

## COURSE OUTLINE MUSCULOSKELETAL DYSFUNCTIONS AND DISEASES

### 1. GENERAL

<b>SCHOOL</b>	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT/MSc</b>	OCCUPATIONAL THERAPY		
<b>LEVEL OF STUDY</b>	MSc - LEVEL 6		
<b>COURSE CODE</b>	23	<b>SEMESTER OF STUDIES</b>	7o
<b>COURSE TITLE</b>	MUSCULOSKELETAL DYSFUNCTIONS AND DISEASES		
<b>INDEPENDENT TEACHING ACTIVITIES</b> <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>	<b>TEACHING WEEKS</b>	<b>CREDITS</b>	
	3	6	
<i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i>			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skills Development</i>	Background		
<b>PREREQUISITE COURSES:</b>	NO		
<b>LANGUAGE OF INSTRUCTION AND EXAMINATIONS:</b>	GREEK		
<b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>	NO		
<b>ONLINE COURSE PAGE (URL)</b>	<a href="https://eclass.duth.gr/courses/1021376/">https://eclass.duth.gr/courses/1021376/</a>		

### 2. LEARNING OUTCOMES

<p><b>Learning Outcomes</b></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"> <li>● <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i></li> <li>● <i>Descriptive Indicators of Levels 6, 7 &amp; 8 of the European Qualifications Framework for Lifelong Learning</i></li> </ul> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> <li>● <i>Summary Guide to Writing Learning Outcomes</i></li> </ul>
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> <li>● <i>manage people suffering from these conditions by improving their functionality</i></li> <li>● <i>understand the characteristics of people suffering from these conditions, assess them appropriately and design appropriate methodologies for managing their symptoms.</i></li> <li>● <i>be familiar with data from measurements and assessments commonly applied to people suffering from musculoskeletal disorders and dysfunctions.</i></li> </ul>
<p><b>General Competencies</b></p>

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

Project planning and management

Respect for diversity and multiculturalism

Adapting to new situations

Respect for the natural environment

Decision-making

Demonstrate social, professional and ethical responsibility and gender sensitivity

Autonomous work

Criticism and self-criticism

Teamwork

Working in an international environment

Promoting free, creative and inductive thinking

Working in a multidisciplinary environment

Generating new research ideas

- *Search, analyze and synthesize data and information, using the necessary technologies*
- *Generating new research ideas*
- *Project planning and management*
- *Promoting free, creative and inductive thinking*

### 3. COURSE CONTENT

1. *Chronic back pain – epidemiology – pathophysiology – Symptoms – physical examination – classification based on the general functional capacity of patients.*
2. *Chronic Low Back Pain – Causes – Clinical Effects – Ways to Treat*
3. *Chronic neck pain – epidemiology – pathophysiology – Symptoms – physical examination – classification based on the general functional capacity of patients.*
4. *Chronic neck pain – Causes – clinical effects – Ways of treatment*
5. *Shoulder diseases – epidemiology – pathophysiology – Symptoms – physical examination – classification based on the general functional capacity of patients.*
6. *Shoulder Diseases – Causes – Clinical Effects – Treatment and Treatment*
7. *Deviations of the Spine, Scoliosis, – Physiology of the Spine – Pathophysiology of Scoliosis, Evaluation and Treatment*
8. *Deviations of the Spine, Lordosis, – Physiology of the Spine – Pathophysiology of Lordosis, Lordosis, Evaluation of Effects – Treatment*
9. *Deviations of the Spine, Kyphosis, – Physiology of the Spine – Pathophysiology, Evaluation of Effects – Treatment*
10. *Spinal Deviations - Flat Spine - Effects - Treatment*
11. *Osteoarthritis – pathophysiology – physical examination – symptoms – clinical effects – weight control – prevention*
12. *Osteoarthritis and functional capacity – effect of the severity of the condition (arthroplasty) on functionality – effects – Treatment options and treatment*
13. *Arthritis – Species – Pathophysiology – Classification of patients based on their general functional capacity – Clinical effects – Treatment options and treatment*

### 4. TEACHING AND LEARNING METHODS - EVALUATION

<p><b>DELIVERY METHOD</b> <i>Face-to-face, Distance learning, etc.</i></p>	Face to face																		
<p><b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b> <i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i></p>	<p>Use of ICT in Teaching and Communication with Students</p> <ul style="list-style-type: none"> <li>• Digital slides</li> <li>• video</li> <li>• MsTeams/ e-class, webmail</li> </ul>																		
<p><b>TEACHING ORGANIZATION</b> <i>The way and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study &amp; 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" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;"><i>Activity</i></th> <th style="text-align: center;"><i>Semester Workload</i></th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td style="text-align: center;">39</td> </tr> <tr> <td>Work</td> <td style="text-align: center;">60</td> </tr> <tr> <td>Literature study and analysis</td> <td style="text-align: center;">78</td> </tr> <tr> <td>Examination</td> <td style="text-align: center;">3</td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td><b>Total Course</b></td> <td style="text-align: center;"><b>180</b></td> </tr> </tbody> </table>	<i>Activity</i>	<i>Semester Workload</i>	Lectures	39	Work	60	Literature study and analysis	78	Examination	3							<b>Total Course</b>	<b>180</b>
<i>Activity</i>	<i>Semester Workload</i>																		
Lectures	39																		
Work	60																		
Literature study and analysis	78																		
Examination	3																		
<b>Total Course</b>	<b>180</b>																		
<p><b>STUDENT EVALUATION</b> <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>Homework (compulsory) 30%</p> <p>Written exam 70%</p>																		

## 5. RECOMMENDED BIBLIOGRAPHY

1. Roitman J.L. (2001) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. American College of Sports Medicine, Baltimore.
2. American Society of Sports Medicine Edited by: Taxildaris K., Tziamourtas A., Fatouros I. (2007) Directions for the design of exercise and evaluation programs. Ed. Chr.loannou-Aim.Golemis O.E.
3. Skinner, J.S. (1993) Exercise Testing and Exercise Prescription for Special Cases, Second Edition, Williams & Wilkins, Baltimore.
4. Graves J.E., Franklin B.A. (2001) Resistance training for health and rehabilitation. Human Kinetics.
5. Wikgren S. (1997). ACSM's exercise management for persons with chronic diseases and disabilities / American College of Sports Medicine. Human Kinetics

