



INTERNATIONAL
HELLENIC
UNIVERSITY

SCHOOL OF HEALTH SCIENCES
DEPARTMENT OF PHYSIOTHERAPY

ACADEMIC GUIDE

DEPARTMENT OF PHYSIOTHERAPY

(2023-2024 Academic Year)

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EDITING GROUP

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1. THE INTERNATIONAL HELLENIC UNIVERSITY

1.1 General Information

The International Hellenic University (IHU) based in Thessaloniki, was founded by article 1 of Law 3391/2005 (A' 240) and is organized and operates as a Higher Educational Institution (HEI) in the university sector, in accordance with paragraph 1 and indent an' of paragraph 2, article 1, Law 4485/2017 (A'114). With Law 4610/2019 (Government Gazette 70/A'/7-5-2019) seven (7) Schools were established therein with corresponding Departments in each of them.

Besides, there is a University Center for International Studies in IHU, based in Thessaloniki, which operates as an academic unit of the institution. The following Departments are established at the University Center for International Studies:

- a) Humanities, Social and Economic Sciences, which is part of the School of Humanities, Social and Economic Sciences.
- b) Science and Technology, which is part of the School of Science and Technology

The Departments are located in various cities of Northern Greece. Most of them are mainly concentrated on four campuses: Themi (where the University headquarters is also located), Sindos, Serres and Kavala.

1.2 Academic and Organizational Structure

According to the current legislation, each University is subdivided into Schools, which cover a set of related scientific disciplines, so that the necessary coordination for the quality of the education provided can be ensured. A School is subdivided into individual Departments which also constitute the basic academic units. The units in question cover the subject of a specific scientific field and award the corresponding degree/diploma. The Schools of the International Hellenic University - with their Departments - are as follows:

SCHOOLS	DEPARTMENTS
SCHOOL OF ECONOMICS AND BUSINESS ADMINISTRATION (Thessaloniki)	• Department of Business Administration (Serres) • Department of Economic Sciences (Serres) • Department of Supply Chain Management (Katerini) • Department of Accounting and Finance (Kavala) • Department of Business Administration, Marketing and Tourism (Thessaloniki) • Department of Accounting and Information Systems (Thessaloniki) • Department of Management Science and Technology (Kavala)
SCHOOL OF SOCIAL SCIENCE (Thessaloniki)	• Department of Library, Archive and Information Science (Thessaloniki) • Department of Early Childhood Education and Care (Thessaloniki)

SCHOOL OF HEALTH SCIENCE (Thessaloniki)	• Department of Biomedical Sciences (Thessaloniki) • Department of Nutritional Sciences and Dietetics (Thessaloniki) • Department of Midwifery Science (Thessaloniki) • Department of Physiotherapy (Thessaloniki) • Department of Nursing (Thessaloniki) • Department of Nursing (Didymoteicho Branch)
SCHOOL OF ENGINEERING (Serres)	• Department of Industrial Engineering and Management (Thessaloniki) • Department of Environmental Engineering (Thessaloniki) • Department of Information Technology and Electronic Engineering (Thessaloniki) • Department of Informatics, Computer and Telecommunications Engineering (Serres) • Department of Surveying and Geoinformatics Engineering (Serres) • Department of Mechanical Engineering (Serres) • Department of Civil Engineering (Serres)
SCHOOL OF DESIGN SCIENCE (Serres)	• Department of Creative Design and Fashion (Kilkis) • Department of Interior Architecture (Serres)
SCHOOL OF SCIENCE (Kavala)	• Department of Computer Science (Kavala) • Department of Physics (Kavala) • Department of Chemistry (Kavala)
SCHOOL OF GEOSCIENCE (Drama)	• Department of Agricultural Biotechnology and Oenology (Drama) • Department of Agriculture (Thessaloniki) • Department of Forestry & Natural Environment (Drama) • Department of Food Science and Technology (Thessaloniki)
SCHOOL OF HUMANITIES, SOCIAL SCIENCE AND ECONOMIC STUDIES (Thessaloniki)	• Department of Humanities Social Science and Economic Studies (Thessaloniki)
SCHOOL OF SCIENCE AND TECHNOLOGY (Thessaloniki)	• Department of Science and Technology (Thessaloniki)

The administrative body of each School is the Dean's Office which consists of:

- the School Dean,
- the Department Chairs and
- representatives of Special Technical Laboratory Staff (E.TE.P.), Special Teaching Laboratory Staff (E.D.I.P.), and students.

The Department is managed by:

- the Department Assembly
- the Management Board and
- the Department Chair

The Department Assembly consists of the Faculty members of the Department, the Technical Staff representatives, undergraduate and postgraduate students. In cases where Sectors are representing course streams, Sector Directors are also assigned. The Assembly is made up of the Faculty members of each course stream and of student representatives.

1.3 The Alexander Campus

The IHU's Alexandria Campus facilities are located west of Thessaloniki in the area of Sindos in the Municipality of Delta, where the city's industrial zone is located. The Foundation's privately owned facilities are located 17 km from the center of Thessaloniki, at the exit of the Thessaloniki-Athens highway towards Sindos. They are spread over an area of 1 600 hectares, most of which, around 1000 hectares, is occupied by the farm, with greenhouses, crops, stables, a poultry farm, staff facilities, training facilities and farm service offices. The total surface area of the buildings reaches 35,000 sqm, where the study departments and central administrative offices are housed.



2. THE CITY OF ΘΕΣΣΑΛΟΝΙΚΗ

2.1 Geographical and Demographic Information

The Prefecture of Thessaloniki is the largest in Macedonia and Northern Greece. Administratively it belongs to the Region of Central Macedonia and is identified with the regional unit of Thessaloniki.

Geography



The Prefecture of Thessaloniki is located in central Macedonia and is bordered by the Thermaikos Gulf to the west and the Strimonikos Gulf to the east. In the central-northern part of the prefecture there is the valley of Mugdonia with Lake Koroneia (or Lake Agios Vasileiou or Lake Lagada) and a little further east Lake Volvi, which is the second largest in Greece.

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The mountains are located in the central and northern part of the prefecture. The mountains include Chortiatis in the centre-west of the prefecture, Sivri and Vertiskos in the north, the Volvi Mountains, part of Kruessia and part of Kerdilia in the north-east.

Neighbours are the Prefecture of Imathia in the southwest, the Prefecture of Pella in the west, the Prefecture of Kilkis in the north, the Prefecture of Serres in the east and the Prefecture of Halkidiki in the south.

2.2 Historical data

The city of Thessaloniki

Thessaloniki was founded in 316/315 BC by the king of Macedonia, Kassandros. Its original population was made up of inhabitants of 26 small towns in the surrounding area, who relocated to it. Cassander named the city after his wife and sister of Alexander the Great.



Cassander's choice of this particular location was extremely successful, as time and history have shown. Built in an area rich in productive resources, protected by the mountainous massif of Chortiatis, at the bottom of the Thermaikos Gulf, safe for ships, open to sea communication, with rivers opening natural passages to the Balkan hinterland, Thessaloniki, a true crossroads of land and water routes, was destined to

have the fate that few European cities were lucky enough to have: a long-standing, unbroken historical presence and the entity of a megalopolis.

Cosmopolitan in antiquity, as the worship of various gods of ancient Greece and foreigners from Egypt and the East shows, Thessaloniki was introduced to Christianity in the year 50, when the Apostle Paul visited it for the first time and taught in a Jewish synagogue. During the Byzantine era there were periods when it was the most important city after Constantinople, the "First

after the First", as Byzantine writers call it. During the years of Ottoman rule it retained its



importance, being the largest urban centre in the European part of the Ottoman Empire with a multi-racial society. With its liberation in 1912 it was incorporated into the Greek state.

Due to its geopolitical position, Thessaloniki has always been a crossroads where people of different religious and cultural backgrounds met and coexisted for long periods of time. However, it has consistently maintained its Greekness, which was strengthened by the settlement of the Asia Minor refugees in 1922.



2.3. Useful links of transportation

Access to the Alexandria Campus of IHUI

By car

To get to ATEI-TH by car you should follow National Road Thessaloniki - Athens. At 9 km from the road turn right following the road towards the Industrial area of Sindos. ATEI-TH is located 1 km after this turns on your right.

If you are coming from the Athens - Thessaloniki direction, then at 489 km you will see an air bridge leading to the road to Sindos and ATEI-TH. Turn right and go over the bridge. Once off the bridge, ATEI-TH is 500 meters on your right.

By plane

Thessaloniki Airport is located on the east side of the city (TEI-TH is on the west side) and is approximately 35 km from TEI-TH. The journey from the airport to TEI-TH by car can take about 45 minutes.

Detailed information about Thessaloniki airport can be found at the following addresses:

Macedonia International Airport

<http://www.thessalonikiairport.com/>

Using the Thessaloniki ring road, you should follow the entire route of the ring road until you reach the turnoff to the National Road Thessaloniki - Athens. Turn onto National Road Thessaloniki - Athens and follow the directions above to access ATEIF by car.

By train

Thessaloniki is served by rail by the Greek Railway Organization (OSE). Information about OSE services to and from Thessaloniki can be found at the following addresses:

<http://www.trainose.gr/>

The main railway station of Thessaloniki is located in the city center, near the square of Demetrias (about 800 meters). The OASΘ bus No. 52 is available to and from the foundation.
<http://oasth.gr/#el/routeinfo/list/99/59/1/>

3. THE DEPARTMENT OF PHYSIOTHERAPY

The Department of Physiotherapy of the School of Health Sciences of the International Hellenic University was established in May 2019 by Law 4610 (Government Gazette 90/A/07-05-2019) "Synergies between Universities and Technical Universities, access to higher education, experimental schools, General State Archives and other provisions".

The first "school" of Physiotherapy was opened in Athens in 1958, based at the "King Pavlos" Hospital (Athens People's Hospital), which was under the supervision of the Ministry of Health.

The Panhellenic Association of Physiotherapists was founded in 1964 on the initiative of the first Greek Physiotherapists who graduated from the School of Physiotherapists of the Athens People's Hospital (Vassilios Pavlos).

In 1974 the Ministry of Education established the K.A.T.E. (Centers of Higher Technological Education) in Athens and Thessaloniki, which in 1975 were renamed Centers of Higher Technical and Vocational Education (K.A.T.E.E.). At the same time, the School of the Ministry of Health (School of Physiotherapists of the Athens Laikos Hospital) was abolished.

In 1983 (Law 1404/83) the Ministry of Education abolishes the K.A.T.E.E. and establishes the T.E.I. (Technological Educational Institutions) in an effort to upgrade the schools. Thus, the two Schools of Physiotherapy of the Ministry of Education are upgraded, and the duration of studies becomes seven semesters.

In 1989 the automatic equivalence of graduates of K.A.T.E.E. - Higher School of Physiotherapists with graduates of TEI is established.

In 2000 with unified higher education another semester was added to the duration of study and thus the study period at the faculties of physiotherapy of TEI became eight semesters.

In 2001 the Greek Parliament passed Law 2916/2001 on the structure of "Higher Education", according to which higher education consists of two parallel sectors, the University sector and the Technological sector. In other words, higher education is abolished. At the same time, the curriculum is transformed into a four-year curriculum, consisting of seven semesters and one semester of practical training.

The purpose of the Department of Physiotherapy is to promote and develop physiotherapy as an independent and autonomous science, to promote research through its institutionalized research laboratories and to provide high quality services to society through its graduates.



View of the Department's building

4. THE UNDERGRADUATE STUDIES PROGRAM

4.1 The aims of the Undergraduate Studies Program

The aim of the Department of Physiotherapy is to provide high quality education, which leads to the creation of Physiotherapists with high level knowledge, skills and abilities in the science of Physiotherapy and rehabilitation.

The Undergraduate Program of the Department aims to:

- achieve high quality higher education in accordance with internationally accepted standards,
- high-level theoretical and laboratory education,
- monitor and adapt the novel developments in science, research and technology,
- development of skills for graduates, enabling them to respond to (a) a competitive working environment, (b) post-graduate studies and (c) the needs of monitoring research and technology developments.
- To train executives capable of evaluating traumatic and pathological conditions related and acquired to the field of physiotherapy, to organize and implement individualized physiotherapy programs in order to maintain, improve and restore physical function, relieve pain and prevent dysfunctions

During undergraduate education the student obtains updated general and specific competencies as detailed below. General competencies include:

- The cultivation of methods of analysis, critical thinking, clinical reasoning, case studies
- The application of procedures and techniques of requirements analysis for the design of evidence-based safe physiotherapy rehabilitation programs.
- Knowledge and training for applications of high technology systems in assessment and intervention.
- Compliance with the appropriate standards and control procedures to maintain integrity of the functionality and reliability of the systems.
- Compliance with security policies.

Research skills include:

- Identifying technologies and defining specifications for the architectural design of information technology projects, applications or enhancements to existing infrastructure.
- The development of software and hardware software in the context of research and support for postgraduate or doctoral theses.
- The research activity and support of the work of the institutionalized research laboratories of the Department

The main cognitive areas of the Physiotherapy curriculum include:

1. Hydrotherapy
2. Cardiovascular Physiotherapy
3. Electrophysical therapy

4. Oncology
5. Manual and Musculoskeletal Physiotherapy
6. Mental Health
7. Neurology
8. Occupational health and ergonomics
9. Physiotherapy in older people
10. Paediatric Physiotherapy
11. Pelvic and women's health
12. Practical training
13. Sports Physiotherapy

All of the above cognitive areas are compatible and are covered by the respective subgroups proposed by the World Physiotherapy - International Association of Physiotherapists.

In addition to acquiring basic knowledge in the aforementioned fields, Department graduates are expected to have skills that cannot be described as cognitive objects. Professionals in the field are characterized by a way of thinking and solving problems that originate from the experience gained by combined action of studying objects and professional practice. These skills, which can enhance their success and development as professionals in the field, must be instilled at least at some basic level in the graduates of the Department. Thus, the following features are included in the educational process, even if sometimes they are not mentioned.

Department graduates are expected to be familiar with common issues and principles such as abstraction of problems, complexity, the evolutionary nature of science, sharing of public resources and security. They should understand interaction of theory with practice, be able to inspect a problem at different levels of detail and be able to make the generalization or abstraction required to not only see the distinct components of a system, but the system as a whole including its interaction with humans and the environment in which it operates.

Although it may sound obvious, Department graduates must also have a sense of the impact ICT has on all aspects of human activity. They should be able to solve real problems, choose the optimal solution among many, and be able to communicate the solution and its benefits to third parties.

To ensure that graduates possess some of the above abilities, they are invited, during their studies, to engage in at least one large-scale project, such as the preparation of a thesis. The constant evolution of the topics of the Department requires that its graduates understand and embrace the need for lifelong learning. The constant adaptation to the evolution of science, besides updating their knowledge, helps the graduates to manage their professional course on their own. Continuous training and self-improvement through seminars and certifications are common practice in the field. The ability to communicate and cooperate with third parties and to manage the individual himself is an important component of professional progress. In a workplace it is necessary to be able to communicate with others adequately both electronically and in writing or face-to-face, and it is necessary to be able to organize and manage, in addition to third parties, your own time, priorities and progress. Finally, graduates must understand the social, legal, ethical and customary issues involved in ICT and that these may differ from country to country. They must recognize the interaction between ethics, technology and aesthetics and the role they play in the development of therapeutic systems. They should know the limits of

the tools they use and understand personal and collective responsibility as well as the consequences of possible failure.

4.2 Awarded title and level of qualification

Undergraduate studies at the International Hellenic University are conducted on the basis of the semester system and the minimum number of semesters required for the award of a degree or diploma, which is eight (8) semesters for 4-year programs and ten (10) semesters for 5-year programs (article 16, paragraph 1, of the IHU's Regulations of Studies).

The first cycle of studies at the Department of Physiotherapy of the Faculty of Health Sciences of the International Hellenic University consists of the attendance of an Undergraduate Studies Program, which includes courses corresponding to at least 240 credit points (ECTS), which typically lasts four (4) academic years and is currently completed with the award of a Level 6 degree.

4.3 Career Prospects for Graduates

The curriculum of the Department ensures that its graduates have the appropriate knowledge and skills required for a successful professional activity. The existence of guaranteed professional rights (PD90/1995, Government Gazette 53, Vol. The experience of the Department and its infrastructure, which is constantly being modernized, together with the elements of the Curriculum, is considered certain to further improve the image of the Department and the educational work it provides.

Conditions for exercising the profession:

A prerequisite is the issuance of a license to practice as a Physiotherapist for the Greek Territory after prior registration with the Panhellenic Association of Physiotherapists. The license is issued by the prefecture of the Graduate's place of residence.

Conditions for performing Physiotherapy operations

In the exercise of the profession, they evaluate, select and perform the physiotherapist's operations, as provided for in b.d. 411/1972, p.d. 29/1987 and p.d. 90/1995, as applicable, and included in the 'Physiotherapy' chapter of p.d. 157/1991, on the basis of a referral for physiotherapy (insured persons insured by the National Health Insurance Fund) or in accordance with a written opinion of the attending physician.

The relevant legislation and provisions relating to the profession of Physiotherapist are listed on the official website (<https://www.psf.org.gr/nomothesia.php>) of the Panhellenic Association of Physiotherapists and are constantly updated.

The graduate of the Department has the right to work:

- α) (a) To work at all levels of public and private education, in accordance with the legislation in force at the time,
- b) In the public sector with progression through the ranks of the hierarchy, in accordance with the legislation in force,

c) As a member of research teams in their field of expertise, in the preparation or participation in the preparation of studies, provision of related services and projects, in the categories covered by the subject of his/her area of expertise, both public and private, in accordance with the legislation in force.

More specifically, it can work as:

- Public-Municipal Employee in Public Hospitals, in Public Rehabilitation Centres, in Day Care Centres for the Disabled, in Institutions for the Care and Treatment of the Disabled, in Nursing Homes, in KAPHs, in Secondary Education, in Special Education, in Medical Tourism structures.
- Private Employee in Physiotherapy Laboratories, in Sports Clubs, in Medical Tourism Facilities, in Private Hospitals-Clinics, in Nursing Homes, in Rehabilitation Centres in the Greek Society for the Protection and Rehabilitation of Disabled Children (ELEPAP), in Day Care Centres for People with Disabilities (KIFAMEA), in Sports Clubs
- Self-employed person having a private business with a professional physical therapy laboratory or without a Laboratory (home-based), practicing the profession only with home visits. He can also participate in partnerships (legal entities). In all forms it can support physiotherapy sports clubs and associations.
- An alternative and interesting option for physiotherapy graduates is physiotherapy (freelancer or employee) on animals such as pets and farm animals.

