COURSE OUTLINE COUNCELING IN SPORTS INJURY

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	C081	**SEMESTER**	7th & 8th
COURSE TITLE	Counseling in sports injury		

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*	Skill Development
PREREQUISITES:	No
TEACHING & EXAMINATION LANGUAGE:	Greek
COURSE OFFERED TO ERASMUS STUDENTS:	
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 completion of the module, students will be able to:

- ***Understand the role of psychological factors in the rehabilitation and prevention of sports injuries.***
- ***Apply counseling skills in their communication with injured athletes or non-athletes during rehabilitation to establish a supportive relationship, enhance psychological adjustment, and facilitate the treatment process.***
- ***Apply psychological techniques for managing injury-related stress and rehabilitation anxiety, as well as improving the confidence and motivation of the injured individual.***

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,	*Project design and management*
ICT Use	*Equity and Inclusion*
Adaptation to new situations	*Respect for the natural environment*
Decision making	*Sustainability*

Autonomous work *Teamwork* *Working in an international environment* *Working in an interdisciplinary environment* *Production of new research ideas*	*Demonstration of social, professional and moral responsibility and sensitivity to gender issues* *Critical thinking* *Promoting free, creative and inductive reasoning*

- Search, analysis and synthesis of data and information,
- Decision making
- Adaptation to new situations
- Autonomous work
- Demonstration of social, professional and moral responsibility

3. COURSE CONTENT

1. ***Biopsychosocial approach to sports injury. The stress-health association***
2. ***Psychosocial effects of injuries***
3. ***Theoretical framework for understanding pain***
4. ***Introduction to Counseling***
5. ***Counseling techniques***
6. ***The cognitive model: theory and practice***
7. ***Enhancing psychological skills during rehabilitation:***
   - *Positive self-talk*
   - *Mental imagery*
   - *Goal setting*
   - *Relaxation techniques*
8. ***Social support and systems theory***
9. ***Development of a psychological rehabilitation program and psychological profile***
10. ***Psychological disorders***
11. ***Return to activity and injury prevention***
12. ***Ethical issues and professional conduct***

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to face
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in teaching (ppt) and in communication with students (webmail, eClass)
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*	

Activity	***Workload/semester***
Lectures	26
Project	24
Bibliographic research & analysis	25
Total	**75**

workload per semester complies to ECTS standards.	
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*	Assignment and presentation in the class (formative) 35% Written exam (concluding) 65%

5. SUGGESTED BIBLIOGRAPHY

- *Heil, J. (1993). Psychology of sport injury. Human Kinetics.*
- *Taylor & Taylor (1997). Psychological Approaches to Sports Injury Rehabilitation. Aspen.*
- *Ray R & Wiese-Bjornstal DM (1999). Counseling in Sports Medicine. P128-141, 179-204. Human Kinetics*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Archontissa Kanavaki
Contact details:	eClass, webmail, office hours
Supervisors:	No
Evaluation methods:	Project presentation, written exam
Implementation Instructions:)	