



Sports Medicine In Greece

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From ancient times, even in Greece, the home of the Olympic Games, there are many references to the relationship between sports and health. Plato, Hippocrates, Aristotle, and Isocrates are classic-era authors who refer to the role of physical exercise and nutrition in enhancing health. The first scientific report of the sudden death of an athlete has its source in Herodotus, who describes the death of Pheidippides, who, shortly before the Battle of Marathon (490 BC), ran a distance of more than 200 kilometers in two days.

University Studies In Sports And Exercise Medicine

Today Medicine is taught in seven medical schools across the country: Athens, Thessaloniki, Alexandroupoli,

Ioannina, Larissa, Patras, and Iraklion. The structure of the studies is similar in the seven schools. The Physiology course is taught in all of them, with references to Occupational Physiology and Orthopedics, which includes training in sports injuries at the undergraduate level. Nevertheless, the Sports Medicine course is mandatory proposed at a pre-graduate level in the Departments of Physical Education and Sport Sciences of the Aristotle University of Thessaloniki and the Athens University. Additionally, there is the opportunity to follow Ph.D. studies in Sports Medicine in all Universities. Furthermore, for Master's studies and Master's thesis, a postgraduate program in Sports & Health (two cognitive directions: • Sports Medicine • Exercise and Physical Health) will be available in Thessaloniki by 2015 in

cooperation with the Medical School and the Department of Physical Education and Sport Sciences of Aristotle University of Thessaloniki. Also, the School of Medicine of the University of Athens has been running a postgraduate program in Exercise and Health since 2000. Finally, postgraduate study programs in 'exercise and health' can be attended by students in the Departments of Physical Education and Sport Sciences of Thrace and Thessaly Universities.

Sports Medicine Associations

Additionally, there are scientific sports medicine Associations in the country with a significant scientific and educational contribution to the evolvement of Sports Medicine in Greece, such as the Sports Medicine Association of Greece from 2000. The

Sports Medicine Society of Greece was initially founded in 1982, with its headquarters in Athens. Later, the Sports Medicine Association of Northern Greece was founded in Thessaloniki in 1990, and in 2000 it replaced the original Sports Medicine Society. In addition, the Hellenic College of Sports Medicine was founded in 2007. Finally, in 2018, a scientific association was created in Greece, the National Center “Exercise is Medicine-Greece.”

Sports Medicine Journals

The most prominent scientific journals in the field of Sports Medicine are “Sports Medicine,” published by the Sports Medicine Association of Greece, and “Kinesiology” by the Department of Physical Education and Sport Science of the University of Athens. In many other medical journals, papers on the subject of Sports Medicine are published. Also, several books on Sports Medicine, Sports Cardiology, and Sports Injuries have been published in Greek.

Sports Medicine Congresses

Every year major international Congresses of Sports Medicine and Conferences are organized in Greece. The biggest ones are managed by the Sports Medicine Laboratory in Thessaloniki and by the Sports Medicine Association of Greece in various cities of Greece. In addition, the FIMS World Sports Medicine Congress was organized in Athens in 2022.

Sports Medicine Studies And Research Centers

In Greece, there is no specialty in Sports Medicine. There is the specialty of a physiatrist and orthopedist who treat sports injuries. Also, several cardiologists have extensive experience managing athletes with heart disease. Physiotherapists, physical therapists, and specialist trainers deal with physical rehabilitation. In Athens, there is the National Sports Research Center, a developed Sports Medicine Center in Athens Olympic Sports Center, “Spyros Louis.” Also, the Laboratory of Exercise Physiology in the Department of Physical Education and Sport Sciences of Athens conducts some research in the field of Sports



Medicine in collaboration with hospitals in Athens. In the Department of Physical Education and Sport Sciences of Thrace University, there is a scientific center for the rehabilitation of sports injuries. Also, in Trikala, at the University of Thessaly, the Institute of Applied Physiology & Exercise in Medicine was founded in 2004 and operates with research activity in sports and health. In Thessaloniki, the Laboratory of Sports Medicine in the Department of Physical Education and Sport Sciences of Aristotle University (AUTH) of Thessaloniki was officially established in 1993. The Laboratory of Sports Medicine of AUTH is Greece's largest Sports Medicine center (ISO 9001:2008 certified). It includes five professors and eight researchers, including sports cardiologists, exercise physiologists, and sports nutrition and cardiac rehabilitation experts. It is fully equipped for non-invasive cardiac screening of trained individuals. The research interests of the Sports Medicine Lab include: 1) Exercise rehabilitation programs in patients with chronic diseases, 2) athlete's cardiovascular pre-participation screening, 3) biomedical side effects of doping, 4) sudden cardiac death in athletes, 5) exercise-induced cardiovascular adaptations in athletes, 6) telehealth-applications in sports cardiology. The Lab collaborates with many hospitals, medical care units, sports clubs and leagues, and European scientific centers and participates in many European Programs. Since