The World Health Organization (WHO) defines Physiotherapists → "Physiotherapists, ISCO code 2264", based on the International Standard Classification of Occupations (ISCO, 2008 revision), while the profession of Physiotherapist belongs to the World Health Professions Alliance (WHPA, 2010) as an independent Health Profession like Doctors, Pharmacists, Dentists and Nurses.

5. INFORMATION on the STUDIES CURRICULUM

5.1 Duration of Studies

The first cycle of studies in the Department of Physiotherapy, School of Health Sciences of the International Hellenic University requires attending an Undergraduate Study Program (USP), which includes courses corresponding to a minimum of 240 credits (ECTS). Its standard duration is four (4) academic years, and it culminates in the award of a degree. In each academic year, the student chooses educational activities corresponding to 60 credits (ECTS) (Para. 2b Article 30 LAW 4009/2011)

The USP studies are conducted with the system of semesters, divided into nine (8) instructional. The final semester includes the preparation of a Diploma Thesis.

The **maximum duration of studies** in a first-cycle studies program consists of a minimum duration of eight (8) academic semesters for the award of the degree, increased by six (6) academic semesters. After the completion of the maximum period of study, the Board of Directors of the Department issues an act of deregistration (article 76, par. 1, Law 4957/2022).

Students who have not exceeded the upper limit of studies may, after applying to the Department Office of the Registrar, interrupt their studies for a period of time that does not exceed two (2) years. The right to interrupt studies may be exercised once or partially for a period of at least one (1) academic semester, but the duration of the interruption may not cumulatively exceed two (2) years, in case it is partially provided. Student status is suspended during the interruption of studies and participation in any educational process is not allowed (article 76, par. 4, Law 4957/2022).

5.2 Admission and Registration

Students are called those who are registered in the Department of Physiotherapy of the I.H.U. after passing the entrance exams for higher education, by transfer or by qualifying exams in accordance with the current regulations.

The registration of newly admitted students takes place at the Department's Office of the Registrar within the time limits defined each time by the Ministerial Decisions.

The successful candidates of the Panhellenic Examinations who completed their registration through the electronic application of the Ministry of Education and Culture must carry out the identity check at the Office of the Registrar in their Department, submitting the following supporting documents

1. Application for registration (printed from the website of the Ministry of Education),
2. Photocopy of identity card (ID),
3. One (1) photo (ID type),

For the remaining categories of new entrants, the supporting documents required are announced on a case-by-case basis.

5.3 Academic Year Calendar

The academic year starts on September 1 every year and ends on August 31 of the following year. The educational work of every academic year is organized in two semesters, the winter semester and the spring semester, each of which comprises 13 weeks of teaching and one examination period (three weeks of exams). There are courses and workshops for which students are examined with progress tests and/or assignments; in that case, students do not take part in resit exams held in September.

For the Department of Physiotherapy, the total number of semesters required to complete a course, as specified in the curriculum, is eight (8).

Winter semester courses start in the last week of September and end in mid-January, followed by the first exam period of the winter semester. Spring semester courses start in late February and end in early June, followed by the first exam period of the spring semester. Exact dates are determined by the IHU.

Every semester has two exam periods: Winter semester courses are examined during the exam period of January/February; resit exams are held in September. Spring semester courses are examined during the exam period of June; resit exams are held in September. Every semester, and before the beginning of each exam period, students have the right and obligation to evaluate their courses and instructors, aiming at the improvement of the quality of their studies.

More information is available on the website of the Quality Assurance Unit (QUA) and the website of their Department/School.

Courses or exams are not held in the two months of summer vacation (July and August). Holidays also include:

Christmas Holidays: December 24 to January 6

January 30: The Three Patron Saints of Education Day

“Pure” Monday: Beginning of Orthodox Lent

March 25: The Annunciation / National Anniversary of the 1821 Revolution against Turkish Rule

Easter Holidays: from Holy Monday to Thomas Sunday

May 1st: Labor Day

Holy Spirit Day: Monday after Pentecost

October 26: Religious holiday of Saint Demetrius, Patron Saint of Thessaloniki

October 28: National celebration, anniversary of “NO” against WWII Axis Forces

November 17: Students’ uprising in the National Technical University of Athens against the junta in 1973

5.4 Specific Arrangements for Recognition of previous Studies

The provisions of Article 23 of IHU’s internal regulations (Issue B 4889/06.11.2020) set out below shall apply.

Article 23 (Official Journal B 4889/06.11.2020)

COURSE CREDIT TRANSFER

1. Students who are admitted to a Department of the International Hellenic University may have courses transferred which have been demonstrably taught and successfully examined in their home Department at a domestic University, provided that these courses correspond to courses in the curriculum of the host Department, in accordance with the terms and conditions specified in the Regulations of the Department concerned. The total number of courses transferred may not exceed 30% of the total number of courses in the curriculum of the host Department. The above also applies to students who transfer in accordance with the provisions in force at the time.
2. Courses credit transfer, according to the previous paragraph, shall be carried out by decision of the Department Assembly and students shall be exempted from the examination of the courses or exercises of the curriculum of the host Department taught in the Department of origin according to the above and may join a different semester from the one of their registrations.
3. For this purpose, the student shall submit an application with the supporting documents required for the courses from which he/she requests to be exempted. In order to be admitted to a different semester from that of his/her registration, the student must submit a request immediately after his/her registration for all the courses and required documents supporting the change of semester.
4. In particular, the student shall submit a written request to the Registrar of the host Department together with a transcript certified by the Registrar of the home Department, accompanied by the syllabus of the courses taught and the workshops in which he/she has practiced. The application and the attached documents are forwarded to the lecturer in charge, who recommends to the Departmental Assembly the transfer or not of the courses and/or exercises for the applicant."
5. The details for the recognition of ECTS credits of Erasmus+ students are regulated in article 20 hereof.
6. The level, degree and method of proving professional knowledge of the foreign language is determined by the decision of the Assembly of the relevant Department.

On the basis of Article 29, par. 6 of the IHU's Rules of Studies "by its decision, the Assembly exempts the candidates from the examination of the three (3) courses in which they were examined for their classification, provided that these courses correspond to courses of the curriculum of the host Department and regulates any relevant issue of attendance of the candidates. In all other cases where candidates are exempted from courses or exercises in the host department's curriculum, the provisions of Article 23 of this Regulation shall apply *mutatis mutandis* and subject to the conditions laid down in Article 23.

The Department of Physiotherapy does not recognize Special Infrastructure and Specialty courses. The Assembly shall exempt the registrants from the examination of the three (3) courses in which they were examined for their classification, if there is a mixed course only the theoretical part is exempted.

5.5 Course Election - Registration Renewal

Approximately two weeks after the start of each semester, students must submit a course statement, which will include the courses they decided to attend in that semester. The course election has the effect of registration renewal. This is facilitated through the Information System Electronic Office of the Registrar of the IHU, at (<https://egram.cm.ihu.gr>).

Students are free to enroll in classes, however with some restrictions on the number of courses as well as on the standard semester where the courses belong to. In each semester, the student can elect a number n of courses for the current semester plus a maximum of 3 extra courses, i.e. $n+3$ courses in total. Of these courses the first n in line should be compulsorily chosen and priority should be given to those courses of previous years (and corresponding semester) that the student has not passed.

For example: let a student typically register in the 5th semester of his/her studies (winter with 6 mandatory courses, so $n=6$) and has not passed 3 classes of the 1st semester and 4 classes of the 3rd semester. Then he/she must choose the 3 courses of the 1st semester, then 3 out of the 4 courses of the 3rd semester (free choice) and finally the student may elect 3 additional courses of the 5th semester (free choice).

In case a student does not elect a course, he/she cannot take the exam. Statements of course election submitted after the deadline set by the Registrar shall not be accepted.

By selecting courses each student acquires the right to:

1. Apply for and receive teaching aids (books, notes, etc.)
2. Participate in the examination of the courses elected.

Students who do not renew their registration for two (2) consecutive or three (3) non-consecutive semesters are no longer entitled to continue their studies at the University and are deleted from the Department's records.

5.5.1 Statement of Preference for Placement in Laboratory Classes

During the 1st week of each teaching semester (or the week before, according to related announcements) students who are going to attend laboratory courses must reserve a slot in the laboratory group they prefer. The reservation in the laboratory groups is made by filling their choices in a special after an announcement by the Department.

It is emphasized that when booking a place, each student should make sure to choose a laboratory group that does not conflict with the rest of the courses of his/her individual studies program. It should also be noted that reservation of a place in a laboratory group is independent of the election of the laboratory as a course. In other words, each student must both reserve a place in the laboratory group and choose the laboratory as a course (via the information system).

For all courses in the curriculum that provide for laboratory practice, the laboratory part is compulsory. The course is indivisible and is understood as a whole, regardless of whether it

consists of a theoretical and a laboratory part. In order to be eligible to take the theory examination for each course, the student must have met the requirements of the laboratory part as specified per course in the curriculum.

At least 80% of the laboratory part must be successfully attended. If he/she misses the laboratory, he/she does not participate in the theory exams and has to attend the laboratory again the following year.

Specific requirements and rules apply to each laboratory part of a course and are presented on the Department's website and on Moodle.

5.6 Academic ID- Student pass

Since 09/24/2012, undergraduate, postgraduate and doctoral students at all Universities in the country can electronically apply for the issuance of their academic identity card

[Ηλεκτρονική Υπηρεσία Απόκτησης Ακαδημαϊκής Ταυτότητας - Informational Portal \(minedu.gov.gr\)](http://www.minedu.gov.gr)

5.7 Teaching Aids and Resources

The educational work is supported by the corresponding coursebooks, which are provided free of charge to the students, through the Electronic Integrated Book Management Service (Eudoxus). Students, after submitting the electronic election of courses each semester, also make the corresponding election of books on the web portal of the "EUDOXUS" system (<http://eudoxus.gr>), with which they apply for the coursebooks they wish to receive.

5.8 Course of Studies

The Study Program supports 50 courses of which 38 are compulsory courses and 12 are optional compulsory courses.

The compulsory courses are those that every student must attend, while the optional compulsory courses are those that students can choose from a list of courses. Elective courses are chosen by students based on their personal scientific interests and the specialization they want to receive during their studies.

All courses (6) up to the 4th semester are Compulsory. In the 5th semester the first 5 courses are Compulsory (Y), and the student should choose one (1) of the remaining three Elective Compulsory (EC) courses. In the 6th semester the same applies, i.e. the first 5 courses are Compulsory (Y), and the student should choose one (1) of the remaining three Elective Compulsory (EC) courses. In the 7th semester the first 4 courses are Compulsory (M), and the student should choose two (2) of the remaining three Elective Compulsory (EC) courses.

Note that there are no directions. Students can choose any elective course they want without choosing a direction. The Assembly of the Department defines by decision the maximum number of students who can choose an elective course and the way of distribution of students in these courses.

In the 8th semester the Dissertation is Compulsory for all students.

In the Programme of Studies, the courses are divided into eleven (11) General Infrastructure (GA), eight (8) Special Infrastructure (S), nineteen (19) Speciality (S) and twelve (12) Elective (EL). The courses may have only a theoretical part (Theories) or may be mixed with a theoretical and laboratory part (Theory and Laboratory). In mixed courses, the grade is extracted from both the theory and Laboratory parts in total and must be promotable in both parts.

In order to obtain the degree, the student must successfully complete 48 courses and prepare a Diploma Thesis. In detail, the student must:

1. Attend courses, spread over 8 semesters,
2. Attend, in each semester, courses corresponding to 30 ECTS credits.
3. Complete a total of at least 240 ECTS credits

The educational process of each course includes one or more of the following formats: Theory, Practice Exercises, Laboratory. The students attend all the courses of the Department's syllabus according to their enrollment. If the number of semester hours of instruction on a course is, for any reason, less than 2/3 of the time provided for in the Curriculum, the course is considered not to have been taught. This determination is made at the end of the semester by the Director of the Sector to which the course belongs, or by the Department Chairman if there are no Sectors.

Credits: Each course of the Department's curriculum is characterized by a number of credits. The number of credits allocated to each course is a measure of the workload required to complete the objectives of an Academic Program by a student.

Course Grading: grades in all courses are expressed on a numerical scale of zero to ten (0 - 10), with a passing grade of five (5).

For successful completion of a laboratory course or the laboratory part of a mixed course, the student must have successfully completed at least 80% of the laboratory part. In the last week of the semester, additional laboratory exercises may be conducted, if for some serious reason the minimum number of laboratory exercises has not been completed.

It is emphasized that if a student has not fulfilled the requirements above, he/she is not entitled to participate in the theory examinations and must attend the laboratory again the following year.

The grade of the laboratory course or laboratory part of a composite course is equal to (depending on the nature of the course) the weighted average of all the individual grades of the exercises that the student has successfully completed and/or the grades in examinations conducted in parts or finally in the whole laboratory material. In the case of failure in the final examinations, there is the possibility of a direct final examination in subsequent semesters, provided of course that the other requirements of the laboratory have been met.

The final grade for a theory course is equal to the grade of the final examination in the course or the weighted average of the final and any midterm examinations (if applicable).

The final course grade is equal to the grade of the final examination in the course or the weighted average of the final and any midterm examinations (if applicable), or is calculated by adding together the grades of the theoretical and laboratory courses that make up the parts of the composite course, with coefficients set for each course by the Departmental Assembly.

A course is undivided and is understood as an entity, regardless of whether it is composite, i.e. consisting of a theoretical and laboratory part.

5.9 Examinations

In each Semester, there is one examination period and one re-examination for the courses held in that Semester. The typical duration of the examinations is three weeks for each examination period.

For the Winter Semester the examination period takes place immediately after the end of the course (end of January) and the resit period takes place in September.

For the Spring Semester the examination period takes place in June immediately after the end of the courses of the semester in question and, again, the resit takes place in September.

Each student is entitled to take the examinations for the courses he/she has chosen by means of the online course choice submitted at the beginning of each semester.

A student who has scored five (5) or higher in a course in a particular examination period shall not participate in the re-examination period.

5.10 Bachelor's Diploma Thesis

Students of the last formal semester (8th) are required to prepare a Thesis on a topic related to real problems of the subject of their studies. This Thesis is defended in front of a three-member committee, composed of members of the Department's faculty, who decide on the grade to be awarded. The Diploma Thesis is compulsory for all students and is equivalent to thirty (30) credits.

For the preparation of the Thesis the University's premises and equipment, as well as any necessary financial resources of the University, shall be used, if necessary.

The Department faculty propose Thesis topics, which are approved by the Assembly of the Department, and are announced in a timely manner on the Internet and to the interested students.

A shared Thesis topic may be assigned to a group of students, up to two (2) of them, with simultaneous allocation of the work to each of the students involved.

For the assignment of the Diploma Thesis, the students involved are required to submit to the Department the outline of the Diploma Thesis, which is co-signed by the instructor who will supervise it and approved by the Assembly of the relevant Department. The whole process of approval and assignment of theses is managed electronically through an information system (e-thesis) that operates for this purpose in the Department: (<http://ethesis.cm.ihu.gr>).

The thesis is assigned to a student of the Department under the following two conditions: (a) the student has completed at least eight (8) semesters of study and (b) the student has passed 4/5 of the courses required for the degree (without counting the credits of the Thesis).

The standard duration of the Thesis is one academic semester. It may not exceed three (3) academic semesters and only with the agreement of the supervisor. In case of exceeding this limit, the topic is removed from the student, who is obliged to seek a new Thesis topic.

After the completion of the Diploma Thesis and after approval of the respective supervisor, the student submits to the Department an application for defense with an attached hard copy and four CDs of the text and accompanying files of this Diploma Thesis. The Diploma Thesis is presented to a three-member Examination Committee, composed of members of the Department faculty, one of whom must be the Supervisor.

If a Thesis is found to be incomplete, it is returned for further processing, at which point both the submission and defense procedures are repeated.

The detailed Regulations for the Preparation of a Diploma Thesis together with the template for authoring a diploma thesis can be found on the Department's website phys.ihu.gr.

5.11 Practical placement (internship)

In the global education system, when it comes to applied sciences, a period of internships is foreseen for students in professional jobs corresponding to the object of the departments they are studying.

The students of the Department have the possibility of carrying out a four-month internship, which is mandatory. Within the framework of Practical Training, students are given the opportunity to work in a real professional environment, under the guidance of the host bodies' executives, in order to develop a specific project together with other professionals in the field and to develop their individual skills through collaborative processes.

The traineeship has the following characteristics:

- It has a duration of twelve (16) weeks and can take place during the 8th semester of study
- It is supervised both by a Faculty member of the Department and by the company in which it is undertaken, and this means mentoring and supervision
- It is institutional, as evidenced by the intern's insurance with the IKA (Social Security Establishment)
- It is not professional experience, since it is part of studies

1) Purpose of the Practical placement (internship)

The internship is intended to complement the theoretical and applied knowledge provided by the Department, with the practice of students in a productive working environment. The purpose of the internship is not limited to the students' first contact with a real working environment, which is similar to their studies, but is much more extensive, since it perfects the knowledge of application and completes the process of introducing students to the workplace, through the acquisition of readiness to participate in the social economy.

More specifically, the Internship aims to:

- Provide the possibility of face-to-face daily contact of the student trainees with the structures of their field of study, in a real economic and social working environment, under friendly conditions, less stressful than in situations of dependent work and under guidance and pedagogical supervision.
- The development of new skills.
- Smooth integration into working society.
- Promotion of initiative.
- To fill possible gaps or deficiencies in theoretical or practical training.

To be eligible for an internship, students of the Department must have gathered 180 credits and have completed at least the 7th semester and have successfully completed 70% of the specialty courses as well as the four Clinical Practice courses (theoretical and laboratory part).

2) Internship Workplaces

The workplaces for the conduct of the Practical Training of the students of the Department belong either to the Public or the Private Sector. In particular, the Internship is carried out:

- a) in public sector services, in public enterprises as well as in public utilities,
- b) in private Physiotherapy enterprises

3) Internship Program

The Internship Supervisor, in cooperation with the responsible Supervising of the unit, service or enterprise in question allocates the Internship time, so that the student intern gains experience covering as much as possible of the skills.

Internships shall be carried out in both the public and private sectors, as well as in technological institutions or enterprises of the European Union within the framework of the Erasmus and Erasmus+ programs.

For the start of the Internship, the student submits an application to the Department's Registrar, and if he/she meets the requirements, the relevant documents are issued, i.e.: Internship Announcement, Internship Booklet, and three (3) copies of the Internship Contracts.

If, during this Internship, the student interns find that they are not engaged in topics of their specialty, they must report this fact in writing to the Internship supervisors, who will decide whether and to what extent there is a reason to interrupt and/or replace the Internship.

To complete the Internship, the student submits an application for approval of the Internship to the Department, the Internship Booklet and the IKA Stamps.

