

COURSE OUTLINE

1. GENERAL

SCHOOL	SCHOOL OF PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	K204	SEMESTER	2
COURSE TITLE	TECHNIQUES ENHANCING PSYCHOSOCIAL FACTORS OF REHABILITATION		
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	7,5
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Scientific area		
PREREQUISITES:	No		
TEACHING & EXAMINATION LANGUAGE:	Greek		
COURSE OFFERED TO ERASMUS STUDENTS:	No		
COURSE URL:	https://eclass.duth.gr/courses/GYM125/		

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 completing the course, students will be able to:

- Know and understand the changes in behavior of patients suffering from musculoskeletal or other problems during their rehabilitation.
- Participate, through the application of techniques to manage the patients' reactions and enhance their motivation throughout the rehabilitation program
- Design and implement techniques to enhance those factors that can positively influence the behavior of the patient belonging to the general population.
- Know and understand changes in patient behavior due to pain or other symptoms accompanying an injury or musculoskeletal condition
- Plan and understand the basic principles of applying pain management techniques to chronic neck or low back conditions
- Participate in the implementation of techniques to enhance the motivation of athletes throughout their rehabilitation program until their reintegration into active activity.

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

Project design and management

Equity and Inclusion

Respect for the natural environment

<i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Working in an international environment</i> <i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Sustainability</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Critical thinking</i> <i>Promoting free, creative and inductive reasoning</i>
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- Search, analysis and synthesis of data and information,
- Adaptation to new situations
- Decision making
- Autonomous work
- Production of new research ideas
- Critical thinking

3. COURSE CONTENT

- Enhancing motivational factors during rehabilitation after a musculoskeletal problem - the role of information
- The social environment as a factor in enhancing behavior during rehabilitation
- Low back pain – behavior changes and reinforcement techniques for motivation during recovery
- Control and management of psychosocial factors in order to prevent musculoskeletal problems
- The psychological benefits of exercise in clinical populations
- Exercise protocols during rehabilitation combined with behavioral reinforcement and motivation techniques
- The effects of exercise on people suffering from depression
- Thoughts and behaviors after musculoskeletal injury – possibilities for intervention by the rehabilitation specialist
- The use of relaxation techniques in patients with chronic diseases
- The perception of pain as a factor that differentiates participation in rehabilitation programs - ways of management and control
- Motivating patients suffering from chronic diseases in order to integrate them into exercise programs - application to people with cognitive problems
- Techniques for managing the challenges arising from a chronic musculoskeletal problem – application to chronic neck pain
- Techniques for strengthening psychosocial factors during the rehabilitation of musculoskeletal problems – application to team sports athletes

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face and Distance learning	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGIES (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching and in Communication with students	
TEACHING ORGANIZATION	<i>Activity</i>	<i>Workload/semester</i>
	Lectures	39

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.

Lectures, Field Exercise	30
Study, clinical exercise	30
Lectures, study, team project	25
Lectures, study, clinical exercise	25
Lectures, study, clinical exercise	25
Study, clinical exercise, individual projects	25
Total	187,5

Activity	Workload/semester
Lectures	39
Study Litterature	80
Individual Project (essay)	60
Project Presentation	5,5
Εξετάσεις	3
Total	187,5

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

- Essay: 60%
 - Final exam with short answers questions: 40%
- Essay: up to 1200 words at least 5 recent scientific articles since 2000 with a revision table.

5. SUGGESTED BIBLIOGRAPHY

1. Μάλλιου Π., (2015) *Αθλητικοί τραυματισμοί και αποκατάσταση*
https://repository.kallipos.gr/bitstream/11419/207/7/00_master_document_KOY.pdf
κεφάλαιο 8: Τεχνικές συμβουλευτικής υποστήριξης του τραυματισμένου αθλητή
9789606030048 Εκδόσεις Κάλλιπος
2. Ray R., Wiese-Bjornstal D. (1999) *Counseling in Sports Medicine* Human Kinetics Publishers ISBN 9780880115278

3. Heil J. (1993) *Psychology of sport injury* Human Kinetics Publishers ISBN 9780988356313
4. Crossman J. (2001) *Coping with sports injuries: Psychological strategies for rehabilitation*. Oxford University Press Inc., New York, ISBN 9780192632159
5. Θεοδωράκης Γ., Γούδας Μ., Παπαϊωάννου Α. (2001) Η ψυχολογία των τραυματισμών στον αθλητισμό.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Anastasia Beneka – Evangelos Bebetos	
Contact details:	ampeneka@phyed.duth.gr empempe@phyed.duth.gr	
Supervisors: (1)		
Evaluation methods: (2)	Written assignment and written examination	
Implementation Instructions: (3)	Deadline of written assignment is the last week of the semester (email submission) The grade percentage of the assignment in the final grade is 60%. In case of the the written examination with distance learning methods, the integrity and reliability of the exam are secured	

(1) Please write YES or NO

(2) Note down the evaluation methods used by the teacher, e.g.

- *written assignment* or/and exercises
- written or oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.

(3) In the **Implementation Instructions** section, the teacher notes down clear instructions to the students:

a) in case of **written assignment and / or exercises**: the deadline (e.g. the last week of the semester), the means of submission, the grading system, the grade percentage of the assignment in the final grade and **any other necessary information**.

b) in case of **oral examination with distance learning methods**: the instructions for conducting the examination (e.g. in groups of X people), the way of administration of the questions to be answered, the distance learning platforms to be used, the technical means for the implementation of the examination (microphone, camera, word processor, internet connection, communication platform), the hyperlinks for the examination, the duration of the exam, the grading system, the percentage of the oral exam in the final grade, the ways in which the inviolability and reliability of the exam are ensured and any other necessary information.

c) in case of **written examination with distance learning methods**: the way of administration of the questions to be answered, the way of submitting the answers, the duration of the exam, the grading system, the percentage of the written exam of the exam in the final grade, the ways in which the integrity and reliability of the exam are ensured and any other necessary information.

There should be an attached list with the Student Registration Numbers only of students eligible to participate in the examination.