

COURSE OUTLINE ACTIVITIES OF DAILY LIVING, AIDS, ERGONOMICS AND PRINCIPLES OF UNIVERSAL DESIGN

1. GENERAL

SCHOOL	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
DEPARTMENT/MSc	OCCUPATIONAL THERAPY		
LEVEL OF STUDY	MSc - LEVEL 6		
COURSE CODE		SEMESTER OF STUDIES	6o
COURSE TITLE	ACTIVITIES OF DAILY LIVING, AIDS, ERGONOMICS AND UNIVERSAL DESIGN PRINCIPLES		
INDEPENDENT TEACHING ACTIVITIES <i>in case the credits are awarded to distinct parts of the course, e.g. Lectures, Laboratory Exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i>		TEACHING WEEKS	CREDITS
Theory		3	6
Laboratory		2	
Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skills Development</i>	GENERAL KNOWLEDGE		
PREREQUISITE COURSES:	NO		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ONLINE COURSE PAGE (URL)	-		

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>The learning outcomes of the course are described, the specific knowledge, skills and abilities of an appropriate level that students will acquire after the successful completion of the course.</i></p> <p>Consult Appendix A</p> <ul style="list-style-type: none"> ● Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework ● Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning <p>and Annex B</p> <ul style="list-style-type: none"> ● Summary Guide to Writing Learning Outcomes
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> ● Understand the importance of individual independence and the role played by basic and complex activities of daily life in the context of autonomy. ● To incorporate techniques and methods used by occupational therapists for the training of independent living

- *Practice occupational intervention design and be familiar with aids and adjustments that promote independence.*

General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which / which of them is the course aimed at?.

Search, analyze and synthesize data and information, using the necessary technologies

Adapting to new situations

Decision-making

Autonomous work

Teamwork

Working in an international environment

Working in a multidisciplinary environment

Generating new research ideas

Project planning and management

Respect for diversity and multiculturalism

Respect for the natural environment

Demonstrate social, professional and ethical responsibility and gender sensitivity

Criticism and self-criticism

Promoting free, creative and inductive thinking

- *Search, analyze and synthesize data and information, using the necessary technologies*
- *Reasoning*
- *Autonomous work*
- *Teamwork*
- *Promoting free, creative and inductive thinking*

3. COURSE CONTENT

- 1. Definition and categories of Activities of Daily Living (ADL).*
- 2. Complex /Instrumental activities of daily living (IADL).*
- 3. Classification of occupationlas*
- 4. The impact of SDGs on quality of life, health and well-being.*
- 5. Basic principles for the evaluation of ISMs.*
- 6. Assessment of ADL in paediatric occupational therapy intervention.*
- 7. Assessment of IADLin adults and the elderly*
- 8. Universal design*
- 9. Use of techniques and methods by the Occupational Therapist during the intervention process.*
- 10. Setting goals – Long-term, short-term – Priorities.*
- 11. Ergonomic arrangement of the surrounding area to improve independence.*
- 12. Aids and adjustments to enhance independence.*
- 13. Design of occupational therapy intervention for the improvement of CKD.*

4. TEACHING AND LEARNING METHODS - EVALUATION

DELIVERY METHOD <i>Face-to-face, Distance learning, etc.</i>	Face to face (13 weeks x 3 hours theory)
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES <i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i>	Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> ● Digital slides ● video

	<ul style="list-style-type: none"> MsTeams/ e-class, webmail 														
<p>TEACHING ORGANIZATION</p> <p><i>The way and methods of teaching are described in detail.</i></p> <p><i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study & Analysis of Literature, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Preparation, Writing a Paper / Paper, Artistic Creation, etc.</i></p> <p><i>The student's study hours for each learning activity as well as the hours of non-guided study are indicated so that the total workload at semester level corresponds to ECTS standards</i></p>	<table border="1"> <thead> <tr> <th>Activity</th> <th>Semester Workload</th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td>39</td> </tr> <tr> <td>Work</td> <td>60</td> </tr> <tr> <td>Literature study and analysis</td> <td>78</td> </tr> <tr> <td>Examination</td> <td>3</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td>Total Course</td> <td>180</td> </tr> </tbody> </table>	Activity	Semester Workload	Lectures	39	Work	60	Literature study and analysis	78	Examination	3			Total Course	180
Activity	Semester Workload														
Lectures	39														
Work	60														
Literature study and analysis	78														
Examination	3														
Total Course	180														
<p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Conclusive, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Paper, Report/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other</i></p> <p><i>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</i></p>	<p>Work at home (compulsory) 35%</p> <p>Final written exam 65%</p>														

5. RECOMMENDED BIBLIOGRAPHY

Greek-speaking

- Kouloubi, M.G. (2017). *Work and activity. The approach of Occupational Therapy*. Konstantaras Medical Publications, Athens.

Foreign language

- Fellows, R., Bezdicek, A. & Lippelt-Scarfon, I. (2023). *Activities of daily living and everyday functioning: From normal aging to neurodegenerative diseases*. Frontiers Media SA.
- Shin, J., Decker, B. & Blanchard, S. (2021). Instrumental Activities of Daily Living in Pediatric Occupational Therapy Practice: A Survey of Current Practice Patterns and Perceived Importance. *Physical & Occupational Therapy In Pediatrics*, 42(1), 46-61.
- Laverdure, P., & Beisbier, S. (2021). Occupation-and activity-based interventions to improve performance of activities of daily living, play, and leisure for children and youth ages 5 to 21: A systematic review. *The American journal of occupational therapy*, 75(1).

