consists of the Director of the MSc program and four (4) faculty members of the Medical School, as well as emeritus professors, who have related expertise to that of the MSc program and undertake teaching work in the program. The members of the S.C. are determined by a decision of the Assembly of the Medical School. The S.C. is responsible for monitoring and coordinating the operation of the program, particularly:

- a) preparing the initial annual budget of the MSc and its modifications, if the program has resources, and proposing its approval to the Research Committee of the Special Fund for Research (ELKE),
- b) preparing the program's report and proposing its approval to the Assembly of the Medical School,
- c) approving expenditures for the MSc program,
- d) approving the granting of scholarships, whether compensatory or not, according to the regulations of the MSc program and the Graduate and Doctoral Studies Regulation,
- e) proposing to the Assembly of the Medical School the allocation of teaching duties and the assignment of teaching work,
- f) proposing to the Assembly of the Medical School the invitation of Visiting Professors to cover teaching needs of the MSc program,
- g) preparing a proposal for modifying the curriculum, which is submitted to the Assembly of the Medical School,
- h) proposing to the Assembly of the Medical School the redistribution of courses between academic semesters, as well as matters related to the quality enhancement of the curriculum.

2.2.3 The Director of the MSc Program

The Director of the MSc program is appointed from the faculty members of the Medical School, preferably at the rank of professor or associate professor, by a decision of the Assembly of the Medical School for a two-year term, renewable without limitation. The Director has the following responsibilities:

- a) presides over the Steering Committee, prepares the agenda, and convenes its meetings,
- b) proposes matters regarding the organization and operation of the MSc program to the Assembly of the Medical School,
- c) proposes to the Steering Committee and other bodies of the MSc and the University matters related to the effective operation of the program,
- d) is the Scientific Director of the program and exercises the corresponding responsibilities,
- e) monitors the implementation of decisions of the program's bodies and the Internal Regulation of Graduate and Doctoral Programs, as well as the monitoring of the program's budget execution,
- f) exercises any other responsibility defined in the decision establishing the MSc.

The Director and members of the Steering Committee are not entitled to remuneration or any compensation for performing the duties assigned to them related to their responsibilities.

2.3 Secretariat support for the MSc

a) The Secretariat of the Department is responsible for providing secretarial and administrative support to the

MSc program. b) The MSc program may hire external collaborators for secretarial and administrative support, according to current legislation, who will also be under the supervision of the Secretariat of the Medical School.

ARTICLE 3. CATEGORIES AND NUMBER OF ADMISSIONS 3.1 Applicants to the MSc program include graduates of universities from faculties/departments of 1) Medicine, 2) Nutrition-Dietetics, 3) Psychology, 4) Bio-medical sciences, 5) Nursing, 6) Midwifery, 7) Physiotherapy, 8) Molecular Biology, 9) Physical Education, 10) Public Health, and any relevant undergraduate program and related departments of domestic or recognized foreign institutions, as well as graduates of Technological Educational Institutes (TEIs) with related fields. 3.2 The maximum number of students admitted to the MSc program is 40 in total. The maximum number of admissions is determined based on the number of instructors in the MSc program and the student-teacher ratio, available infrastructure, classrooms, and the absorption of graduates into the job market. 3.3 In addition to the number of students, one (1) member of the categories E.E.P., E.D.I.P., and E.T.E.P. is admitted each year, provided that their work at the institution is related to the MSc's field.

ARTICLE 4. ADMISSION PROCEDURE

4.1 Student selection is carried out according to the current legislation, the MSc and Doctoral Studies Regulations of the University of Athens, and the provisions of these regulations.

4.2 Every February, by decision of the Assembly of the Medical School of the University of Athens, a call for applications for admission to the MSc program is published and posted on the Medical School and University website. The relevant applications, along with the required documents, are submitted to the Secretariat of the MSc program within a deadline specified in the call, which may be extended by decision of the Assembly of the Medical School.

4.3 The Assembly of the Medical School assigns the selection process of admitted students to the Coordinating Committee (C.C.) or appoints a selection committee, which consists of at least three faculty members who are involved in teaching within the Postgraduate Program (P.P.S.).

4.4 The required supporting documents are:

- Application form
- Curriculum vitae
- Photocopy (both sides) of the identity card
- Degree certificate or certificate of completion of studies
- Detailed transcript of undergraduate courses
- English language proficiency certificate or examination results
- Letters of recommendation
- Scientific publications, if available
- Proof of professional or research activity, if available

- Certificate of Greek language proficiency or sufficient knowledge of the Greek language, as verified by the Admissions Committee of the P.P.S., for foreign candidates wishing to participate in a P.P.S. conducted in Greek
- Recognition of foreign academic degree

4.5 For students from foreign institutions who do not submit a certificate of academic degree recognition from the Hellenic National Academic Recognition and Information Center (H.N.A.R.I.C. / Δ.Ο.Α.Τ.Α.Π.), the following procedure is followed:

The Assembly of the Medical School establishes a committee responsible for determining whether a foreign institution or a type of foreign institution degree is recognized. To have a degree recognized, the following conditions must be met:

- The institution awarding the degrees must be included in the list of foreign institutions maintained and updated by the Hellenic National Academic Recognition Information Center (DOATAP).
- The student must provide a certificate of the place of study, which is issued and sent by the foreign university. If the place of study or part of it is certified as being within the Greek territory, the degree will not be recognized unless the part of the studies conducted within Greek territory takes place at a public university.

