

COURSE OUTLINE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	L203	SEMESTER	B
COURSE TITLE	COMMUNICATION AND COUNSELING IN INJURED ATHLETES AND TRAINEES		
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/PHYED3108/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>																		
<p>Course objectives include: Knowledge and understanding of behavioral problems and cognitive challenges faced by an injured athlete/practitioner during their rehabilitation and understanding of their reactions. understanding counseling and communication techniques in injured athletes and trainees</p> <p>Upon successful completion of this course students will be able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> participate, through the application of techniques to manage the reactions of athletes or trainees and strengthen their motivation throughout the rehabilitation program <input type="checkbox"/> know and understand counseling intervention techniques that can be applied by both physical therapists and rehabilitation coaches specifically adapted to the needs of the injured that arise during their rehabilitation. <input type="checkbox"/> plan and understand the basic principles of applying pain management techniques in chronic neck or low back diseases <input type="checkbox"/> participate in the different rehabilitation phases and apply different counseling techniques each time adapted to the needs of the athlete or practitioner. 																		
<p>General Skills <i>Name the desirable general skills upon successful completion of the module</i></p> <table border="0"> <tr> <td><i>Search, analysis and synthesis of data and information,</i></td> <td><i>Project design and management</i></td> </tr> <tr> <td><i>ICT Use</i></td> <td><i>Equity and Inclusion</i></td> </tr> <tr> <td><i>Adaptation to new situations</i></td> <td><i>Respect for the natural environment</i></td> </tr> <tr> <td><i>Decision making</i></td> <td><i>Sustainability</i></td> </tr> <tr> <td><i>Autonomous work</i></td> <td><i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></td> </tr> <tr> <td><i>Teamwork</i></td> <td><i>Critical thinking</i></td> </tr> <tr> <td><i>Working in an international environment</i></td> <td><i>Promoting free, creative and inductive reasoning</i></td> </tr> <tr> <td><i>Working in an interdisciplinary environment</i></td> <td></td> </tr> <tr> <td><i>Production of new research ideas</i></td> <td></td> </tr> </table>	<i>Search, analysis and synthesis of data and information,</i>	<i>Project design and management</i>	<i>ICT Use</i>	<i>Equity and Inclusion</i>	<i>Adaptation to new situations</i>	<i>Respect for the natural environment</i>	<i>Decision making</i>	<i>Sustainability</i>	<i>Autonomous work</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>	<i>Teamwork</i>	<i>Critical thinking</i>	<i>Working in an international environment</i>	<i>Promoting free, creative and inductive reasoning</i>	<i>Working in an interdisciplinary environment</i>		<i>Production of new research ideas</i>	
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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. Counseling and communication techniques in injured athletes and trainees
2. Coping with the injury – behaviors and responses
3. Assessing the behavior and responses of the injured athlete
4. Effective interaction between the specialist and the athlete during rehabilitation
5. Information techniques of the injured athlete
6. Counseling for enhancing adherence during rehabilitation
7. Social support of the injured athlete-effective communication
8. Attention and self-concentration of the injured athlete
9. Counseling the injured soccer player
10. Coping with pain during rehabilitation and counseling techniques
11. Neck pain syndrome and counseling techniques
12. Chronic low back pain and counseling techniques
13. Injury prevention and psychosocial predisposing factors for injury

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.</i> <i>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.</i> <i>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
	Field exercise	32
	Literature study and analysis	35
	Project	35,5
	Home study	43
	Examination	3
	Total	187,5
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>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</i>	<ol style="list-style-type: none"> 1. Individual project 2. Participation in discussion in class (discussion in problem solving scenarios) 3. Written exams including: multiple choice tests, and short answer questions <p>The assessment languages are Greek</p>	

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

5. SUGGESTED BIBLIOGRAPHY

6.

1. Malliou P. (2015) Sports injuries and rehabilitation, Chapter 8 Counseling techniques for the injured athlete. Kallipos Publications, Greek Academic Electronic Books and Aids,, ISBN 9789606030048 https://repository.kallipos.gr/bitstream/11419/207/7/00_master_document_KOY.pdf κεφάλαιο 8:
2. Ray R., Wiese-Bjornstal D. (1999). Counseling in Sports Medicine, Human Kinetics Publishers, ISBN 9780880115278
3. Heil J. (1993). Psychology of sport injury, Human Kinetics Publishers ISBN 9780988356313
4. Crossman J. (2001). Coping with sports injuries: Psychological strategies for rehabilitation. Oxford University Press Inc., New York ISBN 9780192632159
5. Theodorakis G., Goudas M., Papaioannou A. (2001). The psychology of injuries in sport. Book Chapter Psychological superiority in sports. Christodoulidis Publications. ISBN 9789608183162

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Anastasia Beneka, Bebetzos Evaggelos
Contact details:	ampeneka@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.