COURSE OUTLINE FUNCTIONAL TRAINING IN NEUROLOGICAL DISEASES

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	C663	53 SEMESTER 6 th			
COURSE TITLE	FUNCTIONAL TRAINING IN NEUROLOGICAL DISEASES		ISEASES		
TEACHING ACTI	VITIES				
If the ECTS Credits are distributed in dis	stinct parts of th	e course e.g.	TEACHING		
lectures, labs etc. If the ECTS Credits	are awarded to	the whole	HOURS PEF	2	ECTS CREDITS
course, then please indicate the teach	ning hours per w	eek and the	WEEK		
corresponding ECT.	S Credits.				
			3		6
COURSE TYPE	Scientific Are	а			
Background, General Knowledge,					
Scientific Area, Skill Development					
PREREQUISITES:	S: NO				
TEACHING & EXAMINATION	Hellenic (Greek)				
LANGUAGE:	English for Erasmus+ students				
COURSE OFFERED TO ERASMUS	YES				
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 successful completion of the course students will be able to:

- assess the level of functionality and quality of life in people with neurological diseases
- design training (intensive exercise) protocols aimed at improving functionality for people with neurological diseases
- organize and implement individualized and group exercise programs to improve the functionality of people with neurological diseases
- evaluate and develop functional training programs for people with neurological diseases
- The course aims to familiarize the students with the design, organization and implementation of exercise programs to improve functionality and quality of life in people with neurological diseases.

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	Demonstration of social, professional and moral responsibility
Teamwork	and sensitivity to gender issues

Working in an international environment Working in an interdisciplinary environment Production of new research ideas Critical thinking Promoting free, creative and inductive reasoning

The general skills that are supported involve:

- Search, analysis and synthesis of data and information, using appropriate ICT
- Decision making
- Autonomous work
- Teamwork
- Working in an interdisciplinary environment
- Production of new research ideas
- Practice of criticism and self-criticism
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

- 1. Introduction Functional training and neuroplasticity
- 2. Assessment of functionality in people with neurological diseases
- 3. Assessment of quality of life in people with neurological disorders
- 4. Functional training in people with stroke
- 5. Functional training in people with cerebral palsy
- 6. Functional training in people with Parkinson's disease
- 7. Functional training in people with multiple sclerosis
- 8. Functional training in people with dementia
- 9. Alternative forms of exercise for people with neurological diseases (dance, Yoga, Thai-chi)
- 10. Organisation of functional training for people with neurological disorders
- 11. Application of technologies in functional training for people with motor disorders (exergames, virtual reality)
- 12. Safety during functional training programmes for people with neurological disorders
- 13. Presentation of group work (individualised functional training programmes for a person with neurological disorders)

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD	Face to face	
Face to face, Distance learning, etc.	Theoretical lectures	5
	Laboratory courses	
	Distance learning	
USE OF INFORMATION &	Use of ICT in teaching and	d communication with
COMMUNICATIONS TECHNOLOGY	students:	
(ICT) Use of ICT in Teaching, in Laboratory	digital slides	
Education, in Communication with students	videos	
	MsTeams/ e-class, v	webmail
TEACHING ORGANIZATION	Activity	Workload/semester
The ways and methods of teaching are		

described in detail. Lectures, Seminars, Laboratory Exercise, Field	Lectures	39
Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshon, Interactive learning	Field exercise	30
Study visits, Study / creation, project, creation, project. Etc.	Study and analysis of the literature	78
The supervised and unsupervised workload per	Examinations	3
activity is indicated here, so that total workload per semester complies to ECTS standards.	Total Course	150
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	Interim evaluations (4 Written exams includi short answer question questions designed to The assessment language for Erasmus students	0%) ing: multiple choice tests, ns and development o solve problems (60%) is are Greek and English

5. SUGGESTED BIBLIOGRAPHY

- 1. NICHOLS_LARSEN D. ET AL (2017). NEUROLOGICAL REHABILITATION. ATHENS: KONSTANTARAS, MEDICAL PUBLICATIONS
- 2. CARR J. & SHEPHERD R. (2017). NEUROLOGICAL REHABILITATION (2ND EDITION). ATHENS: PARISIANOU, ANONYMOUS PUBLISHING IMPORT TRADING COMPANY OF SCIENTIFIC BOOKS
- 3. ACSM (2018). ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION. TENTH EDITION.WOLTER KLUWER

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Erasmia Giannakou
Contact details:	egiannak@phyed.duth.gr
Supervisors:	Yes
Evaluation methods:	Written or oral examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
Implementation Instructions:	The examination in the course will be done in randomly created groups of users (examinees). The compositions of the user groups will be announced in time.

The total examination duration of each group will be 1 hour. In the first
twenty minutes of each examination period, the examinees will be
identified through the MS Teams app. For this purpose, there must be a
camera, microphone and headphones connected to their terminal device
(PC or smartphone). The relevant link will be sent via eClass, exclusively
to the institutional accounts of those who have registered for the course
and have accepted the terms of distance examination. For identification,
students will display their student ID on camera when requested.
The main examination will be carried out through the "Exercises"
application of eClass. In particular, at the beginning of the second twenty
minutes of each examination period, an exercise entitled "Examination -
Group X (where X = 1 to n)" will be activated in the eClass, which will
include 20 questions. The time limit for answering the 20 questions will
be 30 minutes. During this period, all questions should be answered and
finalized. Each of the questions will be graded with 0.5 points.
Students should log in to the eClass platform through their institutional
account.
Also during the exam the camera and microphone of the examinees have
to be continuously activated and the MS Teams application should be
open.