

COURSE OUTLINE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	L102	SEMESTER	A'
COURSE TITLE	OVERUSE SYNDROME AND SPINE DYSFUNCTIONS		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>	TEACHING HOURS PER WEEK	ECTS CREDITS	
	3	7,5	
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:	https://eclass.duth.gr/courses/PHYED3102/		

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Course objectives include:

understanding overuse syndromes and spinal dysfunctions occurring in athletes and trainees, organization and design of functional exercise programs for people with overuse syndromes and spinal dysfunctions.

Upon successful completion of this course students will be able to:

- know the available treatment options for lower extremity overuse syndromes and plan functional exercise programs
- design rehabilitation programs for Achilles tendinopathy
- know the treatment options that exist in cartilage damage and to plan functional exercise programs
- know the treatment options that exist in shoulder diseases and plan rehabilitation and functional exercise programs
- know the treatment options for groin pain syndrome, the options for conservative treatment and surgical intervention.
- plan prevention and functional rehabilitation programs for the person with groin pain syndrome
- know the causes of cervical and lumbar pain in the neck, and plan prevention, intervention and rehabilitation programs for people with chronic cervical or lumbar pain in the neck.
- know the deviations of the spine, lordosis, kyphosis and scoliosis and to plan corrective exercise programs for athletes and trainees who show deviations of the spine
- know the causes that lead to the appearance of epicondylopathy and to plan prevention, intervention and functional rehabilitation programs for athletes and trainees who have experienced epicondylopathy
- know the causes of anterior patellofemoral pain and plan rehabilitation and functional exercise programs

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas	Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning
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The general skills that are supported involve:

- Search, analysis and synthesis of data and information, using appropriate ICT
- Adaptation to new situations
- Decision making
- Autonomous work
- Teamwork
- Working in an interdisciplinary environment
- Production of new research ideas
- Project design and management
- Critical thinking
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

1. Overuse syndromes introduction – Prevention, intervention and rehabilitation
2. Lower extremity overuse syndromes (iliac band, patellar tendinopathy, etc.) functional exercise.
3. Fatigue fractures and functional rehabilitation
4. Chronic low back pain - theory
5. Shoulder to the athlete
6. Groin pain syndrome, Prevention Intervention return to play
7. Chronic lower back pain. Prevention Intervention Functional rehabilitation
8. Chronic neck pain. Prevention Intervention Functional rehabilitation
9. Anterior patellofemoral pain and functional rehabilitation
10. Kyphosis & lordosis
11. Lateral epicondylopathy and functional rehabilitation - Medial epicondylopathy and functional rehabilitation
12. Scoliosis
13. Shoulder impingement syndrome and functional rehabilitation

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	<ul style="list-style-type: none"> - Face to face - Theoretical lectures & Laboratory courses - Distance learning 	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Utilization of new technologies in teaching, laboratory education and communication with students	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc. The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Activity	Workload/semester
	Lectures	39
	Literature study and analysis	25
	Project	44,5
	Home study	55
	Practical training	21
	Examination	3
	Total	187,5
STUDENT EVALUATION <i>Description of the evaluation process</i>	1. Interim evaluations	

Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others

Please indicate all relevant information about the course assessment and how students are informed

2. Individual project
3. Written exams including: multiple choice tests and short answer questions

The assessment languages are Greek

5. SUGGESTED BIBLIOGRAPHY

1. Beneka A., Malliou P., Pafis G., Koutra Ch. Malliou V. (2015). Therapeutic Exercise. Kallipos Publications, Greek Academic Electronic Books and Aids, ISBN 978-960-603-034-5
<http://hdl.handle.net/11419/372>
2. Malliou P., Gioftsidou A., Pafis G., Koutra Ch. (2015). Sports Injuries and Rehabilitation” Kallipos Publications, Greek Academic Electronic Books and Aids, ISBN 978-960-603-0 04-8
<http://hdl.handle.net/11419/207>
3. Beneka A., Malliou P., Gioftsidou A. (2014) Neck pain and office workers. An Exercise Program for the Workplace. ACSM’s Health & Fitness Journal, 18(3), 18-24.
4. Beneka A., Malliou P., Kouli O., Gioftsidou A., Papadopoulou M., Bebetos E., Godolias G.M (2015) Evaluating the emotions of patients with chronic low back pain. A preliminary examination. Sport Science for Health, 6(1), 17-22.
5. Malliou P, Gioftsidou A, Beneka A, Godolias G. (2006). Measurements and evaluations in low back pain patients. Scandinavian Journal of Medicine and Science in Sports, 16, 219-230.
6. Prentice W.E. (2007). Sports injury rehabilitation techniques. Parisianou Pub., 960-394-449-1

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Paraskevi Malliou, Gioftsidou Asimenia, Beneka Anastasia
Contact details:	pmalliou@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	Written examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
Implementation Instructions: (3)	<p>The examination in the course will take place in subgroups of users in the e-class, depending on the number of participants in the course, on the day of the examination of the course according to the examination schedule announced by the Secretariat. The exam will take place via Teams.</p> <p>The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have been informed of the distance education terms.</p> <p>Students must log in to the exam room through their institutional account, otherwise they will not be able to participate. They will also participate in the examination with a camera which they will have open during the examination. Before the start of the exam, students will show their ID to the camera so that they can be identified.</p> <p>Each student should answer multiple choice and short answer questions. Each of the questions is scored from 0.5 to 2.0 points depending on the question category.</p>

(1) Please write YES or NO

(2) Note down the evaluation methods used by the teacher, e.g.

- *written assignment* or/and exercises
- written or oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.

(3) In the **Implementation Instructions** section, the teacher notes down clear instructions to the students:

a) in case of **written assignment and / or exercises**: the deadline (e.g. the last week of the semester), the means of submission, the grading system, the grade percentage of the assignment in the final grade and **any other necessary information**.

b) in case of **oral examination with distance learning methods**: the instructions for conducting the examination (e.g. in groups of X people), the way of administration of the questions to be answered, the distance learning platforms to be used, the technical means for the implementation of the examination (microphone, camera, word processor, internet connection, communication platform), the hyperlinks for the examination, the duration of the exam, the grading system, the percentage of the oral exam in the final grade, the ways in which the inviolability and reliability of the exam are ensured and any other necessary information.

c) in case of **written examination with distance learning methods**: the way of administration of the questions to be answered, the way of submitting the answers, the duration of the exam, the grading system, the percentage of the written exam of the exam in the final grade, the ways in which the integrity and reliability of the exam are ensured and any other necessary information.

There should be an attached list with the Student Registration Numbers only of students eligible to participate in the examination.