4.6 Evaluation of candidates and selection of admitted students is based on the following criteria:

- Degree grade (5% weighting)
- Grade in undergraduate courses related to the subject of the postgraduate program (5% weighting)
- Relevance of the university degree and the candidate's knowledge to the subject of the postgraduate program (5% weighting)
- Certified knowledge of the English language (5% weighting)
- Scientific publications, participation in conferences (5% weighting)
- Letters of recommendation (5% weighting)
- Relevant research or professional activity (5% weighting)
- Possession of a postgraduate or doctoral degree (5% weighting)
- Oral interview with a three-member committee appointed by the Senate (60% weighting)

4.7 Based on the overall criteria, the Senate or the selection committee compiles the evaluation list of students and submits it for approval to the Assembly.

Successful candidates must register with the Secretariat of the Postgraduate Program within thirty (30) days from the decision of the Assembly.

In the case of a tie (rounded mathematically to the nearest integer of the 100-point scale), candidates who tie are admitted, with a percentage not exceeding 10% of the maximum number of places available.

In case of non-registration by one or more students, waitlisted candidates (if available) will be invited to register, according to their rank on the approved evaluation list.

ARTICLE 5. DURATION OF STUDIES

5.1 The duration of studies for the Postgraduate Program (P.M.S.) leading to the award of a Master's Degree (M.D.S.) is set at 4 academic semesters, which includes the time for the completion of the dissertation.

5.2 There is an option for part-time study and extension of studies, upon a justified application by the student and approval by the Assembly of the Medical School. The extension does not exceed two (2) academic semesters. Therefore, the maximum allowed time to complete the studies is set at six (6) academic semesters.

Students eligible to apply for part-time study include:

- Students who are proven to work at least twenty (20) hours per week.
- Students with disabilities and special educational needs.
- Students who are also athletes and are members of sports clubs registered in the electronic register of sports clubs of Article 142 of Law 4714/2020.

5.3 There is also an option for extension, upon a justified application by the student and approval by the Assembly of the Medical School. The extension does not exceed two (2) academic semesters, and thus the maximum allowed time to complete studies is six (6) academic semesters.

5.4 Students who have not exceeded the maximum study duration, upon a justified application to the Assembly of the Medical School, may interrupt their studies for a period not exceeding two (2) consecutive semesters. Suspension of studies is granted for serious reasons (military service, illness, maternity leave, studying abroad, etc.). The application must be justified and accompanied by relevant documentation from competent public authorities or organizations to prove the reasons for the suspension.

5.5 The duration of the suspension or extension of the study period is discussed and approved case-by-case by the Senate, which then reports to the Assembly of the School/Department.

ARTICLE 6. PROGRAM OF STUDIES

6.1 The Postgraduate Program begins in the winter semester of each academic year.

6.2 A total of 120 ECTS credits are required to obtain a diploma from the Postgraduate Program. All courses are taught weekly and may include laboratory exercises, seminars, and practical training as appropriate.

6.3 The language of instruction and writing of the postgraduate thesis is Greek or English.

6.4 During the studies, postgraduate students are required to attend and successfully pass postgraduate courses, engage in research work, clinical work, write and/or present scientific papers, and complete a postgraduate dissertation.

6.5 The completion of the dissertation takes place in the 4th semester of study and is credited with 30 ECTS.

6.6 There is an option for practical training in collaborating clinical units to acquire the required practical experience, under the supervision of a supervising faculty member. The practical training lasts for the 1st semester and is credited with 30 ECTS, and it is mandatory.

6.7 Teaching is primarily face-to-face. In some cases, up to 10% of the total teaching may be conducted as synchronous or asynchronous distance learning for educational purposes, in accordance with current legislation. Distance learning may exceed this percentage in exceptional cases, as determined by the current health guidelines of the Senate of the National and Kapodistrian University of Athens (EKPA) or the President of the Medical School.

