Course Title	**SPORT REHABILITATION**				
Course Code	SSREH307-1				
Course Type	MANDATORY				
Level	BSc (Level 1)				
Year / Semester	3rd / Fall				
Teacher's Name	Dr Spyridon Athanasopoulos, Dr Christos Savva				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course Purpose	The aim of the course is to train students in the recognition, evaluation, prevention, and documented rehabilitation of acute and chronic sports injuries and syndromes in athletes and exercising populations. Through the course, they will be informed about the promotion of the acceleration of the healing process, rehabilitation, and safe return to the pre-injury competitive condition and be able to effectively implement an exercise plan as a means of rehabilitation as well as the expected results, at the various stages of frequent sports injuries.				
Learning Outcomes	Upon completion of the course, students will be able to: 1. Have a comprehensive view and knowledge on the role of athletic rehabilitation 2. Assess sports injuries and conditions with valid and reliable clinical tools 3. Collaborate with members of the recovery team 4. Choose and apply the appropriate intervention with exercise to reduce pain, swelling, inflammation and minimize the effects of immobilization depending on the phase of the healing process. 5. Know the clinical and laboratory tests to evaluate the progress of functional rehabilitation and return to injury fitness levels. 6. They assist and psychologically support the athlete in his full reintegration into his sport. 7. Design and formulate programs for preventing and treating the most common sports injuries. 8. Recognize the differences between overuse syndrome rehabilitation and acute injuries				

	9. They individually select the program that suits each injured athlete in relation to the type of sport, training period, external conditions, previous injuries, age and gender.		
Prerequisites	No	Corequisites	No
Course Content	**Introduction:** What are and how are the most common injuries caused in various sports activities, the basis, and goals of rehabilitation. **Rehabilitation Goals:** Regain neuromuscular control, regain range of motion, and improve flexibility, regain muscle strength, regain endurance and strength, regain stability when standing and balance, maintain cardiorespiratory capacity during rehabilitation. **Injury prevention and operational progress:** methods and means of preventing sports injuries, operational progress for reintegration into competitive activity. **Rehabilitation Tools:** Strengthening exercises, Neuromuscular coordination exercises, Plyometric training, closed and open kinetic chain exercises, joint mobilization, and traction techniques, PNF techniques, hydrotherapy techniques, kinesiotape, stretching. **Natural Means:** Electrotherapy, Mechanotherapy, Light Therapy, Thermotherapy, Cryotherapy. **Assessment Tools:** Range of motion, Muscle strength, Muscle length, Standing posture. **Pathomechanics and rehabilitation in specific injuries:** Upper limb, Lower limb, Torso. **Recovery plan:** Short-term goals, Long-term goals, Recovery tools-means		
Teaching Methodology	**Theory** The teaching of the course includes lectures to offer the theoretical background of sports injuries and syndromes and sports physiotherapy. The teaching uses detailed notes with PowerPoint and material rich in images and videos. Methods such as case studies, clinical scenarios of sports injuries, discussion, questions/answers are used in the teaching methodology depending on the nature of the course. Research-documented material published in international scientific journals is also used to monitor the latest developments related to the course's subject. **Laboratory** During the laboratory courses, students practice and develop their practical skills in sports injury assessment and special clinical tests, in small groups so that they can successfully and safely apply them in a real clinical environment of sports injuries		
Bibliography	1. Φουσέκης Κ. (2015). Εφαρμοσμένη Αθλητική Φυσικοθεραπεία, Εκδόσεις Π.Χ. Πασχαλίδη, Κύπρος. ISBN: 978-9963-716-71-5.		

	2. Αθανασόπουλος, Σ., & Κατσουλάκης, Κ. (2007). Τεχνικές αποκατάστασης αθλητικών κακώσεων, 4η Έκδοση, Επιστημονικές Εκδόσεις ΠΑΡΙΣΙΑΝΟΥ Α.Ε., Αθήνα. ISBN:978-960-394-449-2. Μάλιου Β, Ποφτσίδου Α., Πάφης Γ., Κούτρα Χ. (2015), *Αθλητική τραυματισμοί και Αποκατάσταση*, ΣΥΝΔΕΣΜΟΣ ΕΛΛΗΝΙΚΩΝ ΑΚΑΔΗΜΑΪΚΩΝ ΒΙΒΛΙΟΘΗΚΩΝ, Αθήνα, ISBN: 978-960-603-004-8 3. Μπαλτόπουλος Π., *Αθλητιατρική*, Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδη, Θεσσαλονίκη. ISBN: 960-399-096-5. 4. Kendall, F,P. McCreary, E,K. Provance, P,G. Rodgers, M,M. Romani, W,A., (2005), *Muscles testing and function with posture and pain.* 5th edition, Lipincott Williams and Wilkins, Philadelphia. ISBN: 0-7817-4780- 5. Boyle M., (2015). *Advances in Functional Training*, On Target Publications. USA ISBN: 978-1-931046-01-5. 6. Brukner & Khans, (2012), *Clinical Sports Medicine*, 4th edition, Sports Medicine Series. ISBN-13: 978-007099813, ISBN-10: 007099813-2.
Assessment	**Continuous evaluation (50%):** The evaluation shall include a combination of: **Use of case studies or problem-solving exercises (30%):** to assess how students can apply theoretical knowledge in real-life situations to approach rehabilitation through exercise to athletes and practitioners. Students are presented with scenarios that require analysis, critical thinking, and application of theoretical contents and are assessed based on their ability to make oral presentations, be examined with viva voce, identify and evaluate relevant information, propose exercise plans, and justify their choices. **Laboratory assessment (30%):** Laboratory assessment consists of the assessment of expected skills and abilities, critical thinking, problem-solving, and teamwork skills. During laboratory meetings, students are closely monitored as they deal with the tasks assigned to them and notes are taken on the actions, approach and any relevant observations made to demonstrate an understanding of the subject and the application of their skills. After the evaluation of the laboratory work, constructive feedback is provided to students. Their strengths and areas for improvement are highlighted, linking them to the learning outcomes of each module to help students understand their progress and guide them in their further improvement. Depending on the laboratory work, their peer review may be integrated, where students evaluate each other's work against the established criteria to promote self-reflection, collaboration, and a

	deeper understanding of the subject. **Class discussions:** Students participate in class discussions to assess their theoretical knowledge. Active participation is encouraged to sharpen their critical thinking skills by asking open-ended questions and facilitating their dialogue. **Final exam (40%):** Comprehensive final exam, to assess students' overall theoretical knowledge. These assessments cover a wider range of topics and learning outcomes from across the curriculum to assess students' understanding and integration of knowledge in various fields.
Language	Greek / English