Current Topics in Exercise Science and Sport Studies
Lifestyles of the Mediterranean
Aim of the program

Introduction-presentation of the traditional Mediterranean lifestyle pattern to students of the modern era, through conducting research, observing traditional practices and undertaking experiential activities.

Opportunity for students not only to study but also to experience the concept of the Mediterranean lifestyle in Greece, where this traditional lifestyle pattern has been implemented for thousands of years and researched in terms of its effects on health, well-being and disease.
Academic content of the program

Theoretical lectures

Reflective discussion sessions

Mediterranean Lifestyle

Portfolio

Health, well-being & wellness

Demonstrations & experimental activities

Excursions & field trips
Cradle of Western civilization - cultural & natural diversity

- Democracy
- Olympic Games
- Philosophy
- Drama
- Political science
- Literature

- Medicine
- Mathematical & scientific principles
- Crossroad of Europe Asia & Africa
- Landscapes of unrivalled beauty
The host country of the program

- Archeological & cultural sites
- > 5,000-6,000 islands & islets
- Mainland of natural beauty
Students will have the opportunity to explore Athens, the capital of Greece, for the first week of the program, including two 1-day field trips to Marathon and Aegina Island, as well as Peloponnese and Spetses Island for the last 5 days of the program.

Some days will be devoted to theoretical lectures or discussion sessions on the scientific and culture themes of the day, followed by relevant experimental activities and research. Other days will be devoted entirely to field trips and excursions.
Athens

It is the capital of Greece and one of the world’s oldest cities. Classical Athens was a powerful city-state, a centre for the arts, education and philosophy, and it is widely referred to as the cradle of Western civilization and the birthplace of democracy, largely because of its cultural and political impact on Europe. In modern times, Athens is a large cosmopolitan metropolis and central to financial, industrial, political and cultural life in Greece.
Visit and guided tour to the “laiki” market and the fish wharves

"Explore the Tasty side of Athens" – gastronomy & cooking classes
Marathon

It is believed that the town was named so because of an abundance of fennel (marathon) plants in the area. The city of Marathon is famous for the "Battle of Marathon" between Greeks and Persians and is an excellent opportunity to explore the concept, history and evolution of physical activity, dating back to the ancient Olympic marathon runners.
The myth has it that the island took its name from the most beautiful of the twenty daughters of Asopos, the river god. Due to its strong economic and social growth during ancient times, Aegina Island was a great sea power and a rival of Athens. In modern times, the island combines history, culture, beautiful beaches and a long tradition of pistachio production.
Peloponnese

A mountainous peninsula in the southern part of Greece, Peloponnese has been inhabited since prehistoric times and hosted the Mycenaean civilization, mainland Greece's first major civilization. It is famous for its tradition and landscape, and provides an excellent opportunity to study olive oil, traditional spirits, edible wild plants and herbs, traditional dietary patterns, folklore dances and other Mediterranean traditions and practices.
Nafplio

The capital of the First Hellenic Republic and of the Kingdom of Greece (1828-1834).
Spetses Island

When the Greek Revolution of 1821 broke out, the island’s ships contributed to setting the country free, a fact that is still celebrated during the annual Armata Festival”. The island has managed to retain its traditional character thanks to its well-preserved grand captain mansions, numerous beautiful beaches and delicious traditional cuisine, and is ideal for long promenades and outdoor athletic activities in breathtaking scenery.
Learning objectives of the program

Become familiar with the concept of the Mediterranean lifestyle as a holistic way of living, incorporating not only dietary and physical activity habits and practices but also other social, cultural and religious aspects of life.

Become aware of the principles of the Mediterranean lifestyle, its history and its evolution throughout time in the populations of the Mediterranean region.

Be able to identify the unique characteristics of the Mediterranean diet and its differences compared to other dietary patterns (e.g. the Western type diet).
Learning objectives of the program

- Obtain the skills to select foods according to their nutritional value, degree of processing, locality, seasonality and eco-friendliness, in accordance with the principles of the Mediterranean diet.

- Gain competencies in implementing Mediterranean lifestyle practices, such as the design of nutritionally balanced meals and the application of traditional food cooking techniques.

- Critically understand and interpret scientific data regarding the beneficial effects of the Mediterranean lifestyle on health and disease, with emphasis on the concept of wellness.
Offers and opportunities of the program

- Conduct research on the history-evolution of the Mediterranean lifestyle in local institutions (Harokopio University of Athens), libraries, museums and monumental sites.

- Engage with local community members and experts to observe and practice traditional Mediterranean techniques (food production-cooking and rural activities) and familiarize with the scientific data on the Mediterranean lifestyle.

- Participate in various outdoor activities, including excursions to places of natural beauty and collective sports activities in nature (e.g., cycling, hiking, etc.).
Instructors of the program

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Michael Georgoulis, MSc, Dietitian-Nutritionist