6.8 The indicative course schedule is as follows:

1st Semester: CLINICAL TRAINING-1 Mandatory Courses

- Research Methodology-Statistics: 3 hours * 13 weeks = 39 hours, 6 ECTS
- Gynecological Endocrinology: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Menopause-Perimenopause: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Skeletal Health of Women: 3 hours * 13 weeks = 39 hours, 8 ECTS Total: 156 hours, 30 ECTS

2nd Semester: CLINICAL TRAINING-2 Mandatory Courses

- Metabolic Disorders and Cardiovascular Diseases in Women: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Urogenital Syndrome-Sexual Health-Psychological Health-Neurological and Cognitive Disorders-Dermatology in Women: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Breast Cancer and Gynecological Cancer Prevention: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Women's Quality of Life (Nutrition-Supplements-Weight Management-Physical Exercise-Fall Prevention and Sarcopenia): 3 hours * 13 weeks = 39 hours, 6 ECTS Total: 156 hours, 30 ECTS

3rd Semester: CLINICAL PRACTICE Mandatory Courses

- Case Studies: Menopause-Perimenopause Clinic and Early Ovarian Insufficiency / Practical Training: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Case Studies: Osteoporosis Clinic / Practical Training: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Case Studies: Cardiovascular and Metabolic Health Clinic / Practical Training: 3 hours * 13 weeks = 39 hours, 8 ECTS
- Case Studies: Urogynecology Clinic / Psychiatric Health Clinic / Breast Clinic / Practical Training: 3 hours * 13 weeks = 13 hours, 6 ECTS Total: 156 hours, 30 ECTS

4th Semester: Focused Research

- Completion of Postgraduate Thesis: 30 ECTS Total: 30 ECTS

B. Course Content/Description

1st Semester: CLINICAL TRAINING-1

Mandatory Courses:

Research Methodology-Statistics (3 hours/week x 13 weeks)

1. Evidence-based Medicine - Literature Review with Computer Use
2. Introduction to Biostatistics - Definition of Statistics
3. Descriptive Statistics
4. T-Test / Chi-Square Test
5. Non-Parametric Tests
6. Correlation Coefficients - Simple Linear Regression - ANOVA
7. Multiple Linear Regression - Logarithmic Dependence
8. Evaluation of Laboratory Findings
9. Sampling Methods - Repeated Measurements
10. Types of Medical Research
11. Systematic Reviews – Meta-Analyses
12. Writing a Scientific Paper
13. Evaluation of Scientific Articles from Journals and Publication Process

Gynecological Endocrinology (3 hours/week x 13 weeks)

1. Physiology of the Hypothalamic-Pituitary-Gonadal Axis in Women
2. Laboratory Evaluation of Hormones in Gynecological Endocrinology
3. Pediatric Endocrinology – Gonadal Disorders (Disorders of Sexual Differentiation, PCOS, Early Puberty)
4. Menstrual Cycle Disorders – Causes, Investigation
5. Menstrual Cycle Disorders – Management
6. Contraception
7. Polycystic Ovary Syndrome

8. Congenital Adrenal Hyperplasia
9. Pituitary Adenomas
10. Hypothalamic Amenorrhea – Neurogenic Anorexia – Female Athlete Triad
11. Endometriosis – Adenomyosis
12. Premenstrual Syndrome
13. Thyroid and Women (Effect of Estrogens on Thyroid Hormone Metabolism, Changes in Thyroid Function During Pregnancy, Puerperium, and Menopause)
- CLIMACTERIC-MENOPAUSE** 3 hours/week x 13 weeks
14. Physiology of Menopausal Transition – Diagnosis of Menopause and Low Ovarian Reserve – Menopausal Symptoms
15. Long-Term Effects of Menopause: Osteoporosis – Cardiovascular Diseases – Cognitive Decline and Dementia – Weight Disorders and Sarcopenia
16. Preventive Screening for Women Transitioning to Menopause: Pap Test and HPV Screening, Breast Screening, Osteoporosis Screening, Endometrial Screening
17. Randomized Clinical Trials and Major Observational Studies on Women's Health and Aging (WHI, KEEPS, DOPS, ELITE, Million Women Study, Nurses Health Study, French E3N, SWAN, English Longitudinal Study on Aging, ELSA, Australian Longitudinal Study on Women's Health, ALSWH, InterLACE)
18. Nutrition, Exercise, and Lifestyle During Menopausal Transition
19. Hormone Therapy in Menopause: Hormone Therapy Regimens, Indications, Contraindications, Benefits and Side Effects, Monitoring of Patients on Hormone Therapy, Duration of Treatment
20. Premature Ovarian Insufficiency
21. Hormone Therapy in Women with Coexisting Pathology (Diabetes, Cardiovascular Disease, Cardiovascular Risk Factors, Endocrine and Metabolic Diseases)
22. Hormone Therapy in Women with Coexisting Pathology (Neurological Diseases, Gastrointestinal Diseases, Connective Tissue Diseases, Mood and Sleep Disorders)
23. Hormone Therapy in Women with Breast Diseases and Gynecological Diseases
24. Menopausal Care for Women After Breast Cancer or Gynecological Cancer
25. Non-Estrogenic Treatments for Menopausal Effects: 1. Neurokinin Receptor Inhibitors, SSRIs, and Other Medications for Menopausal Symptoms 2. Systemic Testosterone Therapy for Hypoactive Sexual Desire Disorder 3. Non-Pharmacological Treatments for Menopausal Symptoms (Dietary Supplements, Behavioral Therapy, Yoga, etc.)
26. Hormone Therapy and Care of Transgender Women

