

EIM Cyprus



Dr. Christoforos Giannaki

National Center Director
Christoforos Giannaki, Ph.D.

Affiliation – University of Nicosia

National Center co-Manager
Antonis Alexopoulos, Ph.D.

Affiliation – European University Cyprus

National Center co-Manager
Ioannis Pennas, M.Sc.

Affiliation – Director, Hellenic
Network of Fitness Certifications (HNFC)

Co-Host Institutions – European University Cyprus & University of Nicosia

The University of Nicosia (UNIC) and the European University Cyprus (EUC) will serve as co-host institutions. UNIC and EUC are private universities dedicated to promoting science and professional competence through research and teaching. Both universities have medicine and sport science programs that collaborate on research and other projects for the promotion of exercise, both for prevention and supplementary treatment.



EUC is a thriving, international university, which grew out of Cyprus College over 60 years ago. Known for its student-centered, technology-driven, and employment-focused academics, EUC attracts students due to its rich past, its exciting present, and its bright future. EUC is a 5-star university by QS TOP UNIVERSITIES, receiving excellence in teaching, employability, internationalization, online learning, inclusiveness and our medicine program for competitiveness and strength of the program.

UNIC is the largest private university in Cyprus with >14,000 students from over 100 countries. It is an independent, equal opportunity institution of higher education, offering a wide range of programs. International in philosophy, the UNIC promotes a multicultural learning environment, friendship, cooperation, and understanding. The University pursues excellence in education through research and high teaching standards, in a continually improving academic environment.

National Center Advisory Board	Affiliation
Christoforos Giannaki, Ph.D.	<ul style="list-style-type: none"> Associate Professor, School of Life and Health Sciences, University of Nicosia
Antonis Alexopoulos, Ph.D.	<ul style="list-style-type: none"> President, Cyprus Sport Sciences and Physical Education Assoc Lecturer, Sports Sociology, European University Cyprus
Petros Agathangelou, M.D.	<ul style="list-style-type: none"> Cardiologist, President of the Cyprus Medical Association
Georgios M. Hadjigeorgiou, M.D.	<ul style="list-style-type: none"> Associate Dean, Medical School, University of Cyprus
Nicos Kartakoullis, Ph.D.	<ul style="list-style-type: none"> Professor of Sport Management, University of Nicosia President of the Council, University of Nicosia, Cyprus
Eliza Markidou, B.Sc., M.Sc.	<ul style="list-style-type: none"> President, Quality of Life Committee, Cyprus Ministry of Health
Maria Dourida Mitarachi, Ph.D.	<ul style="list-style-type: none"> Consultant, Goodpath (Integrative Healthcare Company) Physiotherapist & Visiting Faculty, University of Nicosia
Marios Pantzaris, M.D., Ph.D.	<ul style="list-style-type: none"> Head of Neurology, Cyprus Institute of Neurology and Genetics

2023 Goals

- Develop EIM On Campus programs at the University of Nicosia and the European University Cyprus.
 - Establish EIM Cyprus as an official, legal entity.
 - Advocate for appropriate legislative amendments on laws regulating sport scientists/exercise professionals to create a new profession that has the right to work with clinical populations.
 - Initiative the first certification program, in cooperation with the National Sport Academy, for medical professionals and sport scientists.
 - Increase the number of physicians and healthcare providers that receive EIM training and are actively engaged in the assessment, prescription, and counseling of physical activity in healthcare systems.
 - Increase the number of health and fitness professionals that receive EIM training and/or are certified by the EIM Cyprus National Center and are actively engaged in providing guidance to individuals based on the core EIM principles.
 - Integrate physical activity as a vital sign and implement principles of EIM into hospitals and healthcare systems throughout Cyprus.
 - Increase the number of health and fitness facilities that provide guidance and the execution of exercise as prescribed by the physicians as a part of the overall therapy.
 - Increase the exposure of EIM to University and other educational campuses through the expansion of the EIM on Campus initiative.
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Accomplishments to Date

- Signed a cooperative agreement between the European University of Nicosia and the University of Nicosia to serve as co-host for the EIM Cyprus National Center
 - Representative from the of EIM Cyprus National Center named to the Ministry of Health Quality-of-Life Committee
 - Increased lobbying for exercise prescription and referral and exercise prescription has led to the creation of a sub-committee within the Ministry of Health with the purpose to include exercise as a supplementary therapy within the National Healthcare System (2022)
 - Establishment of partnerships with governmental organizations (i.e., the Ministry of Health, the Cyprus Sports Organization) (2022)
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**Exercise
is Medicine®
Cyprus**