

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Practical exercise

COURSE CODE:

N544

E.C.T.S. CREDITS

6

RESPONSIBLE FOR THE COURSE:

NAME	Asimena Gioftsidou		
POSITION	Lecturer		
SECTOR	Exercise and Health		
OFFICE	Therapeutic Exercise and Rehabilitation Laboratory		
TEL. / E-MAIL	25310 - 39662	agioftsi@phyed.duth.gr	
CO-INSTRUCTORS	Vivian Malliou, Associate Professor Anastasia Beneka, Associate Professor		

SEMESTER:

1 st	<input type="checkbox"/>	2 nd	<input type="checkbox"/>	3 rd	<input type="checkbox"/>	4 th	<input type="checkbox"/>
5 th	<input type="checkbox"/>	6 th	<input type="checkbox"/>	7 th	<input checked="" type="checkbox"/>	8 th	<input type="checkbox"/>

COURSE TYPE:

Obligatory	<input type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input checked="" type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective (<i>open</i>)	<input type="checkbox"/>

HOURS (per week):

2

DIRECTION (*only for 3rd & 4th year courses*):

Exercise on Special Population	
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SPECIALIZATION (*only for 3rd & 4th year courses*):

Rehabilitation Training on Musculoskeletal Injuries and disorders

LANGUAGE OF TEACHING:

Greek <input checked="" type="checkbox"/>	English <input type="checkbox"/>
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AIM OF THE COURSE (*content and acquired skills*):

The aim of the course is to: 1) familiarize students with athletic rehabilitation centers, 2) bring them into contact with rehabilitation specialists and with injured athletes and 3) make them able to apply the rehabilitation contents.

COURSE CONTENTS (*outline – titles of lectures*):

1. Evaluation of osteoporotic patients type I (DONA KOMOTINIS).
2. Performance of rehabilitation programs on osteoporotic patient type I (DONA KOMOTINIS).
3. Performance of rehabilitation programs on osteoporotic patient type I (DONA KOMOTINIS).
4. Evaluation of chronic low back pain patients (DONA KOMOTINIS).
5. Performance of rehabilitation program on chronic low back pain patients (DONA KOMOTINIS).
6. Performance of rehabilitation program in water for chronic musculoskeletal disease and sports injuries (DONA KOMOTINIS).
7. Recording sports injuries frequency in team sports I (Komotini Sports Clubs).
8. Functional rehabilitation program for soccer injury player (Panthrakikos F.C.).
9. Rehabilitation program design for injured athlete after fracture (Sports Clubs, Students TEFAA).
10. Rehabilitation program design for injured athlete after knee ligament injury (Sports Clubs, Students TEFAA).
11. Rehabilitation program design for injured athlete after lower limb muscle strain (Sports Clubs, Students TEFAA).
12. Rehabilitation program design for injured athlete after ankle sprain (Sports Clubs, Students TEFAA).
13. Processing and evaluation of data recording frequency of injuries in team sports games (Lab).

TEACHING METHOD(S) (*lectures – labs – practice etc.*):

1. Practical exercises.
2. Laboratory.

ASSESSMENT METHOD(S):

1. Active participation in class (40%)
2. Design of a rehabilitation program (60%)

LEARNING OUTCOMES:

After completion of this course students will: 1) know the methodology and practical application of exercise programs for people with musculoskeletal disorders, such as chronic low back pain and osteoporosis, 2) be able to design and perform practical exercise programs and evaluations of individuals with musculoskeletal disorders undergoing water exercise and 3) know the methodology followed to record the frequency of injuries in individual and team sports.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Knowledge of the methodology and practical application of exercise programs for people with musculoskeletal disorders.	Practical exercise, laboratory.	Mid term exams, problem solving project.	60
Ability to design and perform	Practical exercise,	Mid term exams,	60

practical exercise programs and evaluations of individuals with musculoskeletal disorders undergoing water exercise.	laboratory	problem solving project.	
Knowledge of the methodology followed to record the frequency of injuries in individual and team sports.	Practical exercise, laboratory.	Mid term exams, problem solving project.	60
		TOTAL	180

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

<ol style="list-style-type: none"> 1. Prentice, W.E. (2007). Rehabilitation techniques in sports medicine and athletic training. 5th edition, New York: McGraw-Hill. 2. Shultz, S.J., Houglum, P.A. & Perrin, D.H. (2009). Examination of musculoskeletal injuries. Athens: Parisianos.
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