Students' Internships are remunerated according to the applicable provisions.

5.12 Degree Grade - Graduation

Undergraduate studies at the International Hellenic University are conducted on the basis of the semester system and the minimum number of semesters required for the award of a degree or diploma, which is eight (8) semesters for 4-year programs (article 16, paragraph 1, of the IHU's Regulations of Studies). The first cycle of studies at the Department of Physiotherapy consists of the attendance of an Undergraduate Studies Programme (ASP), which includes courses corresponding to at least 240 credit points (ECTS), typically lasts four (4) academic years and is completed with the award of a degree.

The grades awarded range from zero (0) to ten (10), with gradations of one whole or half a point. In the tables of results, failure is indicated by marks from zero (0) to four and five tenths (4.50) and success by marks from five (5) to ten (10).

The degree grade is calculated with a weighting factor equal to the exact number of ECTS credits of each course, according to the following equation:

Degree Grade = (Course Grade 1 x ECTS Course 1 + Course Grade 2 x ECTS Course 2 + ...+ Thesis Grade x ECTS Thesis Grade)/Total ECTS of the degree of the particular student.

Note that the courses include the Diploma Thesis.

A student of the Department of Physiotherapy is declared as a Graduate if and when all the required requirements, i.e. 50 Courses and Diploma Thesis, are met.

The qualitative classification of the degree is as follows:

8.50	10.00	Excellent
6.50	8.49	Very Good
5.00	6.49	Good

5.13 Graduate Certificate - Transcript of Records –Diploma Supplement

All graduates of the Department of Physiotherapy receive without any discrimination the Graduation Certificate, which is equivalent to a Diploma Copy and bears the title "Graduate Physiotherapy".

The Official Transcript, which each graduate is entitled to receive, shows in detail all the courses he/she has taken and his/her performance in each of them.

Graduates of the Department also receive a Diploma Supplement. The Diploma Supplement is a personal document issued to graduates of higher education institutions together with their diploma or degree. It is not a substitute for the diploma but is attached to it and helps to make it easier to understand, particularly outside the borders of the country of origin. It is an

explanatory document containing information on the nature, level, general context, content and status of the beneficiary's studies.

The Diploma Supplement was designed by UNESCO and the Council of Europe, and its implementation was adopted by the European Parliament in 2004 (Decision 2241/2004 of the European Parliament and of the Council on a single Community framework for the transparency of professional qualifications and competences).

6. DEPARTMENT PERSONNEL

6.1 The People

The personnel of the Physiotherapy Department are divided into Faculty (D.E.P.), Special Technical Scientific Staff (E.DI.P.), Laboratory Teaching Staff (E.TE.P.) and Administrative Staff (A.S.) with corresponding responsibilities.

The Department is staffed with 07 D.E.P. and 2 E.DI.P. members.

The Faculty members belong to three academic ranks: Professors, Associate Professors and Assistant Professors, while their teaching work is supported by the members of Laboratory Teaching Staff and Special Technical Scientific Staff. At the same time, the educational process of the Department is also supported by temporary educational staff, which consists of Scientific Associates, Laboratory Associates and Academic Scholars.

TABLE of the FACULTY			
A/A	FULL NAME	TITLE	SUBJECT AREA/ SPECIALTY
1.	Dr. Varsamidis Konstantinos	Professor	Physiology I, II
2.	Dr. Hristara Papadopoulou Alexandra	Professor	Respiratory Physiotherapy
3.	Dr. Ilias Kallistratos	Professor	Clinical Practice I, II, III, IV
4.	Dr. Apostolou Thomas	Professor	Physical Modalities in Rehabilitation
5.	Dr. Koutras George	Associate Professor	Physiotherapy in diseases and injuries of the musculoskeletal system
6.	Dr. Iakovidis Paris	Assistant Professors	Clinical Physiotherapy in the Secondary prevention of falls in elderly patients
7.	Dr. Halkia Anna	Assistant Professors	Clinical Physiotherapy Rehabilitation in Diseases and Injuries of the Central Nervous System

TABLE of the Special Technical Laboratory Staff (E.TE.P.), Special Teaching Laboratory Staff (E.D.I.P.)			
A/A	FULL NAME	CATEGORY	SUBJECT AREA/ SPECIALTY
1.	Mrs. Varsamidou Efterpi	Special Teaching Laboratory Staff	Human Physiology
2.	Mrs. Chatziprodromidou Ioanna	Special Teaching Laboratory Staff	Epidemiology, Hygiene, Infectious and emerging diseases in Physiotherapy

TABLE of the ADMINISTRATIVE STAFF		
A/A	FULL NAME	
1)	Mrs. Kousurna Sofia	Head of Secretariat
2)	Mrs. Panagopoulou Panagiota	Secretary - Registrar
3)	Mr. Papadopoulos Theodoros	Secretary - Registrar

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International Hellenic University,
Alexandrio University Campus,
.....,
ZIP Code: GR-....., Sindos, Thessaloniki
Greece

Tel: +30-2313-791802-3
FAX: +30-2313-791803

e-mail: info@phys.ihu.gr
URL: phys.ihu.gr

6.2 Administration/Office of the Registrar: Duties and functionality



The Department Office of the Registrar is responsible for student and administrative matters.

Student services are provided on all working days, and between 11.00 am to 1.00 pm, at the offices of the Department Office of the Registrar, located in the Administration Building (Central Building), Office no. 25.

Student issues include:

- Registration Procedures
- Keeping the students' records, including their grades, registration renewals every semester, and information about scholarships,
- Granting Certificates and Degrees,
- Granting Certificates for legal use,
- Issuing paper forms required for the students' Internship,
- Creating/filling in student lists, according to their course enrolment form,
- Deregistration of students whose records show two consecutive failures to renew their registration or three non-consecutive failures to renew their registration.



Regarding freshman registrations, transfers and registration of those passing the qualifying exams in the Department, the following apply:

Registration Renewals - Course Election is carried out through the Electronic Registrar at the beginning of each Semester, and for a period of approximately fifteen (15) days. Each student has his/her own personal identification number, obtained from the Department's Office of the Registrar, with which s/he declares courses electronically.

After the lists of successful candidates in the National Examinations are announced by the Ministry of Education and Religious Affairs, the registration deadline for new entrants is set, which is the same for all higher education institutions in the country. This deadline should not be missed, otherwise there is no entitlement to register. Registration of new entrants takes place in September.

From November 1 to 15, relevant application forms are submitted for:

- Transfers for financial, social, health reasons, etc., as well as for children of large families, unless otherwise specified by law.
- Enrolment of Higher Education Graduates, who succeeded in qualifying exams, held every year, at the beginning of December.

6.3 The Role of the Academic Advisor (Tutor)

The position of Academic Advisor (Tutor) has been implemented by the Department of Physiotherapy. Each year, by decision of the Department, a Faculty member is designated as Academic Advisor for every freshman for information and guidance in studies issues. The Academic Advisor informs the students about their role and invites them to an introductory meeting. Students are required and encouraged to communicate regularly with their Academic Advisor, discuss educational issues and utilize his/her knowledge and experience throughout all the years of their studies.

6.4 Evaluation of the Educational Work

The Department has institutionalized and integrated, within the framework of the preparation of its annual internal evaluation report, the evaluation of the educational work by the students. This process started in the Department in 2010 (when it was still a TEI department) and it was one of the first departments in Greece that volunteered to undergo an evaluation process.

After the implementation of the Quality Assessment System of the IHU, the process of evaluation of the educational work and services of the Institution by students was re-launched. The first evaluation period was the first semester of the 2020-2021 academic year. To participate in the online evaluation, students log on to the Website of the Institution's Quality Assessment System and proceed to the anonymous evaluation according to the instructions given by the lecturers. This assessment takes place each academic semester between the 8th and 10th week of classes.

The evaluation process of each academic institution, and of its Departments in particular, is coordinated by the Quality Assurance Unit (QAU) of each institution, while the Internal Evaluation Team (IET) of each Department is responsible for conducting the internal evaluation of each Department. An independent administrative authority, the National Authority for Higher Education (NAHE), certifies the quality of institutions and guarantees the transparency of operations. Specifically, the Internal Evaluation Team (IET) is established by the Assembly of each Department and is composed of faculty members of the Department, with recognized scientific work and preferably with experience in quality assurance procedures.

The IET is the competent body which:

- is responsible for conducting, in cooperation with the relevant QAU, the internal evaluation process in the academic unit,
- monitors the completion of the inventory forms and questionnaires and informs the institutions and members of the academic unit,
- draw up the internal evaluation/certification report of the academic unit, which is forwarded to the General Assembly of the department, the QAU, and, through the latter, to the NAHE.

The IET is the coordinating body of the academic unit's evaluation procedures and is responsible for the preparation of the Internal Evaluation Report. The Internal Evaluation Report, once accepted by the General Assembly, is taken into account in the decision-making process by the competent bodies at all levels of the academic unit.

The QAU is the central coordinating body of all quality assurance and evaluation processes of the Institution. It is established by decision of the relevant higher collective body, whose decision also determines its organization, operation and responsibilities. It is responsible for ensuring and continuously improving the quality of the educational and research work of the IHU, as well as for ensuring the quality related to the effective operation and performance of its services, in accordance with international practices, in particular those of the European Higher Education Area, and the principles and guidelines of the NAHE.

The Annual Internal Reports of all academic units of the relevant university are submitted annually to QAU. On the basis of the Annual Internal Reports of the individual academic units, it prepares and submits the respective Internal Report to the highest collective body of the institution concerned. The Internal Evaluation Report shall be submitted to the institution's QAU, and it shall be communicated to the NAHE, in order to activate the External Evaluation Process of the academic unit. The QAU cooperates with the IETs of the academic units undergoing evaluation and its role is supportive and advisory.

The National Authority for Higher Education (NEHA) is an independent administrative authority with the mission of ensuring high quality in higher education. It was established by Law 4653/2020 and is the successor of the Authority for Quality Assurance and Accreditation in Higher Education (AQAAHE), which was established and has been operating since 2006. It is governed by the President and the Supreme Council. It has administrative autonomy and is supervised by the Minister of Education, who exercises control over its legality. Within the framework of its mission, the NEHA (a) contributes to the formulation and implementation of the national strategy for higher education and the allocation of grants to Higher Education Institutions (HEIs) and (b) evaluates and certifies the quality of the operation of HEIs.. The Authority guarantees the transparency of all its actions and posts on its website the activities it develops and the decisions it takes. In order to fulfil its mission, the Authority maintains an integrated information system for the collection and management of data on higher education and cooperates with international networks and bodies that develop activities related to its mission. I am a member of the European Association for Quality Assurance in Higher Education (ENQA).

7.FACILITIES

The Department has excellent teaching, laboratory and research infrastructure. It has been operating since its foundation on the privately owned campus (Alexandrio campus) of I.H.U. in Sindos (former Alexandrio T.E.I. of Thessaloniki) southeast of the city of Sindos with modern building facilities and a beautiful surrounding area.



7.1 Laboratory Spaces and Equipment

The teaching laboratories of the Physiotherapy Department are located on the Ground Floor and on the first floor of the School of Health Sciences (Central) building.). There are 9 workshops rooms: They occupy an area of 645 sq.m. Together with the Research Laboratories, the area amounts to 745 sq.m.

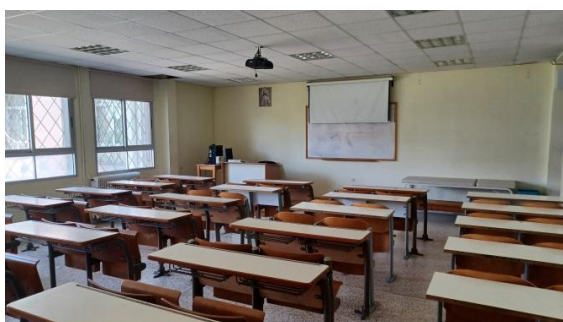
A/A	CLASS NO/NAME	LOCATION
1	11 / ELECTROTHERAPY	GROUND FLOOR
2	13 / HYDROTHERAPY	GROUND FLOOR
3	42 / SPECIALTY COURSES 1	FLOOR
4	42 / SPECIALTY COURSES 2	FLOOR
5	39 / SPECIAL INFRASTRUCTURE COURSES 1	FLOOR
6	40 / SPECIAL INFRASTRUCTURE COURSES 2	FLOOR
7	PHYSIOLOGY	FLOOR

8	45 / SPECIAL EDUCATION	FLOOR
9	46 / SPECIAL EDUCATION	FLOOR

7.2 Teaching Classrooms

The main classrooms of the Department of Physiotherapy are three and are located on the Ground Floor in the main building of SEY. Their names are: class number 22, class number 19 and class number 17. The total area they occupy is 204 sq.m. Teaching is enhanced by two Amphitheatres. The "G. Oikonomou" and the Midwifery Amphitheater with use twice a week.

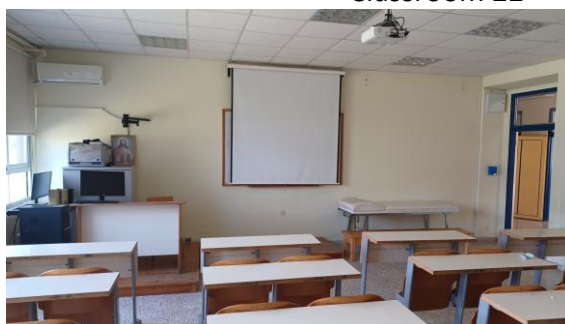
Each room is equipped with projection systems. Equipment generally includes projection screens, projector mounts, computers, internet connection, and room darkening. There is a TV, a VCR and a modern color print projection system.



Classroom 16.



Classroom 22



Classroom 19

7.3 Teaching Laboratories

Indicative classrooms for Laboratories



Classroom 42



Classroom 45-45:



Classroom 13: Hydrotherapy



Classroom Physiology

7.4 E-Learning

The Department promotes new methods of teaching and distance learning, with the use of specialized software and equipment. For a large percentage of the Department's courses, electronic learning materials are offered, available through the course websites and the distance learning environment.

Extensive self-assessment and preparation materials for course examinations are also included.

7.5 Institutional Research Laboratories

The Department features two (2) **Institutionalized Laboratories**:

- Laboratory under the distinctive title "Basic and Applied Research in Physiotherapy Rehabilitation", re-established by the Government Gazette 4280/B/2-10-2020
- Laboratory under the distinctive title "Lab of Biomechanics and Ergonomics", re-established by Government Gazette 4287/B/2-10-2020

8. THE UNDERGRADUATE STUDIES PROGRAM (USP)

The Undergraduate Program of the Department of Physiotherapy of the International University of Greece offers a modern study program which is fully harmonized with the corresponding programs of Greek and international university departments. Making the most of the experience of the Department's curriculum. evolved, since it is valid, competitive, compatible with the recommendations of reputable international organizations and meets the modern needs of the Science of Physiotherapy.

The duration of studies at the Department is four (4) years. During each semester studies include theoretical teaching, laboratory exercises, practical exercises, seminars, visits to workplaces and assignment of case studies in the form of work.

The Program:

- Through the specialty and the elective courses, it provides specialization in cognitive subjects, which meet both the needs of the national economy and the modern developments in the Science of Physiotherapy.
- Meets international standards of study and the needs of students interested in the broader areas of Physiotherapy.

Based on the Department's Curriculum, a wide range of the subject matter of the scientific field of Physiotherapy is covered educationally at the undergraduate level, which concerns the study, design, development, implementation of personalized Physiotherapy programs, based on scientific documentation and clinical reasoning. The program offers the knowledge to create health service systems and manage Physiotherapy projects. All Physiotherapy services have the human as their base and apex.

The USP development took into account the guidelines of the Quality Assurance Unit (QAU) and was based on the standard undergraduate curricula proposed by the international organizations Association for Computing Machinery (ACM) and IEEE Computer Society (CS), as well as on corresponding Greek and international undergraduate curricula. In addition, the opinion of scientific and professional bodies such as the Greek Association of Computer & Communications Enterprises (SEPE) and the Hellenic Society of Computer Scientists and Professionals (ASP) was taken into account.

The Curriculum supports mandatory courses:

Semesters	Eight (8)
Courses	Fifty two (52)
<i>General Background (GB)</i>	Twelve (12)
<i>Special Background (SB)</i>	Eight (8)
<i>Specialty, Specialized knowledge, Skills Development (SD)</i>	Twenty (20)
Elective Specialty, Specialized Knowledge, Specialized Skills Development courses (SSD),	Twelve (12)
Elective compulsory for a degree	Six (6)
Total Credits Units (ECTS)	Two hundred and forty (240)
ECTS/Semester	Thirty (30)

In the last (8th semester) students are required to prepare a Dissertation. In the same semester they are obliged to choose and carry out a four-month internship in hospitals or physiotherapy centres.

Based on the level of sophistication in each subject, the Department's USP is structured on the basis of three groups (types) of courses:

- The group of General Background (GB) courses, which aim to create the necessary cognitive background for the following semesters.
- The group of Special Background (SB) courses, which aims to train students in the basic subjects of the discipline they study.
- The group of Specialized General Knowledge, Skills Development courses (SD), which belongs to the Specialization Cycle of Studies of the Department.

The detailed Program of Studies that follows contains the titles and code numbers of the courses as well as the corresponding workload and credits (ECTS).

The credits of the Department's courses are fully aligned with the credit units of the European Credit Transfer System (ECTS-European Credit Transfer System), in order to favour student mobility, e.g. through Erasmus programs.

