COURSE OUTLINE THERAPEUTIC EXERCISE AND REHABILITATION

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C007	**SEMESTER**	3RD and 4TH
COURSE TITLE	THERAPEUTIC EXERCISE AND REHABILITATION		

TEACHING ACTIVITIES *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.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	Scientific Area
PREREQUISITES:	NO
TEACHING & EXAMINATION LANGUAGE:	GREEK
COURSE OFFERED TO ERASMUS STUDENTS:	NO
COURSE URL:	

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.

Upon successfully completing the course, students will be able to:

- *Understand and comprehend the fundamental principles and objectives required for designing therapeutic exercise programs.*
- *Organize the content of therapeutic programs at a satisfactory level.*
- *Familiarize themselves with and supervise the basic principles, phases, and goals of therapeutic exercise programs conducted in water or using specialized equipment such as resistance bands, Swiss balls, etc.*
- *Design and implement therapeutic exercise programs for both athletes and the general population.*
- *Understand the applications of therapeutic exercise for improving physical fitness, myofascial health, and respiratory function.*

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

3. COURSE CONTENT

1. *Introduction to Therapeutic Exercise – Objectives, Types, and Techniques*
2. *Range of Motion in Joints – Techniques for Improving Joint Range of Motion*
3. *Types of Muscle Strengthening in Therapeutic Exercise*
4. *Isokinetics and Its Applications in Therapeutic Exercise*
5. *Therapeutic Exercise and Proprioception Improvement*
6. *Functional Reintegration Phase and Therapeutic Exercise*
7. *Therapeutic Exercise in Water*
8. *Myofascial Health and Therapeutic Exercise*
9. *Therapeutic Exercise Using Elastic Resistance Bands*
10. *Pilates and Its Fundamental Principles as Therapeutic Exercise*
11. *Therapeutic Exercise Using Swiss Balls*
12. *Breathing Exercises as a Means of Therapeutic Exercise*
13. *Prescription of Therapeutic Exercise*

4. LEARNING & TEACHING METHODS - EVALUATION

<table>
<tr><td>TEACHING METHOD
Face to face, Distance learning, etc.</td><td>Face to face, Distance Learning</td></tr>
<tr><td>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)
Use of ICT in Teaching, in Laboratory Education, in Communication with students</td><td>• Ppt
• Slides
• video
• MsTeams/ e-class, webmail</td></tr>
<tr><td>TEACHING ORGANIZATION
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.</td><td><table><tr><th>Activity</th><th>Workload/semester</th></tr><tr><td>Lectures</td><td>26</td></tr><tr><td>Field Exercise</td><td>4</td></tr><tr><td>Bibliographic research and analysis</td><td>15</td></tr><tr><td>Exams</td><td>30</td></tr><tr><td>Total</td><td>75</td></tr></table></td></tr>
<tr><td>STUDENT EVALUATION
Description of the evaluation process

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</td><td>• Written assignment (20%).
• Written examination (80%)</td></tr>
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5. SUGGESTED BIBLIOGRAPHY

1. *W.E.PRENTICE (2007) ΤΕΧΝΙΚΕΣ ΑΠΟΚΑΤΑΣΤΑΣΗΣ ΑΘΛΗΤΙΚΩΝ ΚΑΚΩΣΕΩΝ. ΠΑΡΙΣΙΑΝΟΥ, Αθήνα*
2. *CARTWRIGHT LORIN, PEER KIMBERLY (2021) ΘΕΜΕΛΙΩΔΕΙΣ ΑΡΧΕΣ ΤΗΣ ΠΡΟΠΟΝΗΣΗΣ ΑΠΟΚΑΤΑΣΤΑΣΗΣ, ΚΩΝΣΤΑΝΤΑΡΑΣ, ΑΘΗΝΑ*
3. *Αθλητικοί Τραυματισμοί, Μάλλιου Παρασκευή και συνεργάτες (2015) https://repository.kallipos.gr/handle/11419/207?locale=el*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Anastasia Beneka
Contact details:	ampeneka@phyed.duth.gr
Supervisors:	yes
Evaluation methods:	Written assignment (20%). Written examination with distance learning methods (80%)
Implementation Instructions:	The written assignment should be submitted at eclass platform