MUSCULOSKELETAL HEALTH IN WOMEN 3 hours/week x 13 weeks

1. Anatomy-Physiology of the Musculoskeletal System – Differences Between Women and Men
2. Pathogenesis and Clinical Picture of Postmenopausal Osteoporosis
3. Diagnosis of Osteoporosis – Identifying High-Risk Women for Fracture
4. Exercise in Osteoporosis Treatment and Fracture Prevention
5. Nutrition, Dietary Supplements, and Lifestyle in Osteoporosis Treatment
6. Treatment of Postmenopausal Osteoporosis – Anti-Osteoclastic Therapies

7. Treatment of Postmenopausal Osteoporosis – Anabolic Therapies and Newer Treatments
8. Surgical Treatment of Osteoporotic Fractures in Women
9. Thyroid/Parathyroid Diseases and Skeletal Health in Women
10. Osteoporosis in Women with Coexisting Pathologies (Rheumatologic Diseases, Hematologic Diseases, Long-Term Corticosteroid Use, Chronic Kidney Disease, Paget's Disease)
11. Premenopausal Osteoporosis
12. Musculoskeletal Pain and Osteoarthritis in Menopause
13. Sarcopenia – Sarcopenic Obesity in Menopause

Second Semester: CLINICAL TRAINING-2

Compulsory Courses

METABOLIC DISORDERS AND CARDIOVASCULAR DISEASES IN WOMEN 3

hours/week x 13 weeks

1. Weight Management During Menopausal Transition
2. Diabetes Treatment in Women After Menopause
3. Lipid Profile Disorders in Women – Effect of Hormonal Factors – Treatment
4. Non-Alcoholic Fatty Liver Disease
5. Hypertension in Women
6. Menopause and Cardiovascular Changes. Preventive Cardiological Screening and Cardiovascular Risk Calculation in Midlife Women (See Maas 2024 Maturitas Female-Specific CVD Risk Factors)
7. Female Cardiovascular Risk Factors (Preeclampsia, Type 2 Diabetes, PCOS, Endometriosis, Early Ovarian Insufficiency, Infertility, Breast Cancer Treatments)
8. Ischemic Heart Disease in Women / MINOCA / Takotsubo Cardiomyopathy
9. Stroke in Women
10. Heart Failure in Women
11. Arrhythmias in Women (Supraventricular Tachyarrhythmias, Atrial Fibrillation)
12. Cardiovascular System and Comorbidities in Women (Chronic Inflammatory Diseases, Migraine, Depression, Dementia)
13. Cardiac Rehabilitation in Women

UROGENITAL SYNDROME-SEXUAL HEALTH-MENTAL HEALTH – SKIN PATHOLOGY IN WOMEN 3 hours/week x 13 weeks

1. Menopausal Urogenital Syndrome (GSM) Clinical Picture, Diagnosis, Conservative Treatment
2. Menopausal Urogenital Syndrome: New Treatments (Laser, PRP, Hyaluronic Acid)
3. Sexual Dysfunction: Diagnosis and Management
4. Urinary Incontinence. Definitions, Clinical Assessment, and Urodynamic Testing
5. Urinary Incontinence: Management
6. Pelvic Organ Prolapse: Definitions and Diagnostic Approach
7. Pelvic Organ Prolapse: Surgical Treatment and New Treatments

8. Hair Disorders in Women: Hirsutism, Alopecia. Clinical Assessment, Investigation, and Management
9. Acne
10. Skin Aging and Prevention and Treatment Methods
11. Plastic Surgery and Women
12. Emotional Disorders During Hormonal Transitions in Women: Adolescence, Puerperium, Menopause
13. Psychological Support for Women During Menopausal Transition

NEUROLOGICAL AND COGNITIVE DISORDERS - BREAST CANCER AND GYNECOLOGICAL CANCER PREVENTION 3 hours/week x 13 weeks

1. Sleep Disorders in Women
2. Depression in Elderly Women
3. **Eating Disorders and Weight Management in Women**
4. **Cognitive Disorders and Dementia in Women**
5. **Psychotic Disorders in Women**
6. **Domestic Violence and Abuse in Women**
7. **Mental Health of Women at Work**
8. **Breast Cancer Prevention**
9. **Endometrial Cancer Prevention**
10. **Ovarian Cancer Prevention**
11. **Cervical Cancer and Vulvar Cancer Prevention**
12. **Gynecological Infections**
13. **Abnormal Vaginal Bleeding (AUB) – Investigation and Management**

QUALITY OF LIFE OF WOMEN (NUTRITION – DIETARY SUPPLEMENTS – WEIGHT MANAGEMENT – PHYSICAL EXERCISE – FALLS PREVENTION AND SARCOPENIA)
3 hours/week x 13 weeks