An Overview of the Undergraduate Study Program

<i>General Background (GB)</i>
<i>Special Background (SB)</i>
<i>Specialty, Specialized knowledge, Skills Development (SD)</i>
<i>Elective Specialty, Specialized Knowledge, Specialized Skills Developments (ESD),</i>

Table I. An Overview of the Undergraduate Study Program

ECTS	ECTS								
1o	2o	3o	4o	5o	6o	7o	8o		
Anatomy I	Anatomy II	Kinesiotherapy	Clinical Practice I – Respiratory Physiotherapy	Clinical Practice II – Cardiovascular Physiotherapy	Clinical Practice III – Physiotherapy of the Musculoskeletal system	Clinical Practice IV – Physiotherapy of the Nervous System	Thesis (Final-year dissertation)	5	30
Kinesiology I	Pathology	Physical Modalities I - Hydrotherapy	Mobilization of tissues and joints	Physiotherapy of the nervous system I	Physiotherapy of the nervous system II	Physiotherapy assessment – Clinical reasoning	Practical Placement (Internship)	5	
Informatics in Health Sciences	Kinesiology II	Respiratory Physiotherapy	Biological Engineering	Physiotherapy in diseases and injuries of the musculoskeletal system	Design of therapeutic exercise programs	Physiotherapy in special populations - Special Education	Cognitive behavioral therapy	5	
Psychology of the patient	Physiology	Physical Modalities II - Electrotherapy	Neuromuscular Retraining Techniques	Motor control – motor learning	Sports Physiotherapy	Ethics – Bioethics – personal data protection	Ergonomics - work safety	5	
First Aids	Therapeutic Massage Techniques	Biomedical diagnostic imaging	Physiotherapy in diseases of the cardiovascular system	Clinical Ergophysiology	Hygiene - Epidemiology	Nutrition and health in Rehabilitation	Physiotherapy in mental health	5	
Foreign Language Terminology	Orthopedics & traumatology	Neurology - Neurophysiology	Research methodology in Health Sciences	Physiotherapy in obstetrics - gynecology - pelvic floor	Pediatric Physiotherapy	Alternative complementary therapies	Management in health care	5	
				Prosthetic orthotics – aids – robotic systems	Physiotherapy in the Third Age	Physiotherapy in animals			
				Physiotherapy in surgery - burns					

Table II. Elective Courses

They all belong to the “Specialized general knowledge, skills development” group (SD), and they are presented herein for each stream.

semester					Modes of choice (ex. 1 of 3 courses)
5	Physiotherapy in obstetrics - gynecology - pelvic floor	Prosthetic orthotics – aids – robotic systems	Physiotherapy in surgery - burns		1 out of 3
6	Pediatric Physiotherapy	Physiotherapy in the Third Age			1 out of 2
7	Nutrition and health in Rehabilitation	Alternative complementary therapies	Physiotherapy in animals		1 out of 3
8	Cognitive behavioral therapy	Ergonomics - work safety	Physiotherapy in mental health	Management in health care	2 out of 4

Undergraduate Study Program per Semester

LEGEND

GB: General Background

SB: Special Background

SD: Specialty, Skills Development (Specialized knowledge)

ESD: Elective Specialty (Specialized Knowledge, Specialized Skills Development courses)

MC: Mandatory Course

EC: Elective Course

1.1.1 Semester 1

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 101	Anatomy I	GB (MC)	2		2	4	125	5
2	PH 102	Kinesiology I	CB (MC)	2		2	4	125	5
3	PH 103	Informatics in Health Sciences	GB (MC)	2		2	4	125	5
4	PH 104	Psychology of the patient	GB (MC)	2		-	2	125	4
5	PH 105	First Aids	GB (MC)	3		2	5	125	7
6	PH 106	Foreign Language Terminology	SB (MC)	2		-	2	125	4

1.1.2 Semester 2

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 201	Anatomy II	GB (MC)	2		2	4	125	5
2	PH 202	Pathology	GB (MC)	2		-	2	125	3
3	PH 203	Kinesiology II	SB (MC)	2		2	4	125	5
4	PH 204	Physiology	GB (MC)	3		2	5	125	6
5	PH 205	Therapeutic Massage Techniques	SB (MC)	2		2	4	125	5
6	PH 206	Orthopedics & traumatology	GB (MC)	3		2	5	125	6

1.1.3 Semester 3

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 301	Kinesiotherapy	SD (MC)	3		2	5	125	6
2	PH 302	Φυσικά μέσα I - Hydrotherapy	SD (MC)	2		2	4	125	5
3	PH 303	Respiratory Physiotherapy	SD (MC)	3		2	5	125	6
4	PH 304	Physical Modalities II - Electrotherapy	SD (MC)	2		2	4	125	5
5	PH 305	Biomedical diagnostic imaging	GB (MC)	2		-	2	125	3
6	PH 306	Neurology - Neurophysiology	GB (MC)	3		-	3	125	5

1.1.4 Semester 4

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 401	Clinical Practice I – Respiratory Physiotherapy	SD (MC)	3		8	11	125	8
2	PH 402	Mobilization of tissues and joints	SD (MC)	2		2	4	125	5
3	PH 403	Biological Engineering	SB (MC)	2			2	125	2
4	PH 404	Neuromuscular Retraining Techniques	SD (MC)	2		2	4	125	5
5	PH 405	Physiotherapy in diseases of the cardiovascular system	SD (MC)	2		2	4	125	5
6	PH 406	Research methodology in Health Sciences	SB (MC)	3		-	3	125	5

1.1.5 Semester 5

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 501	Clinical Practice II – Cardiovascular Physiotherapy	SD (MC)	3		8	11	125	8
2	PH 502	Physiotherapy of the nervous system I	SD (MC)	2		2	4	125	5
3	PH 503	Physiotherapy in diseases and injuries of the musculoskeletal system	SD (MC)	3		2	5	125	6
4	PH 504	Motor control – motor learning	SB (MC)	2		-	2	125	3
5	PH 505	Clinical Ergophysiology	SB (MC)	2		-	2	125	3

Semester 5 (5 mandatory and 1 elective out of 3 offered)

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 506A	Physiotherapy in obstetrics - gynecology - pelvic floor	ESD (MC)	2		1	3	125	5
2	PH 506B	Prosthetic orthotics – aids – robotic systems	ESD (MC)	2		1	3	125	5
3	PH 506C	Physiotherapy in surgery - burns	ESD (MC)	2		1	3	125	5

1.1.6 Semester 6

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 601	Clinical Practice III – Physiotherapy of the Musculoskeletal system	SD (MC)	3		8	11	125	8
2	PH 602	Physiotherapy of the nervous system II	SD (MC)	3		2	5	125	2
3	PH 603	Design of therapeutic exercise programs	SD (MC)	2		-	2	125	6

4	PH 604	Sports Physiotherapy	SD (MC)	2		2	4	125	5
5	PH 605	Hygiene - Epidemiology	GB (MC)	2		2	4	125	5

Semester 6 (5 mandatory and 1 election out of 2 offered)

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 606A	Physiotherapy in obstetrics - gynecology - pelvic floor	ESD (MC)	2		1	3	125	4
2	PH 606B	Prosthetic orthotics – aids – robotic systems	ESD (MC)	2		1	3	125	4

1.1.7 Semester 7

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 701	Clinical Practice IV – Physiotherapy of the Nervous System	SD (MC)	3		8	11	125	10
2	PH 702	Physiotherapy assessment – Clinical reasoning	SD (MC)	2		1	3	125	6
3	PH 703	Physiotherapy in special populations - Special Education	SD (MC)	2		1	3	125	6
4	PH 704	Ethics – Bioethics – personal data protection	SD (MC)	2		-	2	125	4

Semester 7 (4 mandatory and 2 elective out of 3 offered)

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 705A	Nutrition and health in Rehabilitation	ESD (MC)	2		-	2	125	4
2	PH 705B	Alternative complementary therapies	ESD (MC)	2		-	2	125	4
3	PH 705C	Physiotherapy in animals	ESD (MC)	2		-	2		4

1.1.8 Semester 8

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 801	Thesis (Final- year dissertation)	SD (MC)	4		-	11	125	10
2	PH 802	Practical Placement (Internship)	SD (MC)	-		40	3	125	10

Semester 8 (2 mandatory and 2 electives out of 4 offered)

	CODE	COURSE	COURSE TYPE	theory	practice	Laboratory	Hours per week	Course load	ECTS
1	PH 803A	Cognitive behavioral therapy	ESD (MC)	3		-	3	125	5
2	PH 803B	Ergonomics - work safety	ESD (MC)	3		-	3	125	5
3	PH 803C	Physiotherapy in mental health	ESD (MC)	3		-	3		5
4	PH 803D	Management in health care	ESD (MC)	3		-	3		5

9. POSTGRADUATE PROGRAMS IN THE DEPARTMENT

The Department of Physiotherapy of the IHU School of Health Sciences currently offers one postgraduate program.

MSc in Paediatric Physiotherapy

The MSc program operates full-time. The duration prior to the award of the Master's Degree is three (3) semesters, the third semester being allocated for the preparation of the Master's thesis.

The maximum time allowed for completion of studies in the full-time MSc is set at three (3) academic years. After the expiry of the above-mentioned period, the student is deregistered.

The Assembly of the Department may grant a temporary suspension of studies, the duration of which may not exceed two (2) consecutive semesters. The suspension shall be granted on the recommendation of the Board of Studies at the request of the student and the time it lasts shall not be counted towards the maximum duration of studies.

9.1 Postgraduate study program in in Paediatric Physiotherapy

The MSc in Paediatric Physiotherapy was re-established in 2019 by the Government Gazette 4077/v.v./Ar. 4040404.04.2019, as the MSc in Physiotherapy of the IHU.

9.1.1 History

The Postgraduate Studies Programme (MSc), entitled "Paediatric Physiotherapy", was approved:

By the Government Gazette 22737/v.B/Ar. Approval of the Master's Degree Programme entitled "Paediatric Physiotherapy", of the Department of Physiotherapy, School of Health and Welfare Professions, Alexandreio Technological Educational Institute of Thessaloniki University of Technology.

With the Government Gazette 36751/B/19-01-2018, it was re-established following the Universityization.

9.1.2 Goals and Objectives of the Postgraduate program

The **objective** of the Postgraduate Program (MSc in Paediatric Physiotherapy) is to provide postgraduate level education by offering and promoting specialized knowledge, know-how, methodologies, operational tools and research results in the broad scientific field of Paediatric Physiotherapy.

The **goals** of the Program are:

- a) The promotion of knowledge and the development of research in scientific fields whose development is based on the theory and application of the principles of specialized Physiotherapy in children with diseases and dysfunctions
- b) Deepening on the application of methods and technologies for the production of integrated therapeutic solutions.
- c) To provide the high level of knowledge required to train qualified Physiotherapists capable of filling the private, public and academic sectors in positions related to Paediatric Physiotherapy.

9.1.3 The postgraduate degree awarded

The program awards an "MSc in Paediatric Physiotherapy"

9.1.4 Admissions

Graduates of the Departments of Physiotherapy of TEI and HEI of the Greek or similar recognized institutions of foreign countries, whose degree has been recognized by the Inter-University Organization for the Recognition of Academic Titles & Information (Δ. O.A.T.A.P.) in accordance with Law 3328/2005 (A'80) or by an appropriate international body (e.g. Enic/Naric) in the case of foreign graduates. Exceptionally, graduates of other disciplines who demonstrate an appropriate level of knowledge in the subject of the MSc may be admitted.

9.1.5 Duration of studies

The MSc program in "Paediatric Physiotherapy" operates full-time. Normal duration of studies in the full-time program is three (3) semesters and corresponds to 90 credits (ECTS). Teaching course takes place during the first two semesters, while the last semester (the third) is allocated for the preparation of the Master's Thesis.

The maximum time allowed for completion of studies in the MSc is set at three (3) academic years. After the expiry of the above-mentioned period, the student is deregistered.

The Assembly of the Department may grant a temporary suspension of studies, the duration of which may not exceed two (2) consecutive semesters. Suspension shall be granted on the recommendation of the Board of Studies at the request of the student and the time it lasts shall not be counted towards the maximum duration of studies.

9.1.6 Course schedule per semester

During their studies, postgraduate students are required to attend and successfully complete the postgraduate courses and to prepare an MSc Thesis. Postgraduate students must attend a total of twelve (12) offered courses. Each student is required to attend and successfully complete and pass the examination in courses corresponding to thirty (30) European Credit Transfer System (ECTS) credits per semester of study. Each course corresponds to five (5) ECTS credits. During the third semester students are required to complete a postgraduate thesis, which corresponds to thirty (30) ECTS credits.

Each semester of study corresponds to thirty (30) ECTS credits.

Ninety (90) ECTS credits are required for the MSc degree.

The languages of instruction of the program may be Greek and/or English. The language of instruction is typically Greek. Every year and before the beginning of a new course of study, the official main language of instruction is announced.

POSTGRADUATE COURSES PER SEMESTER

SEMESTER 1

	Code	Course Title	Type	Weekly teaching hours	ECTS
1	MF1	Introduction to pediatric rehabilitation	Mandatory	3	5
2	MF2	Details of the child's physical growth and nutrition	Mandatory	3	5
3	MF3	Research methodology - Health Biostatistics-Informatics	Mandatory	3	5
4	MF4	Support to children with chronic diseases	Mandatory	3	5
5	MF5	Special topics I - Rheumatism in children,	Mandatory	3	5

		Therapeutic massage techniques in children			
6	MF6	Hippotherapy – Mousic therapy	Mandatory	3	5

SEMESTER 2

A/A	Code	Course Title	Type	Weekly teaching hours	ECTS
1	MF7	Physiotherapy in Neurological disorders	Mandatory	3	5
2	MF8	Physiotherapy in disorders of the musculoskeletal system	Mandatory	3	5
3	MF9	Respiratory Physiotherapy in disorders of the Cardiorespiratory system	Mandatory	3	5
4	MF10	Intensive Care Unit – Cardiopulmonary resuscitation (CPR)	Mandatory	3	5
5	MF11	Hydrokinesiotherapy-Hallwic Method	Mandatory	3	5
6	MF12	Special topics II - childhood incontinence, burns, blind children, children with cancer, with hemophilia. Health and safety of physical therapists	Mandatory	3	5

SEMESTER 3

A/A	Code	Course Title	ECTS
1	MFTHE	MSc Thesis	30

9.1.7 Number of admissions

The yearly number of students admitted to the MSc is set at a maximum of thirty (30) students.

9.1.8 The staff

Teaching of the postgraduate courses is carried out by Faculty Members and Research Associates of the Department of Physiotherapy. In addition, Faculty Members of other departments of the IHU, Faculty Members of other universities in Greece and abroad, distinguished scientists, researchers and other categories of lecturers may participate in accordance with the provisions of Article 5 of Law 3685/2008 (A' 148). All lecturers must hold a PhD degree (Paragraph 8, Article 19, Law 4521/2018).

10. DOCTORAL STUDIES in the DEPARTMENT

Doctoral studies at the Department of Physiotherapy of IHU aim to promote knowledge through the production of original academic research and lead to the award of a Doctoral Degree.

The Doctoral Degree is the highest academic title which certifies the mastery of research methodology through the completion of original academic research produced and the substantial contribution of its holder to the development of science/engineering and knowledge in the respective academic discipline.

The Regulation of Doctoral Studies (Decision ΔΦ 15/11782/28-7-2020 of the President of the Board of Directors of the IHU, Government Gazette 3494/B/24-8-2020) reflects the structure and the rules of operation of the Doctoral Studies Program of the Department of Physiotherapy of IHU.

The Doctoral Studies Program is organized and operated in accordance with the provisions of Law 4485/2017 and the relevant provisions and decisions in force.

Eligibility

1. Eligible to apply for the PhD program are students who:
 - Have graduated from a higher education institution (University or TEI) in Greece or a recognized as equivalent institution abroad and hold a Diploma of Postgraduate Studies (MSc) of a higher education institution in Greece, or a recognized institution abroad or a recognized type of title of a foreign institution, as provided for in Article 304 par. 4a) of Law No. 4957/2022,
 - Hold a diploma or a single and indivisible postgraduate degree in accordance with Article 78 of Law No. 4957/2022.
2. Suitability of qualifications and the background skills of the candidate shall be examined by the three-member evaluation committee and approved exclusively by the Assembly of the Department.

Duration

1. The duration of the Doctoral Degree program is at least three (3) full calendar years starting from the date of appointment of the Tripartite Advisory Committee.
2. For doctoral candidates who are exceptionally admitted without holding an MSc, the minimum time limit for obtaining the Doctoral Degree shall be four (4) full calendar years starting from the date of appointment of the Tripartite Advisory Committee.
3. The maximum time for completion of the dissertation is in any case set at six (6) years.

The aforementioned time may be extended through annual extensions by two (2) additional years, upon request of the candidate and a well-founded decision of the Departmental Assembly. Further information can be found on the Department's website and in the Regulations for Doctoral Studies.

More information can be found on the Department's website phys.ihu.gr

11. SERVICES and STUDENT WELFARE OFFICE

11.1 European Programs Office (Erasmus)

[LLP/ERASMUS \(Lifelong Learning Programme\)](#) is an ambitious educational program of the European Union that gives the opportunity to higher education students to carry out part of their studies in a European institution or their internship, with full academic recognition. By participating in the Erasmus program, students acquire skills that enhance their future employability whereas teaching faculty/staff improve their career prospects. Higher education institutions are internationalizing their campuses, introducing new teaching methods and new services, building management capacity, strengthening research activities and creating links with businesses.

It aims to improve the quality of higher education, strengthen its European dimension, encourage mobility and promote access to education for all.

E R A S M U S is the acronym for European Region Action Scheme for the Mobility of University Students. It takes its name from the 15th century philosopher, theologian and humanist Erasmus of Rotterdam (1465-1536). Erasmus donated his entire fortune to the University of Basel and became the forerunner of mobility grants.

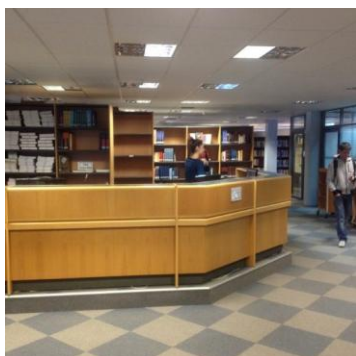
The National Coordination Unit for Greece is the State Scholarships Foundation (IKY), Lysikratous 14, 105 58 Athens, Greece (www.iky.gr). IKY manages the European Union funds and distributes them to the Institutions.

CONDITIONS & PROCEDURES FOR PARTICIPATION

Students can travel for studies for a period of 2 to 12 months (or 24 months for 5-year study programs) in physical mobility, per study cycle, from the 1st year of study (the participation or not of students from the 1st year of study will depend on the selection criteria of the academic Erasmus coordinators of the departments). This period may include a complementary traineeship period, if planned, and may be organized in various ways: either consecutive or simultaneous activities. The combination shall follow the funding rules for study mobility.

Further information on the Erasmus program can be found on the University's Erasmus Office website (<https://www.ihu.gr/monades/intprogrs#erasmus>)

11.2 Library



The Library of the Thessaloniki University of Technology was founded in 1974 and is part of the Publications and Library Department, which is under the Directorate of Coordination of Studies, Publications and Library. It consists of the Central Library and the Study Centres of the SRO and the SEYP. The Library's collection includes books, e-books, Greek and foreign language journals, maps, video tapes, audio cassettes, vinyl records, optical discs, paintings and newspapers.

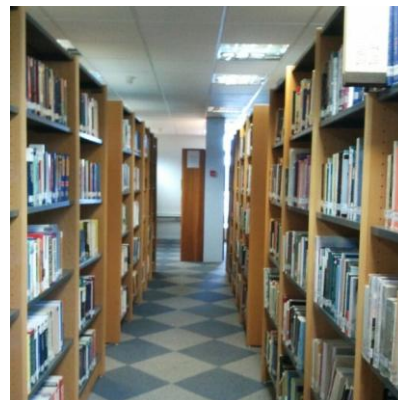
Mission of the Library



The mission of the Library, through the development of its collection and its services, is to serve the information needs of the entire academic community, in so far as they are related to the curriculum of the Institution, the research and recreational interests of teachers, students and administrators, as well as the cultural interests of the wider

community.

