

COURSE OUTLINE LIFELONG ACTIVITY IN OCCUPATIONAL THERAPY

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	A'
COURSE TITLE	LIFELONG ACTIVITY IN OCCUPATIONAL THERAPY		
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		
<i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i>			
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><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> ● <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i> ● <i>Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning</i> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> ● <i>Summary Guide to Writing Learning Outcomes</i> <p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> ● Understands the theoretical background of the Occupation and Activity ● Acquire the required competence to perform the skills of analysis, synthesis, and classification of activities/occupations ● It applies the therapeutic use of occupation for people of different age groups and communities, within contemporary and future environments such as hospitals, schools, homes, etc. and with different diagnoses

- Assesses and assesses individual and environmental barriers to occupation execution performance, using a variety of standard, informal, standardized and non-standard assessment tools and methods
- Develop treatment plans in collaboration with clients, demonstrating the implementation of the best evidence, efficient use of resources and client-based practice
- Recognize, have critical assessment and implement interventions

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?.

Adapting to new situations

Project planning and management

Decision-making

Respect for diversity and multiculturalism

Autonomous work

Demonstrate social, professional and ethical responsibility and gender

Teamwork

sensitivity

Working in a multidisciplinary environment

Criticism and self-criticism

Generating new research ideas

Promoting free, creative and inductive thinking

Adapting to new situations

Decision-making

Autonomous work

Teamwork

Project planning and management

3. COURSE CONTENT

- 1) Introduction of the concept of "occupation" and "activity" as the core of the practice of occupational therapy.
- 2) Principles of activity analysis.
- 3) Forms of activity.
- 4) The therapeutic effects of the activity on health, well-being and quality of life.
- 5) Ergonomics and activity.
- 6) Choosing an appropriate activity for the patient.
- 7) Evaluation, analysis and modification of the activity based on ergonomic requirements.
- 8) Ergonomic adjustments of the environment for the implementation of the activity.
- 9) Classification of the level of challenge of the activity with the established therapeutic goals.
- 10) Factors affecting the performance of the activity.
- 11) Skills to perform the activity
- 12) Adaptation of the activity to the therapeutic needs of the patient.
- 13) Exercise: Planning weekly activities in patient profiles.

4. TEACHING AND LEARNING METHODS - EVALUATION

DELIVERY METHOD <i>Face-to-face, Distance learning, etc.</i>	FACE TO FACE
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> ● Digital slides

<p>Use of ICT in Teaching, Laboratory Training, Communication with Students</p>	<ul style="list-style-type: none"> • video • MsTeams/ e-class, webmail 														
<p>TEACHING ORGANIZATION</p> <p>The way and methods of teaching are described in detail.</p> <p>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.</p> <p>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</p>	<table border="1"> <thead> <tr> <th data-bbox="646 296 971 338">Activity</th> <th data-bbox="979 296 1321 338">Semester Workload</th> </tr> </thead> <tbody> <tr> <td data-bbox="646 338 971 380">Lectures</td> <td data-bbox="979 338 1321 380">39</td> </tr> <tr> <td data-bbox="646 380 971 453">Literature study and analysis</td> <td data-bbox="979 380 1321 453">138</td> </tr> <tr> <td data-bbox="646 453 971 495">Examination</td> <td data-bbox="979 453 1321 495">3</td> </tr> <tr> <td data-bbox="646 495 971 537"></td> <td data-bbox="979 495 1321 537"></td> </tr> <tr> <td data-bbox="646 537 971 579"></td> <td data-bbox="979 537 1321 579"></td> </tr> <tr> <td data-bbox="646 579 971 642">Total Course</td> <td data-bbox="979 579 1321 642">180</td> </tr> </tbody> </table>	Activity	Semester Workload	Lectures	39	Literature study and analysis	138	Examination	3					Total Course	180
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<p>STUDENT EVALUATION</p> <p>Description of the evaluation process</p> <p>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</p> <p>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</p>	<p>Written exam 100%</p>														

5. RECOMMENDED BIBLIOGRAPHY

Greek:

- Kouloubi, M.G. (2017). *Work and Activity: the approach of Occupational Therapy*. Athens: Konstantaras Medical Publications.
- Bradby, H. (2010). *Introduction to the Sociology of Health and Disease* (Ed. G. Alexia). Athens: Pedio.
- Zarotis, G.F., Tokarski, W., Kontakos, A. & Katsagolis, Ath. (2011). *Free Time: Physical Activity – Health and Quality of Life: A Psychological, Pedagogical and Sociological Approach*. Athens: K. BABALIS MONOPROSOPI LTD.
- Kostaridou-Euclid, A. (2012). *Motivation Psychology*. Athens: Pedio.

Foreign language:

- American Occupational Therapy Association (2008). *Occupational Therapy Practice Framework: Domain and Process* (2nd ed). N.Y.: A.O.T.A