1. Exercise & Metabolism. Adaptation of women to physical exercise on an acute and chronic basis.
2. Muscle Atrophy – Sarcopenia – Muscle Strengthening – Methods for Measuring Muscle Strength.
3. Exercise After Menopause.
4. Identifying Patients at Increased Risk for Falls – Fall Prevention Interventions by a Physiotherapist.
5. Nutritional Patterns for Weight Management – Types of Diets (Intermittent Fasting, Ketogenic Diets, Vegetarian Diets, etc.).
6. Dietary Supplements, Metabolism, and Weight Management.
7. Dietary Supplements and Female Cycle Disorders (Premenstrual Syndrome, Functional Cycle Disorders, Menopause).
8. Lifestyle Changes in Women for Healthy Aging.
9. Cardiometabolic Health and Dietary Supplements.
10. Prevention of Cardiometabolic Diseases through Lifestyle Management (Cardiovascular Diseases, Diabetes, MAFLD).
11. Prevention of Cognitive Decline through Non-pharmacological Interventions.

12. Emotional Health: Prevention and Management of Emotional Disorders through Non-pharmacological Interventions.
 13. Skin Health: Prevention and Non-pharmacological Treatments. Hair Health: Non-pharmacological Interventions.
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ARTICLE 7. DISTANCE EDUCATION

7.1 The program of the Master's Degree includes in-person attendance as the primary teaching method. The use of distance education is preferred as a complementary tool to in-person education, facilitating the invitation and participation of distinguished scientists from abroad. Furthermore, the use of modern distance teaching techniques enables students outside Athens to participate in lectures and clinical case presentations. Specifically, the lectures and clinical case presentations during the first two semesters may also be held using modern distance education methods. The proposed teaching material is available in digital form and will be available within the asynchronous distance education framework. The third semester includes practical training courses, and students' physical presence is mandatory. During the 4th semester, when each student works with their supervisor on the thesis, the collaboration can occur through both distance education methods and physical presence in the supervisor's workspaces.

7.2 Student evaluation is conducted in person. Digital assessment methods are only allowed as supplementary tools. There is also the possibility of submitting assignments, including theses, using distance techniques.

7.3 To participate in distance education, each student must have access to a computer connected to the internet and possess a remote communication platform for teleconferencing on their personal computers.

ARTICLE 8. EXAMINATIONS AND EVALUATION OF POSTGRADUATE STUDENTS

8.1 The educational work of each academic year is structured into two semesters, the winter and spring semesters, each of which includes at least thirteen (13) weeks of teaching and three (3) weeks of examinations. The courses of the winter and spring semesters are retaken during the September period.

8.2 If a course cannot be conducted, it will be rescheduled. The date and time of the rescheduled course will be posted on the Master's program website.

8.3 Attendance at courses/laboratories is mandatory. A postgraduate student is considered to have attended a course (and thus has the right to participate in exams) only if they have attended at least 90% of the course hours. Otherwise, the student must retake the course in the following academic year. If the student's absences exceed 10% across all courses, they may be dismissed. This issue will be reviewed by the Academic Council, which will provide its opinion to the Faculty Assembly.

8.4 The evaluation of postgraduate students and their performance in the courses they are required to take as part of the program is conducted at the end of each semester with written or oral exams, through assignments throughout the semester, or with intermediate progress tests, written papers, laboratory or clinical exercises, or a combination of all the above. The evaluation method is defined by the instructor of each course. During written or oral exams, the integrity of the process must be ensured. Grading is done on a scale of 1-10. The exam results will be announced by the instructor and sent to the Master's Program Secretariat and the Department

within four (4) weeks after the exam. In case of repeated delays by an instructor, the Program Director will inform the Faculty Assembly.

8.5 The participation rate of laboratory exercises, assignments, and seminars in the final grade of each course is determined separately for each course, based on the proposal of the course instructor, and is stated in the Program's Study Guide.

8.6 In cases of emergencies or circumstances of force majeure, alternative evaluation methods may be applied, such as conducting written or oral exams using electronic means, provided the integrity of the evaluation process is ensured.

8.7 Alternative evaluation methods may be applied for students with disabilities and special educational needs, following the decision of the Academic Council and the recommendation of the Department's Disability Committee, taking into account the relevant guidelines from the Accessibility Unit for Students with Disabilities.

8.8 Evaluation of students in programs using distance education methods can be conducted through distance exams, provided the integrity of the evaluation process is ensured.

8.9 In cases of illness or recovery from a serious illness, the instructor should facilitate the student's participation in exams in any manner deemed appropriate (e.g., oral remote examination). During oral exams, the instructor ensures that they are not alone with the examined student.

8.10 Courses where a student does not obtain a passing grade must be retaken. However, laboratory work or exercises graded separately are considered passed and do not need to be repeated if attendance is deemed successful.

8.11 Grade corrections are allowed if a clear mistake or cumulative error has occurred, following a written request from the instructor and a decision by the Faculty Assembly.

8.12 If a student fails more than three (3) times in the same course, the procedure outlined by the applicable law is followed.