The modern dynamics of the services developed by libraries at a global level does not leave the Library of AUTH unaffected, which systematically monitors and participates actively and dynamically in the developments. The services provided by the Library of the ATUT are no longer limited to its physical space, as a wealth of information is provided electronically via the Internet 24 hours a day, 7 days a week (24/7). The range of its services is constantly expanding, responding to the demands of its academic role, both nationally and internationally, as a modern and valuable source of information, addressed to students, teachers, as well as scientists, researchers, etc.



11.3 Student Restaurant

Free Food Beneficiaries

- α. The active students of the Higher Educational Institutions (HEIs) of the first, second and third cycle of studies, as defined in article 2 of Law No. 4009/2011 (A 195), if they do not already hold a degree, postgraduate or doctoral degree respectively.
- b. 4009/2011 (A' 195).
- b.ii) Students registered as guest students at higher education institutions of the domestic territory, who come from similar institutions of foreign countries in the framework of educational or research cooperation programs, as defined in Article 36 paragraph 2 (a) and (b) of Law No. 4009/2011 (A 195).
- c. 4009/2011 (A' 195).
- d. Foreign scholarship holders of the Ministry of Education, Lifelong Learning and Religious Affairs who are pursuing undergraduate studies at a higher education institution of the national territory.

Government Gazette B' 1965/18.06.2012 (Decision 4)

11.4 Student Dormitory

The student residence on the Alexandria Campus of the IHU has facilities (building 10) with 108 double rooms for the accommodation of the students at the University. These facilities are located within the Complex in Sindos.

The purpose of the Student House is to meet the housing and living needs of the students of the IHU, especially the weaker economic strata, during their studies. Specifically, it provides the appropriate material and technical infrastructure for the development of intellectual, recreational, artistic, artistic and sporting initiatives and activities, so that they can be significantly assisted in the continuation and completion of their studies and at the same time, to develop and cultivate social relationships.

The student residence of Sindos is managed by the National Youth Centre. It accepts applications from incoming students 20 working days after the announcement of the results.

For information call 2310 013149 and 2310 013148

11.5 Student Health Care Service

Full medical and hospital care is provided free of charge to those who have no other insurance. At the same time, a medical clinic operates within the Foundation during the morning and evening hours.

11.6 The University Gym - Sports and Cultural Activities

The Sports Centre (AC) has the mission to provide a wide range of sports programmes and activities for female students, male and female students and all staff of the University. The goal of all programs is to improve the quality of life for members of the academic community through exercise, play and physical activity. In order to fulfill its objectives, the AC, taking into account that it caters to individuals with different needs and abilities, will create a series of programs that will include the following areas:

- recreational sport
- organised activities-courses
- Tournaments and Sports Days
- Competition and sports tournaments
- Competitive Sports
- Excursions-Daily excursions in nature

The AK includes all outdoor and indoor sports facilities, which are located within the area of the TEIF: indoor gym of TEIF, open basketball courts, open football field, and any other sports area created in the future at TEIF.



11.7 Network Operations Center (NOC)– Electronic Services

The Network Management Center of the Alexandria Campus of the IHUI in Sindos, Thessaloniki, Greece, <https://noc.the.ihu.gr/> designs and develops the network and telecommunications infrastructure of the campus, providing high quality services to the members of the institution. Specifically, it is responsible for:

The exclusive care for the installation, management and maintenance of the data, backbone and distribution network devices and the extension of their cable infrastructure.

The exclusive care for the installation, management and maintenance of the voice (VoIP) network of the Alexandria Campus.

The sole responsibility for the installation, management and maintenance of any extension of the data network, wired or wireless, within and outside the Alexandria Campus facilities and the management and maintenance of the data network interface with the Internet and with any other non-institutional data network.

Overseeing the access networks of the organizational units.

The management of all third level logical addresses (IP addresses), private and public.

The policy of routing third level packets (IP packets) within the autonomous system and routing in cooperation with the National Research and Technology Network for the proper interconnection of the Foundation with the Internet.

The service of firewalls at the boundaries of the autonomous system in order to safeguard the functionality of the computer systems and the quality of the services offered.

The addressing and naming service for the computer systems connected to the data network.

The management of the centralized mail relay and routing service, enhanced with services to protect servers and users against malicious users.

The creation and maintenance of personal electronic mailboxes for all members of the academic community, teaching staff, administrative staff and students, with support for their management from personal computers via POP3S, IMAPS protocols, as well as via the webmail roaming service.

The creation and management of e-mail lists for groups of users.

Creation, maintenance and management of a centralized anti-malware/anti-spam control mechanism.

The creation and management of personal storage space for each member of the academic community, teaching staff, administrative staff and students.

The creation and maintenance of backups of the systems supporting the services offered on long term storage media, for example optical media (DVD), NAS, magnetic tapes, or other suitable media.

The management of the central Alexandria Campus website and the hosting of websites for the institutional units of the Foundation such as Faculties, Departments, Services as well as the hosting of individual user websites.

The directory service (directory services) and its interface with the directory service of the National Research and Technology Network.

The multi-level security services, including the physical layer and from the network layer to the application layer (use of secure protocols, encrypted transmission of personal data).

The web proxy/cache service.

The computer time synchronization service (NTP).

The development of advanced network services and their integration into the full-scale data network environment.

Training of the academic community and transfer of know-how to the individual organizational units on network services and infrastructure issues.

Providing support to users of the data network in terms of the services offered (User Help Desk, Help Desk).

Responsibility for recommending the operating rules of the data network to the relevant bodies of the Alexandria Campus.

Continuous redesign and upgrading of the data network in line with technological developments.

12. ΔΙΕΘΝΗΣ ΔΙΑΣΤΑΣΗ ΤΟΥ Π.Π.Σ. Ευρωπαϊκά και Διεθνή προγράμματα

Erasmus+

General information

Erasmus+ is the European Commission's programme for education, training, youth and sport, which aims to enhance skills and employability and modernize education, training and youth systems in all areas of Lifelong Learning (Higher Education, Vocational Education and Training, Adult Education, School Education, Youth activities, etc.).

Objectives of the Erasmus 2021-2027 Programme

Inclusion and Diversity

In order to provide access to students and staff, in line with the principles of the Erasmus Charter (ECHE), higher education institutions should ensure equal and equitable access and opportunities for current and prospective participants from all backgrounds.

This requires the inclusion of people with fewer opportunities (for a detailed definition of people with fewer opportunities please see the Guide)

Environmental sustainability and environmentally friendly practices

According to the principles of the Erasmus Charter (ECHE), Higher Education Institutions should promote environmentally friendly practices in all activities related to the Programme, (use of sustainable means of transport for mobility, taking measures when organizing events in a more environmentally friendly way, replacing paper-based administrative procedures with digital procedures. In addition, the Institutions shall promote awareness-raising among participants on measures they can take while abroad to reduce their carbon footprint and the environmental footprint of their mobility.

Digitisation - Digital education and skills

Higher Education Institutions, in line with ECHE principles, should implement digital management of student mobility according to the technical standards of the European Student Card initiative.

Institutions should promote mixed mobility, the combination of physical and virtual activity, to offer more flexible forms of mobility and further enhance the learning outcomes and impact of physical mobility.

The partnerships that have been concluded with institutions abroad for the Department under the Erasmus+ Programme are as follows:

	COUNTRY	UNIVERSITY
1	Belgium	VIVES University College, Belgium
2	Bulgaria	Medical University - Sofia
3	Denmark	Professionshøjskolen University College Nordjylland
4	Spain	Universidad de Huelva – Spain
5	Spain	Universidad de Jaen, Spain
6	Spain	Universidad Complutense de Madrid – Spain
7	Spain	Universidad Carlos III De Madrid – Spain
8	Spain	Universidad Alfonso X El Sabio – Spain
9	Spain	Universidad Rey Juan Carlos- Spain
10	Spain	Universidad de Malaga- Spain
11	Spain	Universidad de Murcia
12	Spain	Universidad Cardenal Herrera-CEU – Spain
13	Lithuania	Kauno Kolegija, Lithuania (ONLY FOR STAFF MOBILITY)
14	Lithuania	Klaipeda State College, Lithuania
15	Turkey	Pamukkale University, Turkey
16	Turkey	SANKO Universitesi
17	Turkey	Istabil Universitesi, Turkey (ONLY FOR STAFF MOBILITY)
18	Turkey	Istanbul Technical University, Turkey
19	Turkey	Istanbul Bilgi University, Turkey
20	Turkey	Bahcesehir University
21	Turkey	FATİH University, Turkey (Only Teaching Staff Mobility)
22	Turkey	ISIK University, Istanbul, Turkey
23	Turkey	Yeditepe University, Istanbul, Turkey
24	Turkey	Istanbul University- Cerrahpasa

Further information on the Erasmus program can be found on the University's Erasmus Office website (<https://www.i.hu.gr/monades/intprogrs#erasmus>)

13. REFERENCE to the DEPARTMENT and UNIVERSITY REGULATIONS

In addition to this academic guide, important and constantly updated information is provided through the Department's website: <http://phys.i.hu.gr>

14. APPENDIX: DETAILED COURSES OUTLINE

In what follows, courses are described in detail per Semester.

14.1. Courses 1st Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 101	SEMESTER	1 ^o
COURSE TITLE	Anatomy I		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The aim of this course is for the student to acquire knowledge about the structure and morphology of the human organism at the level of cells - tissues - organs - systems. In the laboratory part, with particular emphasis on osteology, the demonstration of the particular anatomical features of each bone is sought.			
Learning objectives of the theoretical part: Upon completion of the theoretical part, students will be able to: - Identify and analyze the structure of the human body. - Understand the structure and structure of the human body and how it works. - In addition to the description of the respiratory and circulatory systems, the aim is to understand the organs and their parts, and their function.			
Learning objectives of the laboratory part: Upon completion of the laboratory part the student will be able to: - Review, locate, palpate and describe the bones of the human body. - To understand the position and movement of bones (osteo-kinematics).			
General Skills			
- Searching, analyzing and synthesizing data for the most appropriate treatment strategy and clinical decision making - Spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome - Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. The structure of the cell 2. Tissues based on their morphology and function 3. The epithelium and the connective tissue 4. The cells of the connective tissue 5. The chondral tissue 6. Forms of bone tissue, texture of bone, bone structure, classification of bone. Components of blood. 7. Detailed description of muscle tissue 8. Striated muscle			

9. Description of the anatomy of the respiratory system		
10. Brief description of the digestive system		
11. The organs of the urinary system		
12. The genital system		
13. Brief description of the sensory organs		
Laboratory part, Modules / contents:		
1. The human body		
2. The human skeleton		
3. The skeleton of the head		
4. The skeleton of the spine		
5. The common features of the vertebrae		
6. The skeleton of the thorax		
7. The skeleton of the upper limbs		
8. The bones of the shoulder girdle		
9. The bones of the forearm		
10. The skeleton of the hand limb		
11. The skeleton of the lower limbs		
12. The pelvic girdle		
13. The patella, the tibial skeleton, the skeleton of the foot		
TEACHING METHOD	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Lectures	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	Theoretical part: Written final assessment, with questions (score 1-10). Laboratory part: Written and oral exam. (score 1-10).	
Suggested Bibliography:		
1. Χατζημπούγιας Ι. Στοιχεία ανατομικής του ανθρώπου. Εκδόσεις GMdesign 2007		
2. Drake RL. Gray’s Anatomy. Αθήνα: Ιατρικές Εκδόσεις Π.Χ Πασχαλίδης, 2007.		
3. Netter HF. Atlas of Human Anatomy. Αθήνα: Ιατρικές Εκδόσεις Π.Χ Πασχαλίδης, 2004.		
4. Rothen WJ. Έγχρωμος Άτλας Ανατομικής του ανθρώπου. Αθήνα: Ιατρικές Εκδόσεις Π.Χ Πασχαλίδης, 2011.		
5. Καμμάς Α. Μαθήματα Ανατομικής. Αθήνα: Εκδόσεις ΒΗΤΑ. 2010.		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 102	SEMESTER	1 ^o
COURSE TITLE	Kinesiology I		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES	NO		
PREVIOUS SUPPORT COURSES	NO		

LANGUAGE	GREEK, ENGLISH
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr
Learning results	
Purpose of the course - The aim of the course is for the student to acquire knowledge about the characteristics and prerequisites of physiological movement. - To become familiar with the nomenclature of the positions-states and movements of the human body. - To understand, observe, record and analyse physiological posture-movement, in order to be able to effectively recognise in the future the variations resulting from different injuries or damages and related to abnormal posture-movement-balance. - To relate the principles of mechanics and kinetics of the joints and muscles of the body in relation to the daily functional activities of man. Learning objectives of the theoretical part: Upon completion of the Laboratory Part, the student will be able to: - Know the prerequisites and characteristics of human movement - Know the concepts of alignment, base of support, weight shift, mobility - stability. - To know the processes of growth and development of the human body and physiological movement. - To know the relationship between sensation and movement. Learning objectives of the laboratory part: Upon completion of the Laboratory Part, the student will be able to: - Know the planes and axes of motion and the naming of whole-body movements. - Know the interaction - relationship between the movements. - To apply measurement of the range of motion of the joints of the human body. - To analyse the basic physiological patterns of gross motor activity.	
General Skills	
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making - Spirit and Ability to work in a team with other health care professionals for better therapeutic outcome - Promote creative and inductive thinking with a view to innovative therapeutic actions and techniques	
General Skills	
Theoretical part, Modules / contents: ‘ 1. Introduction to the concept of human movement. 2. Prerequisites of human movement 3. Features of human movement 4. Levels, axes of movement, naming of movements. 5. Range of trajectory. Measurement of joint range 6. Principles of mechanics - kinetics. 7. Alignment. Support base. Weight shift. Mobility - Stability. Balance. 8. Kinetic patterns. Visceral - fine mobility. 9. Growth and Development of the human body. 10. Sensation and Movement. Orientation and body knowledge. 11. Organization and execution of human posture/movement. 12. Action of internal and external factors shaping human posture/movement. 13. Physiological gait. Laboratory part, modules/contents: 1. Production of movements of all the joints of the upper limb. 2. Measurement of the movements of all the joints of the upper limb. 3. Production of the movements of the scapulae. Interaction of scapula - shoulder - torso movements. 4. Production of the movements of the AC of the AC. 5. Production of the movements of the thoracic spine 6. Production of the movements of the SS OM	

7.	Production of the movements of the trunk.										
8.	Production of the movements of all the joints of the lower limb.										
9.	Measurement of the movements of all the joints of the lower limb.										
10.	Production of the movements of the pelvis. Interaction of pelvic movements of the trunk and hips.										
11.	Production of the basic physiological functional patterns of gross motor activity.										
12.	Analysis of physiological functional patterns of gross motor activity.										
13.	Analysis of physiological gait.										
TEACHING METHOD	Face to face, Power Point presentations, distance learning										
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students										
TEACHING ORGANIZATION	<table> <tr> <th><i>Activity</i></th><th><i>Workload</i></th></tr> <tr> <td>Theory</td><td>78</td></tr> <tr> <td>Laboratory</td><td>26</td></tr> <tr> <td>Total Course Hours</td><td>104</td></tr> <tr> <td>ECTS</td><td>5</td></tr> </table>	<i>Activity</i>	<i>Workload</i>	Theory	78	Laboratory	26	Total Course Hours	104	ECTS	5
<i>Activity</i>	<i>Workload</i>										
Theory	78										
Laboratory	26										
Total Course Hours	104										
ECTS	5										
STUDENT EVALUATION	Theoretical part: Assignment of writing and presentation of papers at 30% (Grade 1-3) Written examinations at 30% (Grades 1-7) Laboratory part: Oral exams based on the principle: problem to be solved in small groups of students. (Grade 1-10). The final grade for the laboratory part of the course takes into account any assignments and presentations and the overall performance of each student during the course.										
Suggested Bibliography: 1. Παπαδάτου, Δ., Μπελλάλη, Θ. Βασικές γνώσεις ψυχολογίας για επαγγελματίες υγείας. ΚΡΙΤΙΚΗ, Αθήνα, 2008 2. Ranna, D., Upton, D. Η Ψυχολογία στη Νοσηλευτική Επιστήμη, ΠΑΣΧΑΛΙΔΗΣ, Αθήνα, 2010 3. Walker, J., Payne, S., Smith, P., Jarrett, N. Ψυχολογία της Υγείας για Νοσηλευτές και άλλους Επαγγελματίες Υγείας, ΠΑΣΧΑΛΙΔΗΣ, Αθήνα, 2011 4. DiMatteo, R.M., Martin, L. Εισαγωγή στην Ψυχολογία της Υγείας, ΠΕΔΙΟ, Αθήνα, 2011 5. Health Psychology Review (περιοδικό στην αγγλική) 6. Journal of Health Psychology (περιοδικό στην αγγλική) 7. Psychology, Health and Medicine (περιοδικό στην αγγλική)											

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 103	SEMESTER	1 ^o
COURSE TITLE	Informatics in Health Sciences		
SELF-ENDED TEACHING ACTIVITIES	HOURS PER WEEK	ECTS	
Theory	2	3	
Laboratory	2	2	
TOTAL	4	5	

COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The aim of the course is to deepen students' knowledge of the basic principles of both Medical Technology and Health Information Systems.			
Learning objectives of the theoretical part: After completing the theoretical part, students will be able to			
• Be familiar with the applications of information technology in the field of health • Know the benefits of health informatics • be familiar with the operation and management of the concept of the electronic patient record • be aware of the benefits of quality assurance systems in health informatics			
Learning objectives of the laboratory part: After completing the Laboratory Part, the students will be able to			
• To search health information in valid databases • Use modern applications in health informatics • - Use software packages (SPSS, word, excel, etc.)			
General Skills			
- Search, analysis and synthesis of data and information, using the necessary technologies - Independent and team work - Project planning and management - Promotion of free, creative and deductive thinking			
COURSE CONTENT			
TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	26	
	Total Course Hours	104	
	ECTS	5	
STUDENT EVALUATION	Theoretical part: - Written final examination with development questions (score 1-10) Laboratory part: - Final laboratory examination		
Suggested Bibliography:			
1. Πουλής Γ., Μείμης Ε. (2017) Πληροφορική στην Υγεία, Κωνσταντάρια Ιατρικές Εκδόσεις			
2. Κουτσογιάννης Κ, (2002). Τεχνολογία στις Επιστήμες Υγείας και Πρόνοιας, εκδόσεις ΕΛΛΗΝ			
3. Κυριόπουλος Γ.Ν., (1991). Συστήματα Υγείας και Πληροφορική, Πληροφορική Νέες Τεχνολογίες και Υγεία, Τόμος 1,4, Αθήνα			
4. Μπονίκος Σ. Δ, (1990). Η Πληροφορική στην Ιατρική Εκπαίδευση και Τα Συστήματα Υγείας, Επίτομος, Έκδοση Πρώτη, Εκδόσεις SET ΟΕ, Αθήνα			
5. Πάγκαλος Γ, (1991). Πληροφοριακό Σύστημα Νοσοκομείου, Πληροφορική, Νέες Τεχνολογίες και Υγεία. Τεύχος 3. Τόμος 1. Θεσσαλονίκη Μετάφραση Χαλάτσης Κώστας. Επίτομος. Έκδοση Τρίτη.			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 104	SEMESTER	1 ^o
COURSE TITLE	Psychology		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	4
Laboratory		-	-
TOTAL		2	4
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
General Skills			
- The course aims to:			
1. The basic concepts of psychology as a scientific discipline and a first contact with the theories of personality.			
2. The examination of the relationship between physiotherapy work and psychology and the deepening of the understanding of the relationship between psychology and physiotherapy.			
the concepts of pain, stress and ways of managing them. The discussion of the			
health risks such as smoking, substance abuse, overconsumption, alcohol, poor diet and lack of exercise,			
3. Contact with the concepts of terminal illness.			
4. Demonstrate social, professional and ethical responsibility and sensitivity.			
5. Adaptation to new situations, exercise of criticism and self-criticism, teamwork.			
6. Decision-making			
7. Understanding of human personality and behaviour.			
COURSE CONTENT			
Theoretical part, Modules / contents:			
1. General about psychology. Object and branches of psychology.			
2. Psychology and other health sciences.			
3. Personality and psychological theories.			
4. Psychodynamic approach - Psychoanalytic theory and therapy.			
5. Behavioural approach - behavioural theory and treatment.			
6. Cognitive approach - theory of cognitive interpretive constructs.			
7. Cognitive therapy - Logico-thymic therapy.			
8. Humanistic approach - theory of self-actualization.			
9. Person-centred counselling.			
10. Systemic approach and theory.			
11. Critical review of theoretical approaches and therapeutic interventions of personality			
12. Health risk behaviours (smoking, alcohol consumption, diet and exercise).			
13. Terminal illness.			
TEACHING METHOD.	Face to face, Power Point presentations, distance learning		

USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	-	
	Total Course Hours	78	
	ECTS	3	
STUDENT EVALUATION	Theoretical part: - The preparation of an individual or group project is assessed at 30%. - Quiz in between in the 6th week 20%. - Written final assessment, with multiple choice questions at 50%.		
Suggested Bibliography: 1. Παπαδάτου, Δ., Μπελλάλη, Θ. Βασικές γνώσεις ψυχολογίας για επαγγελματίες υγείας. ΚΡΙΤΙΚΗ, Αθήνα, 2008 2. Ranna, D., Upton, D. Η Ψυχολογία στη Νοσηλευτική Επιστήμη, ΠΑΣΧΑΛΙΔΗΣ, Αθήνα, 2010 3. Walker, J., Payne, S., Smith, P., Jarrett, N. Ψυχολογία της Υγείας για Νοσηλευτές και άλλους Επαγγελματίες Υγείας, ΠΑΣΧΑΛΙΔΗΣ, Αθήνα, 2011 4. DiMatteo, R.M., Martin, L. Εισαγωγή στην Ψυχολογία της Υγείας, ΠΕΔΙΟ, Αθήνα, 2011 5. Health Psychology Review (περιοδικό στην αγγλική)			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 105	SEMESTER	1 ^o
COURSE TITLE	First Aid		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	5
Laboratory		2	2
TOTAL		5	7
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	ANATOMY, PHYSIOLOGY		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The aim of the course is to deepen students' understanding of the basic principles of both pre-hospital emergency care and the provision of all care to any person in need, under any circumstances and at any time.			
Learning objectives of the theoretical part: Upon completion of the theoretical part, the student will be able to - be familiar with the basic principles of pre-hospital care - Know the injuries and conditions requiring first aid - be familiar with the complications resulting from poor management of emergency cases - be familiar with the kinematics of trauma in order to be able to assess the severity of the injury			
Learning objectives of the laboratory part: Upon completion of the Laboratory Part, the student will be able to			

- To provide basic life support to a victim - Use bandage material, splints, victim transport stretcher - Acquire the skills to stop bleeding - Relieve a victim of pain - Be able to provide moral support to a victim		
General Skills		
Management of a multi-injury victim, risk assessment at the scene, victim rescue		
- Adaptation to new situations - Decision making - Autonomous work - Teamwork		
COURSE CONTENT		
Theoretical part, Modules / contents:		
1. Pre-hospital management of the trauma patient		
2. Emergency respiratory problems		
3. Emergency cardiac problems		
4. Emergency neurological problems		
5. Urgent endocrinological problems		
6. Environmental damage		
7. Safety at home and at work		
Laboratory part, Modules / contents:		
1. Basic life support		
2. Side resuscitation position		
3. Bleeding control		
4. Multi-injury assessment		
5. Safe transport of the multi-injured patient		
6. Extrication of a casualty from a car		
7. Helmet removal		
8. First aid in case of drowning by a foreign body		
9. Wound bandage		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	26
	Total Course Hours	143
	ECTS	7
STUDENT EVALUATION	Students are examined in Greek.	
	The theoretical part of the course is examined in a written examination at the end of the semester and includes development questions (scores 1-10)	
	The laboratory part of the course is examined by a written and/or oral examination including laboratory application of the taught material (grades 1-10)	
Suggested Bibliography:		
1. Χ. Μαρβάκη, Α. Κοτανίδου, Δ. Παπαγεωργίου, Α. Καλογιάννη, (2015), Επείγουσα Νοσηλευτική, Κωνσταντάρας Ιατρικές Εκδόσεις		
2. MelindaJ. Flegel, Πρώτες Βοήθειες για Αθλητές, (2007), Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης		
3. Α. Πορφυριάδου, Πρώτες Βοήθειες, (2013), Εκδοτικός Οίκος Αδελφών Κυριακίδη α.ε.		
4. Σ. Νανάς, Πρώτες Βοήθειες, (2016), Ιατρικές Εκδόσεις Γ. Β. Παρισιάνου		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 106	SEMESTER	1 ^o
COURSE TITLE	Foreign Language English Terminology		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	4
Laboratory		-	-
TOTAL		2	4
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
General Skills			
At the end of the course students will be able to: - recognise the formulation and compositional features of the English scientific language and their discipline, - update and enrich their knowledge in accordance with international English-language published literature and articles, - be able to attend or give an oral presentation on topics related to their field of specialisation, participating in a subsequent discussion and/or composing a concise or extended written text with linguistic fluency using the required scientific terminology in their language field, - combine and apply the foreign language to their professional needs			
COURSE CONTENT			
Introduction to medical terminology - Terminology for Body regions, cavities and body plan - Terminology for Bone anatomy - Terminology for Functions of the skeletal system - Terminology for Clinical reasoning - Terminology for Chest physiotherapy - Terminology for Cardiovascular physiotherapy - Terminology for Neurological physiotherapy - Terminology for Physiotherapy assessment - Terminology for Joint injuries - Terminology for Osteoarthritis - Terminology for Vertebral column - Terminology for Disorders of muscle tone and movement - Terminology for Nervous system - Grammar and syntax exercises			
TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	-	
	Total Course Hours		
	ECTS	4	
STUDENT EVALUATION	The evaluation of student performance is carried out in accordance		

	with the regulations of the Foundation. The basic requirement is the successful completion of the theoretical part of the course. The assessment of the students' performance is carried out by a final written assessment. The student is required to answer questions that cover the teaching units of the course in equal parts and additionally one question that requires critical thinking.
Suggested Bibliography: 1. Panoutsopoulos G. English Medical Terminology for Health Sciences, DISIGMA Publications, 2018. 2. Panoutsopoulos G. Listening Practice Tests 1-8, English Medical Terminology for Health Sciences, DISIGMA Publications, 2018. 3. Dictionary of Medicine, Peter Collin Publishing, 2000. 4. Elli Terzoglou, Reviewing English Grammar, third edition, 2017. 5. Dorland's, Ιατρικό Λεξικό, Εκδόσεις Ξασχαλίδη, 1997. 6. Αγγλοελληνικό Λεξικό Ιατρικών Όρων Μιχαηλίδη	

14.2 Courses 2nd Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 201	SEMESTER	2 ^o
COURSE TITLE	Anatomy II		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Ανατομία Ι		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to provide the student with knowledge of the analytical structural description of the central and peripheral nervous system, as well as the autonomic nervous system. In addition, to identify and describe the points of origin and insertion of the muscles of the human body as well as all muscles.			
Learning objectives of the theoretical part: Upon completion of the theoretical part, students will be able to: - Be familiar with the nervous system of the human body. - Identify the motor and sensory pathways of the nervous system and the pathway of the peripheral nerves to their target organs. - To be able to understand the neurosis of the whole musculoskeletal system.			
Learning objectives of the laboratory part: Upon completion of the laboratory part the student will be able to: - Understand the position and movement of the articular surfaces (article-kinematics). - To review, locate, palpate and describe the muscles of the human body. - To become familiar with the human body, especially the musculoskeletal system, to be able to identify muscle groups, their insertions and attachments, their neuromuscular system and their movement.			
General Skills			

- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making
- spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome
- Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques

COURSE CONTENT

Theoretical part, Modules / contents:

1. The circulatory or cardiovascular system
2. The blood vessels
3. Pulmonary or small circulation and somatic or large circulation. The venous system of the small circulation and the venous system of the large circulation.
4. The lymphatic system
5. Detailed description of the nervous system. Central nervous system (CNS), Peripheral nervous system.
6. The Brain.
7. The cerebellum
8. The meninges of the brain, the cerebrospinal fluid
9. The blood supply of the brain
10. Fates of the spinal cord, main pathways of the nervous system, reflexes.
11. Peripheral nervous system (PNS). Spinal nerves. Plexuses (cervical - brachial - lumbar - sacral - sciatic - coccygeal.) Cerebral nerves.
12. Autonomic nervous system (ANS). Sympathetic nervous system (SNS). Parasympathetic nervous system (PNS).
13. The endocrine gland system

Laboratory part, Modules / contents:

1. Distinction of joints
3. The bones of the skull, the vertebrae
4. The joints of the thorax, the joints of the shoulder girdle, the shoulder joint, the joints of the forearm, the joints of the hand extremity.
5. The joints of the pelvic girdle, the hip joint, the joints of the tibia, the joints of the foot.
6. Evaluation with active and passive movements of the joints from an anatomical point of view. Factors limiting the movements.
7. Muscles of the body
8. Muscles of the front surface of the trunk
9. The muscles of the upper limbs, the muscles of the lower limbs
10. Muscles of the head, muscles of the neck, muscles of the thorax, muscles of the diaphragm
11. The muscles of the abdomen
12. Muscles of the back or the back of the torso
13. Muscles of the upper limbs, muscles of the lower limbs

TEACHING METHOD.

Face to face, Power Point presentations, distance learning

USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES

Face to face, Video presentations

Theoretical part.

Laboratory part: students practice on anatomical models and familiarize themselves with the topography and function of the human body systems.

TEACHING ORGANIZATION

<i>Activity</i>	<i>Workload</i>
Theory	78
Laboratory	26
Total Course Hours	104
ECTS	5

STUDENT EVALUATION

Theoretical part:
Written final assessment, with questions (scored 1-10).

Laboratory part:
Written and oral examination (scored 1-10).

Suggested Bibliography:

1. Χατζημπούγιας Ι. Στοιχεία ανατομικής του ανθρώπου. Εκδόσεις GMdesign 2007
2. Drake RL. Gray's Anatomy. Αθήνα: Ιατρικές Εκδόσεις Π.Χ Πασχαλίδης, 2007.
3. Netter HF. Atlas of Human Anatomy. Αθήνα: Ιατρικές Εκδόσεις Π.Χ Πασχαλίδης, 2004.
4. Rohen WJ. Έγχρωμος Άτλας Ανατομικής του ανθρώπου. Αθήνα: Ιατρικές Εκδόσεις Π.Χ Πασχαλίδης, 2011.
5. Καμμάς Α. Μαθήματα Ανατομικής. Αθήνα: Εκδόσεις BHΤΑ, 2010.
6. Καραπάντζος Η. Ανατομία του ανθρώπου. Αθήνα: Ιατρικές Εκδόσεις Π.Χ Πασχαλίδης, 2016
7. Παρασκευάς Γ. Ανατομία του ανθρώπου. University Studio Press, Thessaloniki 2008.
8. Gray Henry. Anatomy of the human body. New York: Bartleby.Com, 2000
9. Netter H Frank. Atlas of human anatomy, 5th edition, Saunders 2010
10. Schuenke M, Schulte E, Schumacher U, et al. General Anatomy and the Musculoskeletal System (THIEME Atlas of Anatomy). NY: Theme medical publishers, 2005

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 202	SEMESTER	2°
COURSE TITLE	Pathology		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		-	-
TOTAL		2	3
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of the course is to enable the student to: Acquire knowledge of adult diseases, their basic causes, symptoms and signs expected to occur in the diseases, laboratory methods that will be used in diagnosis, physical therapy to be followed by each patient, and outcome of the disease.			
Learning Objectives Theoretical Part: At the end of this semester, the student will have acquired knowledge of: - Relevant to the cardiovascular and respiratory systems, so that with knowledge of the basic objective examination, he/she will be able to recognize the affection of the system. - With particular emphasis on the methodology of approaching the patient, so that treatment can be carried out in the shortest possible time, using modern technology more effectively.			
General Skills			
Search, analysis and synthesis of data and information, using the necessary technologies Autonomous work Group work Exercising criticism and self-criticism Promotion of free, creative and deductive thinking			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. Circulatory system diseases (heart failure, coronary artery disease)			

2. Acute heart disease, chronic valvular disease.		
3. Myocardial diseases (myocarditis, cardiomyopathies, pericarditis, coronary artery disease, angina pectoris, myocardial infarction).		
4. Cardiac arrhythmias, disturbances in the frequency of impulse generation.		
5. Arterial hypertension cardiac emergencies (syncopal crisis, sudden death, cardiopulmonary resuscitation, technical pacing shock).		
6. Diseases of blood vessels (arteriosclerosis, atherosclerosis, obstructive arterial disease.		
7. Diseases of the aorta, veins and lymphatic vessels. Diseases of the blood		
8. Elements of anatomy and physiology of the respiratory system.		
9. Tumours and capacities of the lungs. Non-infectious diseases of the bronchi (atelectasis, bronchiectasis, cystic fibrosis, pulmonary emphysema).		
10. Airway infections (acute laryngitis, epiglottitis, bronchitis, chronic bronchitis, pneumonia, pulmonary tuberculosis).		
11. Allergic diseases (allergic rhinitis, bronchial asthma). Occupational diseases, pulmonary circulation diseases, pleural diseases.		
12. Diseases of the digestive system		
13. Urinary tract infections.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	-
	Total Course Hours	78
	ECTS	3
STUDENT EVALUATION	Theoretical part: written final assessment, with questions (score 1-10).	
Suggested Bibliography:		
1. Νικολαΐδης Παύλος, Εσωτερική Παθολογία, Τέταρτη Έκδοση, Εκδόσεις YNIVERSITYSTYDIOPRESS 2012		
2. Φερτάκης Αριστομένης , Επίτομη Εσωτερική Παθολογία Ιατρικές Εκδότης Πασχαλίδης 2010.		
3. Goldman A. / Arend A. / Clemmons D. / Griggs L. Cecil Παθολογία - 23η έκδοση (E-edition) 2010.		
4. Braunwald, Eugene Έγχρωμος άτλας εσωτερικής παθολογίας : Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης 2012.		
5. Fauci - Braunwald - kasper - Hauser - Longo - Jameson – Loscalzo. Εκδότης Παρισιάνου Α.Ε. 2010		
6. Γαρδίκας Κ. Δ. –Ειδική Νοσολογία _ Εκδόσεις Παρισιάνος Γρ.		
7. Παυλάτου Μ. –Ανοσολογία .Εκδόσεις Λίτσας.		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 203	SEMESTER	2 ^ο
COURSE TITLE	Kinesiology II		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Human postural movement, Anatomy, Phtsiology		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		

Learning results
Purpose of the course: The course aims to: - To identify and palpate the Guide Anatomical Points and to identify and palpate the deep and superficial muscles of the body - The detailed learning of the kinematics and osteokinematics of all the joints of the body. - In the recognition of the relationship between anatomical structures and normal human motor behaviour. - In the identification and analysis of the relationship between the limbs and the trunk. - The analysis of normal posture of movement. - The recognition and identification of dysfunctional anatomical structures - The identification of deviations and compensations that occur in various pathological conditions. - The analysis of functional activities (climbing up and down stairs, transfers and movements, hand approach and grasping, lifting, pushing, pulling, etc.). Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - Know the mechanics of the human body - To analyse the relationship between the trunk and the arms - analyse the physiological posture-movement - analyse functional and sporting activities - identify anatomical structures that are malfunctioning - identify the deviations and compensations that occur during abnormal activity - propose solutions to correct possible pathological findings Learning objectives of the laboratory part: Upon completion of the Laboratory Part, they will be able to - To name and palpate the guiding anatomical points - Identify and name and identify the superficial and deep muscles of the body - Apply the tests for measuring muscle strength - Practically assess the mobility of the joints using the goniometer - identify abnormal muscle conditions and identify anatomical variations in the body structures of the body - Observe and correct possible deviations and compensations that occur during abnormal activity - observe variations in posture-movement and human gait
General Skills
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making - spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome - Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques
COURSE CONTENT
Theoretical part, Modules / contents: 1. Introduction to joint mechanics 2. Mechanics of the muscles of the body 3. Kinematic Kinematic Analysis Definition 4. Kinetic kinematic methodology, techniques 5. Evaluation of kinematic and kinetic analysis data, therapeutic goals 6. Osteokinematics 7. Open and closed kinetic chain. 8. Principles, stages and theories of motor control 9. Interdependence of motor control structures 10. Principles of muscle strength measurement 11. Principles of measuring joint mobility 12. Balance and Motor Control 13. Walking cycle, normal and abnormal gait Laboratory part, modules/contents:

1.	Principles of measuring and evaluating muscle strength through the hands										
2.	Principles of measurement and evaluation of muscle strength through the dynamometer										
3.	Principles of measuring joint range of motion using the goniometer										
4.	Mechanics of joints										
5.	Levers										
6.	Function of the muscles of the body (kinetics, kinematics, osteokinematics)										
7.	Open and closed kinetic chain exercises.										
8.	Kinematic and dynamic analysis of initial positions										
9.	Analysis of functional activities										
10.	Static equilibrium analysis										
11.	Dynamic balance analysis										
12.	Physiological gait analysis										
13.	Analysis of pathological gait, therapeutic goals										
TEACHING METHOD.	Face to face, Power Point presentations, distance learning										
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students										
TEACHING ORGANIZATION	<table> <tr> <th><i>Activity</i></th><th><i>Workload</i></th></tr> <tr> <td>Theory</td><td>78</td></tr> <tr> <td>Laboratory</td><td>26</td></tr> <tr> <td>Total Course Hours</td><td>104</td></tr> <tr> <td>ECTS</td><td>5</td></tr> </table>	<i>Activity</i>	<i>Workload</i>	Theory	78	Laboratory	26	Total Course Hours	104	ECTS	5
<i>Activity</i>	<i>Workload</i>										
Theory	78										
Laboratory	26										
Total Course Hours	104										
ECTS	5										
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 60% (score 1-7). Laboratory part: Oral examination and problem solving (score 1-10)										
Suggested Bibliography: 1. F. Kendal, K. McCreary, (1993), Muscles testing and function, 4th edition, New York William & Wilkins. 2. M. Lacote, A. Chevalier, A. Miranta, (1990), Evaluation Clinique de la fonction musculaire, Paris, Maloine. 3. L. Don Lehmkühl, Laura K. Smith (2002), Brunnstrom's Clinical Kinesiology, Philadelphia, F.A Davis Company. 4. Donald A. Neumann, PT, PhD, (2010), Kinesiology of the Musculoskeletal System, Foundations for Physical Rehabilitation, Mosby. 5. Brunnstrom's Κλινική κινησιολογία, 5^η έκδοση, Laura K. Smith, Elizabeth L. Weiss, L. Don Lehmkühl, Μετάφραση-Επιμέλεια Δρ. Δημήτρης Μανδαλίδης, Επιστημονικές εκδόσεις ΠΑΡΙΣΙΑΝΟΥ ΑΕ.											