1993, the Sports Medicine Lab has been a pioneer in Greece in the field of therapeutic exercise, developing exercise rehabilitation programs for patients with chronic kidney disease, coronary artery disease, chronic heart failure, diabetes mellitus, and other chronic diseases, which are still unique in Greece. For the last twenty years, the Lab has coordinated rehabilitation programs for patients with chronic diseases in Municipal Gyms in collaboration with the Municipalities of Thessaloniki. More than 200 patients are exercised each year in these programs. It has also organized many International Congresses of Sports Medicine and educational conferences in Sports Cardiology and Sports Medicine. Moreover, the Laboratory organized an annual postgraduate teleconference course in Sports Medicine between Greece and Cyprus. Much research, Master's and Ph.D. theses have been completed in the lab facilities.

Sports Medical Support For Teams

All federations and sports clubs have high-level scientific support from well-trained orthopedists, physiotherapists, masseurs, and dietitians. Furthermore, all athletes are required to undergo a cardiological examination every year to sign their health cards. Also, many Hospitals have special centers for sports injuries. In addition, CPR management teams and automated smart defibrillators are available at many venues.

Sports Medicine In Greece

Useful links:

Sports Medicine Lab of AUTH: <http://spmedlab.phed.auth.gr>

Sports Medicine Association of Greece: <http://www.sportsmedicinegreece.com>

<https://www.oaka.com.gr>

Author Bio



Asterios Deligiannis is a Cardiologist and served as a Professor of Sports Medicine at Aristotle University (AUTH) of Thessaloniki (1992-2018). Now is an Emeritus Professor of the same University (2018-today). From 1992 until 2018, he was the Director of the

Sports Medicine Laboratory at the Department of Physical Education and Sport Sciences (TEFAA) AUTH, which developed into one of Greece's largest Sports Medicine centers. He has established a pioneering cardiovascular pre-participation screening program for athletes. He has exceptional research experience on the effects of exercise training on cardiac morphology and function. A pioneering and essential activity of the Sports Medicine Laboratory under Professor Deligiannis is the establishment 1995 of therapeutic exercise programs for patients with chronic diseases, such as kidney patients on dialysis, patients with heart diseases, obesity, diabetes, etc. The work of Professor Deligiannis in the fight against doping in sports is essential. He has offered a lot to this sector through cooperation in European Programs, in educational material for young student-athletes, and from the Vice-President of the Greek National Anti-Doping Council (2005-07). He was the scientific manager or member of many research projects. Professor Deligiannis was President of the TEFAA of AUTH, Director of the Department of Sports Medicine at TEFAA, member of the Senate of AUTH, member of

the Board of the Research Committee of AUTH, Member of the Health Committee of AUTH, a founding member and President of the European Society for "Physical Rehabilitation of Patients with Chronic Renal Failure." He was a nuclear member of the Sports Cardiology Section of ESC (2004-10) and Treasurer of EURORECKD (2000-today). He is also a member of many scientific societies. He was a founding member and President of the Sports Medicine Association of Greece (1992-2002), a founding member and President of the Hellenic College of Sports Medicine (2004-2016), and a member of the Administration Council of the Medical Society of Thessaloniki (2000-2008). He also served as Municipal Councilor and Deputy Mayor for Social Policy of the Municipality of Thessaloniki (2006-2010). He was the Chairman of the Organizing Committee of many Congresses and conferences in Sports Medicine. He has more than 500 publications in scientific journals. He has presented more than 300 studies in the area of Sports Medicine at National and International Congresses. He has been invited as a lecturer at many Sports Medicine Congresses and was Chairman (or co-chairman) at more than 60 scientific round tables. He was the primary supervisor in many master's and Ph.D. theses. He has been awarded many times for his research. Citations (in Scopus) : 3226 (h-index 21). For his scientific and social efforts, he has been honored many times by sports and social organizations.