8.13 Written exams must be kept for two (2) years by the responsible instructor.

8.14 To calculate the degree grade, the weight of each course in the program is considered, expressed by the number of ECTS credits. The number of ECTS credits also serves as the weight factor for that course. To calculate the degree grade, each course grade is multiplied by the respective number of credits, and the total sum of these products is divided by the total ECTS required for the degree. This calculation is expressed by the following formula:

$$\text{Βαθμός πτυχίου/διπλώματος} = \left(\sum_{k=1}^N \text{BM}_k \cdot \text{PM}_k \right) / \Sigma \text{ECTS}$$

where:

N = number of courses required for the respective degree

BM_k = grade of course k

PM_k = credits of course k

ΣECTS = total credits required for the degree

To obtain an MSc, each student must complete and successfully pass all required and elective courses in the program, and submit a Master's thesis, accumulating 120 ECTS.

ARTICLE 9. MASTER'S THESIS

9.1 The assignment of a Master's Thesis (MT) is done after the completion of all courses in the study program and successful examination in them.

9.2 The MT must be individual, original, research-oriented, or a review, and must be written according to the writing guidelines posted on the program's website.

9.3 After a student's application, which includes the proposed title, the supervisor, and a summary of the proposed thesis, the Coordinating Committee assigns the supervisor and forms a three-member examination committee to approve the thesis, one of whom is the supervisor. The language of the thesis can be English or Greek and is determined along with the topic assignment.

9.4 The thesis title can be finalized after a student's application and the agreement of the supervisor with the Coordinating Committee. The application must include a brief justification for the change.

9.5 To approve the thesis, the student must defend it before the three-member examination committee.

9.6 The supervisor and the members of the three-member thesis committee must be from the following categories, with teaching duties in the program:

- a) Members of Teaching and Research Staff (D.E.P.), Special Teaching Staff (E.E.P.), Laboratory Teaching Staff (E.D.I.P.), and Special Technical Laboratory Staff (E.T.E.P.) from the Department or other departments of the University of Athens or other higher education institutions,
- b) Emeritus professors or retired faculty members,
- c) Collaborating professors,
- d) Appointed lecturers,
- e) Visiting professors or researchers,
- f) Researchers and specialist operational scientists from research and technological institutions.

By decision of the Coordinating Committee, thesis supervision can be assigned to members of the faculty who do not have teaching duties in the program.

9.7 Master's theses, once approved by the examination committee, must be uploaded to the "PERGAMOS" Digital Repository, following the decisions of the University Senate.

9.8 If the Master's Thesis (M.Sc. Thesis) contains original, unpublished results, only the abstracts may be published on the website, upon request of the supervisor, co-signed by the postgraduate student. The full text may be published at a later stage.

ARTICLE 10. RIGHTS AND OBLIGATIONS OF POSTGRADUATE STUDENTS

10.1 Postgraduate students have all the rights and benefits granted to undergraduate students until the end of any approved extension of studies, except for the right to receive free textbooks.

10.2 The Institution ensures that students with disabilities and/or special educational needs have access to the suggested textbooks and teaching (<https://access.uoa.gr/>).

10.3 The Career Office of NKUA provides counseling services to students regarding academic and career guidance (<https://www.career.uoa.gr/ypiresies/>).

10.4 Postgraduate students are invited to participate in and attend research group seminars, literature review discussions, laboratory visits, conferences/workshops relevant to the subject of the MSc program, lectures, and other scientific events organized by the MSc program.

10.5 The Assembly of the NKUA Medical School, following a recommendation from

the Coordinating Committee, may decide to expel a postgraduate student if:

- they exceed the maximum number of allowed absences,
- they fail in one or more courses and have not successfully completed the program as defined in this regulation,
- they exceed the maximum study duration in the MSc program as defined in the regulation,
- they violate current regulations regarding disciplinary offenses, as assessed by the competent disciplinary bodies,
- they do not pay the prescribed tuition fees,
- they voluntarily request their withdrawal.

10.6 In case of withdrawal from the MSc program, the student may request a certificate for any successfully completed courses.

10.7 Students may participate in international student exchange programs such as ERASMUS+ or CIVIS, in accordance with applicable legislation. In this case, the maximum number of ECTS credits that may be recognized is thirty (30). This opportunity is available after the first semester of studies. Students must apply to the Coordinating Committee and comply with the terms of the exchange program.

The MSc program may also be attended by students from international exchange programs, such as ERASMUS+, under existing cooperation agreements.

10.8 Students may undertake a practical training placement as part of postgraduate programs related to women's health. The internship corresponds to thirty (30) ECTS, which count toward the total of one hundred and twenty (120) ECTS of the standard curriculum. The internship may also be completed through exchange programs, such as Erasmus+, according to applicable legislation.

10.10 Postgraduate students of NKUA may enroll in other MSc programs at the same or other higher education institutions in Greece or abroad as part of educational or research cooperation programs, in accordance with current legislation.

10.11 Concurrent enrollment in an undergraduate and a postgraduate program, or in two (2) postgraduate programs at the same or different Departments/Institutions is permitted.

10.12 At the end of each semester, each course and instructor is evaluated by the postgraduate students (see Article 19).