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 204	SEMESTER	2 ^o
COURSE TITLE	Human Physiology		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		2	2
TOTAL		5	6
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		

THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr
Learning results	
Purpose of the course: The aim of this course is for the student to acquire knowledge about the function of the human body at the cellular - tissue - organ - system level, with special emphasis on the musculoskeletal and nervous systems. Also, deepen the understanding of the changes in the way the body functions during movement and physical exercise, and with advancing age. Learning objectives of the theoretical part: At the end of this semester, the student will have acquired knowledge relevant to the functioning of the human body. The student will have a detailed knowledge of the structure and function of the musculoskeletal and nervous systems. Learning objectives of the laboratory part: Upon completion of the laboratory part, the student will be able to: Known mainly the function of the cardiovascular system, as well as the function of the respiratory, digestive, urinary and hematopoietic systems.	
General Skills	
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques	
COURSE CONTENT	
Theoretical part, Modules / contents: 1. The cell 2. Transport of substances across the cell membrane 3. The nerve cell (resting potential, energy potential, electroencephalogram, nerve synapse, neuromuscular synapse) 4. The linear muscles (structure, muscle contraction, muscle contraction, muscle catamenium, muscle atrophy). 5. Cardiac muscle, smooth muscle. 6. Nervous system: Introduction. Introduction. Central and peripheral nervous system. Autonomic nervous system (sympathetic and parasympathetic nervous system). 7. Cerebral cortex-memory. Sensory receptors, sensory organs. Physical sensations. 8. Pyramidal-Extrapyramidal nervous system. Basal ganglia. Porencephalon 9. The central nervous system: Brain, Spinal cord, Reflexes 10. Skeletal muscle metabolism. 11. The special senses: Sight, hearing, smell, taste. 12. The endocrine gland system, hormones (Hypothalamic-pituitary system, pancreatic hormones, thyroid gland hormones, parathyroid gland hormones, adrenal cortical hormones) 13. The genital system. Laboratory part, modules/contents: 1. Physiology of the gastrointestinal system, pancreatic secretions, bile. 2. Digestion and absorption in the gastrointestinal tract, metabolism, thermal balance. 3. Blood (composition and functions). 4. Immunity, blood groups, blood coagulation, blood transfusions. 5. Systemic and pulmonary circulation, capillaries, lymphatic system. 6. Regulation of circulation, regulation of blood pressure. 7. The heart, the electrocardiogram. 8. Physiology of the respiratory system, volumes and capacities, reflexes, exchange and circulation of blood gases. 9. The control of breathing, diving, breathing at altitude. 10. Physiology of the urinary system. 11. Acid-based balance. 12. Physiology of bone tissue. 13. Physiology of exercise, physiology of aging.	

TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	117	
	Laboratory	26	
	Total Course Hours	143	
	ECTS	6	
STUDENT EVALUATION	Theoretical part: Written final assessment, with questions (score 1-10)		
	Laboratory part: Oral and written examination (score 1-10)		
Suggested Bibliography:			
1. Βαρσαμίδης Κ. «Φυσιολογία του ανθρώπου», Universitystudio Press, Θεσσαλονίκη 2016.			
2. Mulroney S, Myers A. Netter’s essential physiology. Saunders 2009.			
3. Hall JE. Guyton and Hall Textbook of medical physiology, 12 th edition, Saunders 2011.			
4. Cloutie MM, Respiratory physiology. Mosby 2007.			
5. Πλέσσας Σ. Φυσιολογία του ανθρώπου. Αθήνα: Φάρμακον Τύπος, 2010.			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 205	SEMESTER	2 ^o
COURSE TITLE	Therapeutic Massage Techniques		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Ανατομία, Φυσιολογία		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course:			
The purpose of this course is to train students in the evaluation of the most appropriate form of massage, the preparation of the patient, and the correct ergonomic position of the body during massage.			
Learning objectives of the theoretical part:			
- After completing the theoretical part, the student will be able to			
- Know the basic principles of massage.			
- Know the effects of the massage.			
- Understand its effect on the different systems in the human body physiologically, mechanically and psychologically.			
- To know the indications and contraindications of classical and lymphatic massage.			
- To enable the student to evaluate the physiotherapeutic means combined with massage to activate the circulatory and lymphatic systems.			
Learning objectives of the laboratory part:			

- Upon completion of the Laboratory Part, the student will be able to: - Use the techniques, methods and equipment of massage - Use the most appropriate therapeutic approach according to the assessment		
General Skills		
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents:		
1. Historical review. 2. Evaluation 3.Pain assessment. 4. Classical massage 5. Classical massage– 6. Healing, Zymoma. 7. Shocks, Shocks, Vibrations, 8. Massage with various aids, 9. Massage with finger pressure, Myperitoneal pain. 10. Connective tissue 11.Lymphatic system massage 12. Self-massage, Massage of the periosteum 13. Physiotherapeutic means combined with massage for relaxation and pain relief. Hot - Cold, Electrotherapy (T.E.N.S, Ultrasound, Dynamic, Cross and Lazer) Stretching techniques.		
Laboratory part, Modules / contents:		
1. Hand exercises, relaxing massage positions. 2. Superficial and deep sliding (lower limbs anterior - posterior surface). 3. Superficial and deep sliding on the back, neck, lumbar spine. 4. Slipping upper limbs, in the shoulder girdle. 5. Slipping on the face, chest and abdomen. 6. Healing, zygomias. 7. Shocks, shocks and vibrations. 8. Massage with various aids, ice, water, brush, stones, 9. Massage with finger pressure. 10. Massage of connective tissue 11. Lymphatic system massage. 12. Self-massage. 13. Massage of the periosteum.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	Theoretical part: - 30% individual work (grades 1-3) and 70% written examination with questions (grades 1-7) Laboratory part: Intermediate laboratory examinations and Final Laboratory Examination (marks 1-10)	
Suggested Bibliography:		
1. . Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Παπαδοπούλου Ουρανία, Θεραπευτική Μάλαξη, εκδόσεις University Studio Press, Θεσσαλονίκη 2015.		

2. Χριστάρα-Παπαδοπούλου Αλεξάνδρα, Τεχνικές θεραπευτικής μάλιαξης, εκδόσεις University Studio Press, Θεσσαλονίκη 2017.
3. Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Αναπνευστική φυσικοθεραπεία, εκδόσεις Χριστάρα-Παπαδοπούλου Αλεξάνδρα, Παπαδοπούλου Ουρανία, Θεσσαλονίκη 2015.
4. Αλεξάνδρα Χριστάρα – Παπαδοπούλου, Ουρανία Παπαδοπούλου , Εμμανουήλ Τρευλάκης, Ονούφριος Ποιμενίδης, Εναλλακτικές Συμπληρωματικές Μορφές Θεραπείας, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020
5. Margaret Hollis. Massage for therapists, Alden Press, Osney Mead, Oxford 1992

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 206	SEMESTER	2 ^o
COURSE TITLE	Orthopaedics and Traumatology		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		2	2
TOTAL		5	6
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Physiology		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The aim of the course is to deepen the students' knowledge of the basic principles of both the diseases and injuries of the musculoskeletal system and the clinical examination of the orthopaedic patient.			
Learning objectives of the theoretical part: Upon completion of the theoretical part, students will be able to - be familiar with degenerative and metabolic bone diseases - be familiar with bone infections and tumors - be familiar with diseases related to paediatric orthopaedics - be familiar with diseases and deformities of the spine - Knowledge of diseases of the musculoskeletal system			
Learning objectives of the laboratory part: After completion of the Laboratory Part, the students will be able to - Be able to take the history of an orthopaedic patient - Be able to perform a clinical examination of an orthopaedic patient - be familiar with the basic principles of biomechanics - sports medicine - be familiar with the basic principles of traumatology and dressing			
General Skills			
Taking history, performing clinical examinations, evaluation of laboratory tests, diagnosis and treatment of the orthopaedic patient			
COURSE CONTENT			
Theoretical part, Modules / Contents: 1. Degenerative - Metabolic bone diseases 2. Infections - Bone tumors 3. Children's orthopaedics 4. Spinal diseases and deformities 5. Upper limb diseases			

6. Pelvic disorders 7. Lower limb diseases 8. Microsurgery - New technologies Laboratory part, Modules / contents: 1. History taking - Laboratory testing 2. Clinical examination of the orthopaedic patient 3. Principles of biomechanics - Sports medicine 4. Traumatology (fractures - sprains - dislocations) 5. Treatment of multi-injury patients (amputations - orthotics) 6. Orthotics - Casts		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	26
	Total Course Hours	143
	ECTS	6
STUDENT EVALUATION	The theoretical part of the course is examined in a written examination at the end of the semester and includes development questions (scored 1-10)	
	The laboratory part of the course is examined by an oral and/or written examination including laboratory application of the course material (grades 1-10)	
Suggested Bibliography: 1. REVIEW ΟΡΘΟΠΑΙΔΙΚΗΣ MILLERM., (2019), Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδης 2. REVIEW ΟΡΘΟΠΑΙΔΙΚΗΣ MILLERM., (2017), Κωνσταντάρης Ιατρικές Εκδόσεις 3. Arley’s Σύγχρονη Ορθοπαιδική και Τραυματολογία, (2007), Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδης 4. Ορθοπαιδική Χειρουργική, Ι. Πουρνάρας, (2009), Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδης 5. ΟΡΘΟΠΑΙΔΙΚΗ & ΤΡΑΥΜΑΤΟΛΟΓΙΑ, Η. Λαμπίρης, (2003), Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδης		

14.3 Courses 1st Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 301	SEMESTER	3 ^o
COURSE TITLE	Kinesiotherapy		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		2	2
TOTAL		5	6
COURSE TYPE	Μάθημα Ειδικότητας		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Ανατομία, Κινησιολογία Ι, Κινησιολογία ΙΙ		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		

ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr
Learning results	
Purpose of the course: The course aims to: - To provide the student with theoretical and practical training in the tests and measurements used in the physiotherapy clinical examination. - To evaluate, analyze and interpret the pathological motor behavior in the human musculoskeletal and nervous systems. - In the design, development and implementation of therapeutic exercise programs. - In the promotion of clinical thinking. - In the ability to apply the procedures of gaining range of motion of joints, in improving tissue elasticity through stretching, increasing strength parameters, retraining neuromuscular synergy, proprioception, balance, and functional and sports skills. - In the development of evolutionary and group rehabilitation programs.	
Learning Objectives Theoretical part: After completing the theoretical part, the student will be able to - be familiar with the various forms of therapeutic exercise - Assess and interpret the patient's abnormal motor behaviour - Know the different types of muscle contraction and exercise to improve mechanical function - assess and restore range of motion - To retrain neuromuscular synergy, proprioception and functionality. - To develop through clinical reasoning evolutionary therapeutic exercise programs	
Learning Objectives of Laboratory Part: Upon completion of the Laboratory Part, the student will be able to - Apply different forms of therapeutic exercise - To evaluate and interpret the pathological motor behaviour of the patient and apply appropriate programmes. - Be trained in the various types of muscle contraction and exercise to improve mechanical function - Apply appropriate active and passive stretching techniques to restore range of motion - To retrain neuromuscular synergy, proprioception and functionality. - To apply evolutionary therapeutic exercise programs to clinical cases following clinical reasoning	
General Skills	
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making - spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome - Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques	
COURSE CONTENT	
Theoretical part, Modules / contents: 1. Introduction to Kinesiotherapy 2. Basics - Characteristics of therapeutic exercise (Initial positions, rhythm, progression). 3. Objectives of therapeutic exercise. Patient assessment and treatment program design. 4. The role of muscles and different types of contraction in therapeutic rehabilitation. 5. Passive, Active, Assisted movement of the joints of the trunk, upper and lower limbs. 6. Open-closed chain exercises. Pendulum - suspension exercise. 7. Muscular strength, endurance. Exercise with resistance. Isometric, Isotonic (Meometric, Plyometric), Isokinetic exercise. 8. Range of motion. Evaluation of range of motion. Angular measurement of joints. Techniques to increase joint range of motion. 9. Passive and active mobilisation of joints 10. Stretching, active and passive stretching techniques. Relaxation. 11. Compliance. Principles of assessment and rehabilitation. 12. Exercises with instruments. Play and Therapeutic Exercise. Group exercise. 13. Indicative evolutionary programs for retraining of posture - movement - balance. Study of clinical cases.	
Laboratory part, modules/contents: 1. Introduction to Kinesiotherapy. 1. Introduction to Movement Therapy.	

2. Characteristics of therapeutic exercise (Initial positions of patient, grips, rhythm, progression). Evaluation of strength and range of motion for therapeutic program design.		
3. The role of muscle and different types of contraction in therapeutic rehabilitation. Application of isometric contractions.		
4. Training in the application of Passive movement of the joints of the trunk, upper and lower limbs.		
5. Training in the application of Assisted Movement of the joints of the trunk, upper and lower limbs.		
6. Open-closed chain exercises. Pendulum - suspension exercise.		
7. Muscular strength, endurance. Application of resistance exercises. Isometric, Isotonic (Meometric, Plyometric), Isokinetic exercise.		
8. Range of motion. Evaluation of range of motion. Angular measurement of joints. Techniques to increase joint range of motion.		
9. Application of passive and active joint mobilisation techniques.		
10. Application of active and passive stretching techniques. Relaxation.		
11. Tightness. Principles of assessment and rehabilitation. Applications.		
12. Exercises with instruments. Play and Therapeutic Exercise. Group exercise.		
13. Indicative evolutionary programs for retraining of posture - movement - balance. Study of clinical cases.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	26
	Total Course Hours	143
	ECTS	6
STUDENT EVALUATION	Theoretical part: Mid-term assessment with student assignments and studies Written assessment through written assessment with assignments and student projects.	
	Laboratory part: Students' participation in solving topics of the laboratory part. Final oral assessment	
Suggested Bibliography:		
1. Eisningbach T., Muskulaeres Aufbautraining in der Krankengymnastik und Rehabilitation, Pflaum Verlag Muenchen 1990		
2. Evjenth O., Hamberg J. Muscle stretching in manual therapy. A clinical manual. The extremities. 5th Edition. Sweden: Alfta Rehab, 2002		
3. Evjenth O., Hamberg J., Autostretching, Selber Dehnen, Alfta Rehab Foerlag, Alfta Sweden 1990		
4. Evjenth O., Hamberg J., Muskeldehnung: warum und wie, Teil 2, die Wirbelsäule, Remed Verlag, Schweiz 1981		
5. Felder H., Isokinetik in Sport und Therapie, Pflaum Physiotherapie, Heidelberg 1999		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 302	SEMESTER	3 ^o
COURSE TITLE	Physical Modalities I - Hydrotherapy		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2

TOTAL		4	5
COURSE TYPE	Μάθημα Ειδικότητας		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is for the student at the end of the semester to become familiar with the effects of water, in all its forms, on the human body (liquid, solid and gaseous). Also to know the techniques and methods of hydrotherapy to contribute to the proper treatment of various ailments and injuries. In addition, have knowledge of thermal baths and spa therapy. Finally, the student should be able to apply the appropriate methods of hydrokinesitherapy for the rehabilitation of diseases and injuries of various organ systems.			
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - be familiar with the properties of water and its effects on the human body - know the effects of thermal baths - know the effects of cryotherapy and thermotherapy - to know the benefits of hydrokinesitherapy			
Learning objectives of the laboratory part: After completing the laboratory part, the students will be able to - To apply all types of baths - Design and prepare hydrokinetic therapy programmes • - apply all types of dressings and wraps			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / Contents: 1.Properties of water 2. Effects of water on the various systems of the human body 3. Hydrotherapeutic agents and applications 4. Thermal baths 5. Water therapy, inhalation therapy, thalassotherapy and artificial spas. 6. Hot air baths 7. CO2 baths 8. Hot or cold wraps 9. Pads 10. Hydromassage 11. Cryotherapy 12. Hydrokinetic therapy 13. Scheduled visit to thermal baths of our region			
Laboratory part, modules / contents: 1.Properties of water 2. Effects of water on the various systems of the human body 3. Hydrotherapeutic agents and applications 4. Thermal baths 5. Water therapy, inhalation therapy, thalassotherapy and artificial spas 6. Hot air baths 7. CO2 baths 8. Hot or cold wraps			

9. Pads 10. Hydromassage 11. Cryotherapy 12. Hydrokinetic therapy 13. Scheduled visit to thermal baths of our region		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	The theoretical part of the course is examined by a written examination at the end of the semester and includes multiple choice questions. (score 1-10)	
	The laboratory part of the course is examined by an oral examination including laboratory application of the taught subjects. (marks 1-10)	
1. Prentice W. “Θεραπευτικά μέσα στην αποκατάσταση” Εκδ. Κωνσταντάρας 2020 2. Φραγκοράπτης Ελευθέριος, “Εφαρμογές μεθόδων υδροθεραπείας”, Α.Τ.Ε.Ι.Θ. Θεσσαλονίκη, 2009 3. Campion M., Hydrotherapy: principles and practice», Butterworth, Heinemann 1996 4. Bates A., Hanson N. «Aquatic exercise therapy», WB Saunders, 1996 5. Lori Thein Brody, Paula Richley Geigle, « Άσκηση στο νερό για αποκατάσταση και εξάσκηση» Εκδ. Κωνσταντάρας 2023		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 303	SEMESTER	3 ^o
COURSE TITLE	Respiratory Physiotherapy		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		2	2
TOTAL		5	6
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Physiology, Kinesiology		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is to train students in preparation for the application of respiratory physiotherapy, to have correct ergonomic positions during application, to enable them to apply respiratory physiotherapy correctly. As a result of the above knowledge elements, the student will be able to assess the condition of each patient, select appropriate techniques, methods and devices, and be able to evaluate the results of their intervention.			

