

COURSE OUTLINE SPORTS INJURIES AND IMMEDIATE TREATMENT

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	C133	SEMESTER	3 rd
COURSE TITLE	SPORTS INJURIES AND IMMEDIATE TREATMENT		
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	6
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	BACKGROUND		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	Greek		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/KOM02387/		

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><i>Upon successful completion of this course, students will be able to:</i></p> <ul style="list-style-type: none"> <i>• know the most common injuries to the ankle joint that an athlete may suffer, the mechanisms of injury, the symptoms, the limitations and the immediate treatment that they should provide</i> <i>• know the mechanisms of injury to the anterior cruciate ligament of the knee, the surgical treatment of this specific injury, the mechanisms of injury, the symptoms, the limitations and the immediate treatment that they should provide</i> <i>• know the treatment options after a rupture of the posterior cruciate ligament of the knee, the immediate treatment, the symptoms and the limitations</i> <i>• know the mechanisms of injury of the medial and lateral collateral ligament of the knee, the surgical and conservative treatment options and to design rehabilitation and functional training programs for the injured person</i> <i>• know the treatment options after a meniscus tear, immediate treatment, symptoms and limitations</i> <i>• know shoulder injuries (dislocation, tendon rupture, rotator cuff tear) the mechanisms of injury, symptoms, limitations and the immediate treatment they should provide</i> <i>• know the treatment options for a patient with a fracture or bone swelling, the mechanisms of injury, symptoms, limitations and the immediate</i>

<p><i>treatment they should provide</i></p> <ul style="list-style-type: none"> • <i>know the causes of muscle injuries (contusions) the mechanisms of injury, symptoms, limitations and the immediate treatment they should provide</i> 																	
<p>General Skills</p> <p><i>Name the desirable general skills upon successful completion of the module</i></p> <table> <tr> <td><i>Search, analysis and synthesis of data and information, ICT Use</i></td><td><i>Project design and management</i></td></tr> <tr> <td><i>Adaptation to new situations</i></td><td><i>Equity and Inclusion</i></td></tr> <tr> <td><i>Decision making</i></td><td><i>Respect for the natural environment</i></td></tr> <tr> <td><i>Autonomous work</i></td><td><i>Sustainability</i></td></tr> <tr> <td><i>Teamwork</i></td><td><i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></td></tr> <tr> <td><i>Working in an international environment</i></td><td><i>Critical thinking</i></td></tr> <tr> <td><i>Working in an interdisciplinary environment</i></td><td><i>Promoting free, creative and inductive reasoning</i></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, ICT Use</i>	<i>Project design and management</i>	<i>Adaptation to new situations</i>	<i>Equity and Inclusion</i>	<i>Decision making</i>	<i>Respect for the natural environment</i>	<i>Autonomous work</i>	<i>Sustainability</i>	<i>Teamwork</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>	<i>Working in an international environment</i>	<i>Critical thinking</i>	<i>Working in an interdisciplinary environment</i>	<i>Promoting free, creative and inductive reasoning</i>	<i>Production of new research ideas</i>	
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3. COURSE CONTENT

<ol style="list-style-type: none"> 1. <i>Introduction to sports injuries</i> 2. <i>Ligamentous injuries in the ankle joint and immediate treatment</i> 3. <i>Ligamentous injuries in the knee – Anterior cruciate ligament and immediate treatment 1</i> 4. <i>Ligamentous injuries in the knee – Anterior cruciate ligament and immediate treatment 2</i> 5. <i>Ligamentous injuries in the knee – Posterior cruciate ligament and immediate treatment</i> 6. <i>Ligamentous injuries in the knee – Medial-lateral collateral ligament and immediate treatment</i> 7. <i>Meniscal injuries of the knee in athletes and immediate treatment</i> 8. <i>Anterior patellofemoral pain in athletes and immediate treatment</i> 9. <i>Muscle injuries in athletes</i> 10. <i>Muscle injuries in athletes, prevention and immediate treatment</i> 11. <i>Shoulder injuries in athletes and immediate treatment</i> 12. <i>Fractures in sports and immediate treatment</i> 13. <i>Fractures fatigue in sports and immediate treatment</i>

4. LEARNING & TEACHING METHODS - EVALUATION

<p>TEACHING METHOD</p> <p><i>Face to face, Distance learning, etc.</i></p>	<p>Face to face</p> <p>Theory</p>
<p>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY</p>	<p>Use of ICT in Teaching and Communication with Students</p>

(ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	a. digital slides b. video c. MsTeams/ e-class, webmail	
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
	Bibliographic research & analysis	108
	Exams	3
	Total	150
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> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	Intermediate exam 20% Final exam 40%	

5. SUGGESTED BIBLIOGRAPHY

<ol style="list-style-type: none"> 1. Korres D. Lyritis G., Soukagos P. (2016). <i>Physiotherapeutic interventions in the musculoskeletal system (techniques for therapeutic exercises)</i>. Pub. Konstantaras I. 2. Cartwright L., Peer Kimberly (2021). <i>Fundamental principles of rehabilitation training</i>, Pub. Konstantaras I. 3. Brotzman B., Manske R. (2015). <i>Orthopedic rehabilitation in clinical practice</i>, Pub. Konstantaras I. 4. Hoogenboom, Voight, Prentice (2016). <i>Physiotherapy interventions in the musculoskeletal system (techniques for therapeutic exercises)</i>, Pub. Konstantaras I.
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ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Asimenia Gioftsidou, Professor
Contact details:	agioftsi@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Written examination with distance learning methods (100%)

<p>Implementation Instructions:</p>	<p>The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. 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 learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer multiple choice questions. Each of the questions is graded from 0.5 to 2.0 points depending on the question category.</p>
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