10.13 Postgraduate students may request the issuance of a diploma supplement in both Greek and English.

10.14 For their participation in the MSc in Women's Health, students are required to pay tuition fees amounting to €1,000 per semester. Payment is made at the beginning of each semester.

ARTICLE 11. TUITION FEE EXEMPTIONS

11.1 MSc students who meet the economic or social criteria and have demonstrated academic excellence during their undergraduate studies are exempt from tuition fees, according to current legislation. This exemption applies to participation in only

one MSc program. In all cases, exempted students may not exceed thirty percent (30%) of the total number of students admitted to the MSc program per academic year.

11.2 The application for exemption from tuition fees is submitted after the completion of the selection process for the MSc students. A candidate's financial status shall in no case be grounds for non-selection.

11.3 Exemption is not granted to those receiving a scholarship from another source or to citizens of non-EU countries.

11.4 The criteria for exemption from tuition fees are reviewed by the School/Department Assembly, which issues a reasoned decision accepting or rejecting the application.

11.5 If the current legislation sets an age criterion, it is recommended, for the sake of good administration and equal treatment, to consider December 31 of the birth year as the reference date for determining the student's age.

11.6 Members of the EEP (Special Teaching Staff), EDIP (Special Laboratory Teaching Staff), and ETEP (Special Technical Laboratory Staff), who are accepted as supernumerary students according to provision 9.5c of this regulation, are exempt from tuition fees.

11.7 In the case of two members of the same family up to the second degree (by blood or marriage) being enrolled simultaneously in MSc programs at the Institution, a 50% reduction in tuition fees may be granted.

ARTICLE 12. SCHOLARSHIPS AND AWARDS

Students may not receive scholarships or awards for the completion of their studies.

ARTICLE 13. INFRASTRUCTURE AND FUNDING OF THE MSc PROGRAM

13.1 For the effective operation of the MSc program, teaching and seminar rooms, auditoriums equipped with audiovisual media, and laboratories of the Medical School are provided.

13.2 Administrative and secretarial support for the MSc program is provided by the Secretariat of the Medical School.

13.3 Funding for the MSc program may come from:

- a) tuition fees,
- b) donations, sponsorships, and any kind of financial support,
- c) bequests,
- d) resources from research projects or programs,
- e) own resources of the Higher Education Institution (HEI), and
- f) the state budget or the Public Investment Program,
- g) any other legal source.

13.4 The payment of tuition fees is made by the student themselves or by a third natural or legal person on behalf of the student, provided that this is stipulated in the decision establishing the Postgraduate Program (PSP).

13.5 The management of the resources of the PSPs of the HEI is carried out by the Special Account for Research Funds (ELKE) of the National and Kapodistrian University of Athens (NKUA).

13.6 The resources of the PSPs are allocated as follows:

- (a) an amount corresponding to thirty percent (30%) of the total revenue derived from tuition fees is withheld by ELKE. This amount includes the withholding percentage in favor of ELKE for the financial management of the PSP. When the PSP's income comes from donations, sponsorships, all kinds of financial aid, bequests, or resources from research projects or programs, the withholding in favor of ELKE applicable to such sources of funding is implemented.
- (b) the remaining amount of the total revenue of the PSP is used to cover the operational costs of the PSP.

ARTICLE 14. ASSIGNMENT OF TEACHING / INSTRUCTORS IN THE PSP

14.1 The teaching work of the Postgraduate Study Programs (PSPs) is assigned, by decision of the Assembly, to the following categories of instructors:

- (a) Members of the Teaching and Research Staff (DEP), Special Educational Staff (EEP), Laboratory Teaching Staff (EDIP), and Special Technical Laboratory Staff (ETEP) of the Department or other Departments of NKUA or other HEIs or Higher Military Educational Institutions (ASEI), with additional employment beyond their legal obligations, if the PSP charges tuition fees.
- (b) Emeritus professors or retired DEP members of the Department or other Departments of NKUA or other HEIs,
- (c) Affiliated professors,
- (d) Appointed lecturers,
- (e) Visiting professors or visiting researchers,
- (f) Researchers and specialized scientific personnel of research and technological organizations as defined in Article 13A of Law 4310/2014 (Government Gazette A' 258), or other domestic or foreign research centers and institutes,
- (g) Scientists of recognized standing who possess specialized knowledge and relevant experience in the subject area of the PSP.

14.2 All categories of instructors may be remunerated exclusively from the resources of the PSP. It is not permitted to pay compensation or provide any other benefit from the state budget or the Public Investment Program. The amount of each instructor's remuneration is determined by decision of the Assembly of the Medical School. Specifically, instructors who are members of the DEP may receive additional compensation for work they offer to the PSP, provided that they fulfill their minimum legal obligations, as defined in paragraph 2 of Article 155 of Law 4957/2022. The last provision applies analogously to members of EEP, EDIP, and ETEP, provided that they fulfill their minimum legal obligations.

