



Course Code SPSC-117	Course Title Orthopaedic-Therapeutic- Gymnastics	ECTS Credits 6
Department Sports Science	Semester Spring, Fall, Summer	Prerequisites SPSC-105, SPSC-106, SPSC- 250
Type of Course Elective	Field Sports Medicine	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 3 rd -4 th	Lecturer Dr Parpa Koulla
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

The aim of the course is the study of the theories, uses, and clinical applications for physical therapy modalities, agents, and treatment techniques.

Learning Outcomes:

By the end of this course students should be able to design and demonstrate orthopaedic and therapeutic exercise programs.

Course Contents:

1. Introduction to Orthopaedic and Special Consideration to Therapeutic exercise
2. Range of Motion
3. Stretching Activities for Increasing Muscle Flexibility
4. Principles of Resistance Training
5. Open-Chain Resistance Training
6. Medical Exercise Training
7. Proprioceptive Neuromuscular Facilitation
8. Closed-Kinetic-Chain Exercise and Plyometric Activities
9. Principles of Aerobic Conditioning
10. Balance Training
11. Posture, Body Mechanics, and Spinal Stabilization
12. Aquatic Therapy
13. Functional Progression: Lower Extremity
14. Functional Progression: Upper Extremity
15. Geriatric and Paediatric Perspectives

Learning Activities and Teaching Methods:

Lectures , demonstration including DVD materials , Practicum

Assessment Methods:

Midterm Examination-theory, Final examination-practice , Attendance & participation.
--

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
R. Eric Oestmann	Proven Therapeutic Exercise Techniques: Best Practices for Therapists and Trainers	Charles C. Thomas Publisher	2004	039807514X

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Bandy, W.D. & B. Sanders (Editors)	Therapeutic Exercise for Physical Therapy Assistants: Techniques for Intervention	Lippincott Williams & Wilkins	2007	ISBN-13: 9780781790802 ISBN: 0781790808