COURSE OUTLINE MUSCULOSKELETAL DISORDERS AND EXERCISE

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	C658	**SEMESTER**	**6th**
COURSE TITLE	MUSCULOSKELETAL DISORDERS AND EXERCISE		

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**
	3	6
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:	YES
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.

After successfully completing the course, participants will be able to:

- *understand the symptoms appeared in patients with musculoskeletal disorders*
- *plan the appropriate rehabilitation intervention program according to the patient's symptoms*
- *They will supervise and correct to properly perform the exercise prescribed*

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. *Musculoskeletal Disorders – Introduction to Rehabilitation Training for Musculoskeletal Disorders and Overuse Syndromes*
2. *Chronic Low Back Pain – Pathophysiology – Case Classification – Anatomy – Clinical Examination – Patient Assessment*
3. *Chronic Low Back Pain and Exercise – Effects of Exercise – Prevention and Exercise Programming Recommendations – Functional Reintegration for Athletes and the General Population*
4. *Cervical Spine Disorders – Pathophysiology – Case Classification – Anatomy – Clinical Examination – Patient Assessment*
5. *Chronic Neck Pain – Effects of Exercise – Prevention and Exercise – Exercise Programming Recommendations – Functional Reintegration*
6. *Patellofemoral pain syndrome– Epidemiology – Pathophysiology – Symptoms – Causes – Clinical Effects*
7. *Patellofemoral pain syndrome – Treatment Approaches – Surgical Methods – Fundamental Principles for Exercise Program Design and Evaluation*
8. *Shoulder Disorders – Epidemiology – Pathophysiology – Symptoms – Causes – Clinical Effects*
9. *Shoulder Disorders – Treatment Approaches – Surgical Methods – Fundamental Principles for Exercise Program Design and Evaluation*
10. *The Role of Breathing in Exercise Program Implementation for Individuals with Musculoskeletal Disorders*
11. *Myofascial Pain syndrome – Pathophysiology – Symptoms – Management*
12. *Myofascial Pain syndrome – Fundamental Principles for Exercise Program Design and Evaluation*
13. *Spondylarthritis and Exercise – Pathophysiology and Fundamental Principles for Exercise Program Design and Evaluation*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to face, Distance Learning
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Ppt Slides • video • MsTeams/ e-class, webmail
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,*	

Activity	***Workload/semester***
Lectures	39
Field Exercise	60
Bibliographic research and analysis	48
Exams	3
Total	**150**

project. Etc. *The supervised and unsupervised workload per activity is indicated here, so that total 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*	Written assignment (20%). Written examination (80%)

5. SUGGESTED BIBLIOGRAPHY

1. *Roitman J.L. (2001) ACSM' s Resource Manual for Guidelines for Exercise Testing and Prescription. American College of Sports Medicine, Baltimore.*
2. *Αμερικανικη Αθλητιατρικη Εταιρεια Επιμέλεια: Ταξιλδάρης Κ., Τζιαμούρτας Α., Φατούρος Ι. (2007) Κατευθυνσεις Σχεδιασμου Προγραμματων Ασκησης Και Αξιολογησης. Εκδ. Χρ.Ιωαννου-Αιμ.Γολεμης Ο.Ε.*
3. *Skinner, J.S. (1993) Exercise Testing and Exercise Prescription for Special Cases, Second Edition, Williams & Wilkins, Baltimore.*
4. *Graves J.E., Franklin B.A. (2001) Resistance training for health and rehabilitation. Human Kinetics.*
5. *Wikgren S. (1997). ACSM's exercise management for persons with chronic diseases and disabilities / American College of Sports Medicine. Human Kinetics4. Σακκάς Ι.Γ. (2004). «ΤΕΧΝΙΚΗ ΥΔΡΟΛΟΓΙΑ, Τόμος 1, Υδρολογία Επιφανειακών Υδάτων», Εκδόσεις Αϊβάζη, Θεσσαλονίκη.*

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: (1)	yes
Evaluation methods: (2)	Written assignment (20%). Written examination with distance learning methods (80%)
Implementation Instructions: (3)	The written assignment should be submitted in eclass platform