14.3 By decision of the Assembly of the Medical School, auxiliary teaching duties may be assigned to PhD candidates of the Medical School, under the supervision of a PSP instructor.

14.5 The assignment of teaching duties in the PSP is made by decision of the

Assembly of the NKUA Medical School, following a recommendation from the PSP's Coordinating Committee.

Decisions of the Assembly regarding the distribution of teaching duties must include the following:

- (a) the full name of the instructor,
- (b) their status (e.g., DEP member, EEP, EDIP, ETEP, etc.),
- (c) the type of teaching activity assigned (course, seminar, or lab),
- (d) the number of teaching hours per course, seminar, or lab.

14.6 The distribution of teaching duties is carried out before the start of the academic year for both the winter and spring semesters. If it is not possible to assign teaching for both semesters simultaneously, the decision is made before the beginning of each semester. By a reasoned decision of the Assembly, the assignment may be modified during the academic year.

14.7 Instructors on educational leave or suspension may still offer teaching work to the PSP if they consider their schedule permits it, provided that it is substantively and practically feasible under the given conditions, which must be evaluated accordingly.

ARTICLE 15. AWARD OF MASTER'S DEGREE

15.1 A student completes their studies for the award of a Postgraduate Diploma (Master's Degree) upon completing the required minimum number of courses and ECTS credits, as well as the successful completion of the Master's thesis. The Medical School Assembly certifies the completion of studies for the granting of the Master's Degree.

15.2 Upon completion of the above process, the postgraduate student is issued a certificate of completion of studies, loses their student status, and ceases participation in the University's collective governance bodies.

15.3 The Master's Degree certifies the successful completion of studies and includes a grade with two decimal points, according to the following scale:

- Excellent (8.5 to 10),
- Very Good (6.5 to less than 8.5),
- Good (5 to less than 6.5).

15.4 The format of the Master's Degree, depending on the type of PSP, is standardized across all Departments and Schools of NKUA and is included in the Regulation of Postgraduate and Doctoral Studies of the Institution.

15.5 Within the framework of the PSP, a Master's Degree is awarded in "Women's Health (MSc in Women's Health)".

ARTICLE 16. GRADUATION CEREMONY

16.1 The graduation ceremony is not a formal requirement for successful completion of studies, but it is a necessary condition for issuing the official diploma certificate.

The graduation takes place during the Assembly of the Medical School and on the School's premises, in the presence of the PSP Director, the President or Dean of the School (or their deputy), and, when possible, a representative of the Rector.

16.2 Requests for holding a graduation ceremony for postgraduate students in the Grand Ceremony Hall of the Central Building are examined case-by-case by the Rector, based on current availability and the number of students, as reported by the PSP Secretariat to the Directorate of Education and Research.

16.3 Postgraduate students who have successfully completed the PSP may, in exceptional cases (e.g., studies, residence or work abroad, health reasons, etc.), request an exemption from the graduation requirement. The exemption is approved by the President of the Medical School and the Vice-Rector for Academic Affairs and Student Welfare.

ARTICLE 17. PSP EVALUATION

17.1 Evaluation by the Hellenic Authority for Higher Education (HAHE)

The PSP is evaluated within the context of the periodic assessment/certification of the Department, organized by the Hellenic Authority for Higher Education (HAHE). This process evaluates: the overall work accomplished by each PSP, the degree to which its initial objectives have been achieved, its sustainability, graduate employment outcomes, its contribution to research, internal evaluations by students, the necessity of continuing the program, and other indicators of academic quality and alignment with national higher education strategy.

If the PSP is deemed, during its evaluation, not to meet the criteria for continuation, it will operate only until the graduation of currently enrolled students, in accordance with its founding decision and the postgraduate/doctoral studies regulations.

17.2 Internal Evaluation

The internal evaluation of PSPs is conducted annually by the University's Quality Assurance Unit (MODIP). This process involves all stakeholders in the implementation of the PSP, including students, teaching staff, administrative and technical support staff, and the Coordinating Committee.

The evaluation is carried out in accordance with applicable legislation, the University's Internal Quality Assurance System, the guidelines and standards of HAHE, and the specific characteristics of the PSP.

It includes assessment of the teaching work and all academic functions and activities, focusing on:

- (a)** the curriculum content in relation to the latest research in the PSP's field to ensure relevance and modernity,
- (b)** the workload of courses and students' progression and completion of studies,
- (c)** the degree to which student expectations are met regarding the curriculum, support services, and learning environment,
- (d)** the evaluation of courses each semester via student questionnaires.

The use and dissemination of evaluation results are defined in the relevant Regulations and aim at program sustainability, academic excellence, service improvement, and teaching effectiveness.

ARTICLE 18. DURATION OF THE PSP

The PSP will operate until the academic year 2034, provided it meets the criteria of internal and external evaluation in accordance with applicable legislation.

ARTICLE 19. FINAL PROVISIONS

Any matters not regulated by applicable legislation, the NKUA Postgraduate and Doctoral Studies Regulation, or the present Regulation shall be decided by the governing bodies of the PSP.