Learning objectives of the theoretical part:

After completing the theoretical part, the student will be able to

- To know the mechanism of respiration, its modulation due to pathological conditions,
- Know the purpose of respiratory physiotherapy and its effects.
- Understand its effect on the various systems, in particular the cardiorespiratory system.
- To know the indications and contraindications, differentiations of respiratory physiotherapy techniques.
- To enable the student to correctly assess each patient and to select appropriate techniques, methods, and equipment for the formulation of an effective program

Learning objectives of the laboratory part:

Upon completion of the Laboratory Part, the student will be able to:

- Perform a respiratory assessment, spirometry
- To use the techniques, methods and equipment of respiratory physiotherapy.
- - To differentiate data between normal and abnormal conditions

General Skills

- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making
- spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome
- Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques

COURSE CONTENT**Theoretical part, Modules / contents:**

1. Introduction to breathing
2. 1. Introduction to respiration.
3. Respiratory physiotherapy
4. Respiratory physiotherapy techniques
 - 4.1 Controlled breathing techniques (diaphragmatic, thoracic, synchronised, lip-locked, glottal-pharyngeal breathing),
 - 4.2 Controlled cough,
 - 4.3 Accelerated expiration.
5. Respiratory physiotherapy techniques
 - 5.1 Assisted expectoration (pressures-vibrations-clutches),
 - 5.2 Active cycle of breathing techniques,
 - 5.3 Autogenous drainage.
6. Respiratory physiotherapy techniques
 - 6.1 Bronchial drainage in an anterior position of the right lung,
 - 6.2 Bronchial drainage in the left lung upright position,
 - 6.3 Symmetric drainage,
 - 6.4 Indications; contraindications
 - 6.5 Equipment - aids.
7. Techniques of respiratory physiotherapy
 - 7.1 Respiratory exercises (free active, bilateral unilateral, localized),
 - 7.2 Prevention of deformities,
 - 7.3 Results of respiratory exercises.
8. Evaluation - examination of a patient with a respiratory problem
9. Application of respiratory physiotherapy treatment programs in patients with obstructive and restrictive diseases.
10. Application of therapeutic programmes of respiratory physiotherapy to patients with thoracic surgery and neurological problems
11. Implementation of therapeutic programmes of respiratory physiotherapy in children, neonates, elderly people and cardiac patients
12. Implementation of therapeutic programs of Respiratory Physiotherapy in the intensive care unit, pulmonary rehabilitation programs.
13. Airway obstruction programs, application of C.P.R.

Laboratory part, Modules / contents:

1. Respiratory muscles, correct way of breathing,
2. Functional assessment of the lungs, spirometry
3. Relaxation techniques, relaxation positions, massage, breathing exercises, Jacobson Technique.

4.Controlled breathing techniques, (diaphragmatic, thoracic, synchronized, lip-locked, glottal-pharyngeal breathing),		
4.1 Controlled cough,		
4.2 Accelerated expiration.		
5. Respiratory physiotherapy techniques		
5.1 Assisted expectoration (pressures-vibrations-clutches),		
5.2 Active cycle of breathing techniques,		
5.3 Autogenous drainage.		
6. Respiratory physiotherapy techniques		
6.1 Bronchial drainage in an anterior position of the right lung and the left lung, symmetrical drainage.		
7. Respiratory physiotherapy techniques: respiratory exercises, prevention of deformities,		
8. Repetition of all techniques		
9. Application of respiratory physiotherapy treatment programmes to patients with obstructive and restrictive diseases		
10. Application of respiratory physiotherapy treatment programmes to patients with thoracic surgery and neurological problems		
11. Application of therapeutic programs of respiratory physiotherapy in children, neonates, elderly people, cardiac patients,		
12. Implementation of therapeutic programs of Respiratory Physiotherapy in the intensive care unit, pulmonary rehabilitation programs,		
13. Airway obstruction programs, application of C.P.R. Repetition		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	26
	Total Course Hours	143
	ECTS	6
STUDENT EVALUATION	Theoretical part: - 30% individual work (grades 1-3) and 70% written examination with questions (grades 1-7)	
	Laboratory part: Intermediate laboratory examinations and Final Laboratory Examination (marks 1-10)	
Suggested Bibliography:		
1. Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Παπαδοπούλου Ουρανία, Αναπνευστική φυσικοθεραπεία, εκδόσεις εκδόσεις University Studio Press, Θεσσαλονίκη 2017.		
2. Καλλίστρατος Ηλίας, Κλινική άσκηση Ι, εκδόσεις Studioexpress, Θεσσαλονίκη 2010.		
3. Pryor J., Webber B, Physiotherapy for Respiratory and Cardiac Problems. Churchill Livingstone. 2nd Edition, 1998.		
4. Ann Thomson, Alison Skinner and Joan Pierry, Tidy’s physiotherapy, Butterworth Heimann, 1990.		
5. Barbara A. Weber, Jeniffer A, Pryor Physiotherapy for respiratory and cardiac problems, Churchill Livingstone, Edinburge – London – Madrid – Melbourne – New York 1993.		

SCHOOL	HEALTH SCIENCES
DEPARTMENT	PHYSIOTHERAPY
LEVEL OF EDUCATION	UNDERGRADUATE

COURSE NUMBER	PH 304	SEMESTER	3 ^ο
COURSE TITLE	Physical Modalities II - Electrotherapy		
ΑΥΤΟΤΕΛΕΙΣ ΔΙΔΑΚΤΙΚΕΣ ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ	HOURS PER WEEK	ECTS	
Theory	2	3	
Laboratory	2	2	
TOTAL	4	5	
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Ανατομία, Φυσιολογία, Κινησιολογία		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is to familiarize and educate the students in the science of electrotherapy, i.e. the field of therapeutics studies the therapeutic effects of electricity on the human body. The aim of the course is for the student to study thoroughly the different effects of electric current on the tissues of the human body, to study the different types of currents and their parameters (such as the type of current, its frequency, the form and intensity of the electric pulses, etc.). Also, to be able to perform the applications of electrotherapy, choose the appropriate one according to the desired effect and to apply it safely. As a result of the above knowledge, the student will be able to assess the patient's needs, set appropriate therapeutic goals, select appropriate electrotherapy applications and be able to re-evaluate the results of their interventions.			
Learning objectives of the theoretical part: Upon completion of the theoretical part, the student will be able to - Know the basic principles of electrotherapy and the mechanisms, benefits and risks of applying electricity to the human organism - be familiar with the different forms of therapeutic currents and their classification according to their different characteristics and parameters - To know the therapeutic properties of each type of therapeutic current and to be able to choose the appropriate type in the treatment of diseases or injuries. - Design specific electrotherapy protocols based on evidence-based clinical practice for the management of patients with a wide range of conditions			
Learning Objectives of Laboratory Part: - Upon completion of the Laboratory Part, students will be able to - Know the different types of electrotherapy devices and their basic functions as well as the safety rules of electrotherapy applications - Operate electrotherapy devices and be able to adjust them by selecting the appropriate parameters from the menu of each device according to the type of current to be applied. - Be able to safely apply complete electrotherapy treatment regimens by applying the appropriate parameters of the electrotherapy devices (current parameters) and their correct application (correct patient positioning, electrode connection, etc.) for the treatment of various conditions and injuries.			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. Elements of electrophysiology 2. Introduction to electrotherapy. Introduction to electrotherapy. 3. Galvanic current. 4. Pulsed-irritant currents. 5. Diadynamic currents.			

6. Electrodiagnostics with pulsed currents. 7. Electromagnetic currents (according to Traebert). 8. Transcutaneous Electrical Nerve Stimulation (T.E.N.S.). 9. Medium frequency currents. Superimposed or cross or interference currents (according to Nemec). 10. High frequency currents. Diathermy. 11. Phototherapy. Infrared and ultraviolet radiation. Effects of rays on human tissues, indications-contraindications. Light Amplification by Stimulated Emission of Radiation - Light Amplification by Stimulated Emission of Radiation LASER rays 12. Ultrasonic waves 13. Magnetic fields. Electromagnetism		
Laboratory part, Modules / contents:		
1. Introduction. Demonstration and description of low-medium and high-frequency electrotherapy devices. 2. Explanation and application of electrotherapy currents. 3. Methods of application of constant and intermittent galvanization in clinical practice. Iontophoresis: 4. Applications for alternating currents. Practical application of pharadic current. 5. Applications of diadynamic currents Technique of applying iontophoresis with diadynamic currents. 6. Application of electrodiagnosis 7. Practical application of supercurrents. Practical application of electromassage. 8. Practical application of TENS currents. 9 Practical applications of superimposed currents. 10. Practical application of high-frequency currents. Practical application of short-wave diathermy and microwave diathermy. 11. Practical application of phototherapy. Practical application of LASER. 12. Ultrasound application techniques. 13. Practical application of magnetotherapy.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 60% (score 1-7). Laboratory part: Oral examination and solution of clinical problems (score 1-10)	
Suggested Bibliography: 1 Ηλεκτροθεραπεία. Βασικές Αρχές. BasantaKumarNanda. 2018 Broken Hill Publishers Ltd ISBN: 978-9925—563-40-1 2. Ηλεκτροθεραπεία. T Watson. 2011 Elsevier IBNS: 978-960-489-034-7 3. Therapeutic Modalities: The Art and Science. Knight K.L. and Draper D.O.. 2013. Lippincott Williams and Wilkins IBNS: 978-1451102949 4. Electotherapy: Evidence Based Practice. T. Watson. 2008. Churchill LivingstoneElsevier. ISBN 13:978-0443—10179-3 5. Practical Electrotherapy: A Guide to Safe Application. Fox J. and Sharp T. 2007 Elsevier. IBNS: 13: 978-0-443-06855-3		

SCHOOL	HEALTH SCIENCES
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DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 305	SEMESTER	3 ^o
COURSE TITLE	Biomedical Diagnostic Imaging		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		-	-
TOTAL		2	3
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is to provide the student with knowledge of physics and applications of modern biomedical diagnostic imaging methods. Learning Objectives Theoretical part: Upon completion of the theoretical part, students will be able to: - Understand the essential differences between imaging modalities and their combined use to achieve satisfactory rendering of anatomical structures and pathology types. - Be familiar with gross radiographic anatomy and basic pathology images relevant to the specialty of physical therapy.			
General Skills - Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT Theoretical part, Modules / contents: At the end of the semester the student will have acquired knowledge of the principles of operation and the contribution of various imaging modalities in the diagnosis of diseases. The modules include: 1. X-radiation (production, properties, absorption, scattering). Radiography, Radioscopy 2. Quality of radiological imaging, contrast agents in radiology, bone density measurement 3. Elements of clinical radiology 4. Mammography, angiography 5. Computed tomography 6. Magnetic resonance imaging 7. Acoustics, Ultrasound 8. Elements of nuclear physics, physical principles of scintigraphy 9. Electric current, electromyogram, electrocardiogram, electroencephalogram 10. Telemetry, telemedicine, perspectives in diagnostic imaging 11. Biological effects of radiation, radiation measurement, radiation protection 12. Ultraviolet radiation, laser radiation 13. Radiotherapy			
TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	13	

	Total Course Hours	91	
	ECTS	4	
STUDENT EVALUATION	Theoretical part: - The preparation of an individual or group project is assessed at 30%. - Quiz in between in the 6th week 20%. - Written final assessment, with multiple choice questions at 50%.		
Suggested Bibliography: 1.Βαρσαμίδης Κ. Στοιχεία Βιοϊατρικής Διαγνωστικής Απεικόνισης, University Studio Press, 2002. 2.Δρεβελέγκας Α. Κλινική Ακτινολογία. Κωνσταντάρας 2012. 3.Χριστοφορίδης Α. Διαγνωστική Ακτινολογία. University studio press, 1994. 4.Μπενάκη Β. Εισαγωγή στην ακτινοδιαγνωστική. Αθήνα 1981. 5.EisenbergR. Ακτινοδιαγνωστική στην εσωτερική παθολογία. Ιατρικές εκδόσεις Λίτσας 1989.			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 306	SEMESTER	3 ^o
COURSE TITLE	Neurology-Neurophysiology		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	5
Laboratory		-	-
TOTAL		3	5
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	Φυσιολογία		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course The purpose of the course is to enable the student to: - Understand the Principles of Functioning of the Central and Peripheral Nervous System of the human being. - To know the Clinical picture (Semiology and Symptomatology) of the main Neurological Diseases and Injuries. - To plan strategies for the treatment and rehabilitation of these conditions. - Know the characteristics and function of neurophysiological mechanisms. - Have an understanding of the mechanisms of pain and sensation.			
Learning objectives of the theoretical part: At the end of this semester, the student will have acquired knowledge of: - Relevant to the nervous system, so that with knowledge of basic neurological assessment they can recognize nervous system insult. - With particular emphasis on the methodology of approaching the patient so that treatment can be carried out in the shortest time possible, using modern technology more effectively. - Be able to assess. Neurodynamic analysis of postural and movement control. Analysis of therapeutic mechanisms. - Translated with www.DeepL.com/Translator (free version)			
General Skills - Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			

COURSE CONTENT		
Theoretical part, Modules / contents:		
1. Basic neurological examination (level of consciousness, cranial nerve examination, limb examination, sensory examination).		
2. Motor function, sensory function. Cranial nerves, cranial nerve dysfunction. Muscle weakness, involuntary pathological movements.		
3. Headache (primary, secondary), Personalgia.		
4. Clinical picture - Diagnosis of the main Neurological Diseases and Syndromes. Symptoms and Symptomatic Conditions in Neurological Patient Hemiplegia, Paraplegia, Quadriplegia, Vascular Stroke, Craniocerebral Injury.		
5. Multiple Sclerosis (MS), Parkinson's Disease, Motor Neurone Disease.		
6. Dementia, Epilepsy, Brain Tumours. Infections of CNS. Diseases of peripheral nervous system: diseases of anterior horns, roots, neuromuscular synapse, muscles.		
7. Properties of synaptic activity. Classification of receptors according to functional specificity (extracellular, intrinsic, intrinsic).		
8. 8. Bases of electroencephalographic interpretation. Findings on specific diseases (epilepsy, vascular brain diseases, degenerative diseases).		
9. Electrophysiological study of the neuromuscular system (classical electromyography and electroneurography). Measurement of motor conductivity, measurement of sensory conductivity, reflex-H and wave-F, muscle tone.		
10. Myogenic Syndrome-Myopathies, (muscular dystrophies, inflammatory myopathies, endocrine myopathies, metabolic myopathies).		
11. Peripheral Neurogenic Syndrome (traumatic neuropathies, non-traumatic neuropathies).		
12. Neuromuscular synapse syndrome (severe myasthenia, myasthenic syndrome).		
13. Central neurogenic syndrome (muscle tone disorders, involuntary abnormal movements, disorders of buccal motility).		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	-
	Total Course Hours	39
	ECTS	5
STUDENT EVALUATION	Theoretical part: written examinations	
Suggested Bibliography:		
1. Νίκος Τάσκος, Νευρολογία , UNIVERSITYSTUDIOPRESS 2013		
2. ΙΩΑΝΝΗΛΟΓΟΘΕΤΗ, ΙΩΑΝΝΗΜΥΛΩΝΑΝΕΥΡΙΑΛΟΓΙΑ, 5 ^η Έκδοση, UNIVERSITYSTUDIOPRESS 2004		
3. Adams, Raymond D. Νευρολογία, Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης(2003)		
4. Greenberg, David ,Κλινική Νευρολογία, Παρισιάνου Α.Ε.(2004)		
5. Mesulam, Marsel M., Αρχές συμπεριφορικής και γνωσιακής νευρολογίας. Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης(2011)		

14.4 Courses 4th Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 401	SEMESTER	4 ^ο
COURSE TITLE	Clinical Practice I - Physiotherapy of the Respiratory System		
SELF-ENDED TEACHING ACTIVITIES	HOURS PER WEEK	ECTS	

	Theory	3	4
	Laboratory	8	4
	TOTAL	11	8
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Αναπνευστική Φυσικοθεραπεία		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is to familiarize the student with the environment of the Nursing and Rehabilitation Centers and the tools and materials used by the Physiotherapist in the process of therapeutic intervention. To acquire the basic skills of patient handling. To enable the student to evaluate patients with respiratory system problems and apply respiratory Physiotherapy techniques and methods. The course aims to provide the students with theoretical and practical clinical training to enable the student to be able to manage physiotherapeutically, patients suffering from pathological and traumatic conditions of the Respiratory System. In particular, the student is required to study in depth cases (casestudies)-patients hospitalized in a Pulmonary Clinic, with the corresponding surgical departments or in other units of the Health System. In the context of this course, the student is required to apply, under guidance and supervision, knowledge acquired from the prerequisite chain courses to real patients and to the extent that the level of difficulty and safety of the case offered allows. The expected outcome lies in the acquisition of assessment skills, organization of individualized treatment programs that will support his/her upcoming Internship.			
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - Understand the problems faced by respiratory patients. - To know and understand international guidelines that are periodically issued by medical bodies. - Know and appreciate the redflags of the cases he/she will face - Become proficient in using tools to evaluate and measure qualitative and quantitative parameters, so that in a scientific and accurate manner they can organise personalised safe and successful Physiotherapy programmes.			
Learning objectives of the laboratory part: Upon completion of the Laboratory Part, students will be able to 1. 1. Use techniques, methods and equipment on patients with respiratory problems 2. Apply clinically safe, scientifically based and successful Physiotherapy			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: In the theoretical part of the course, cases are presented in the form of a case study where students are required to develop the assessment, clinical reasoning, organization of an individualized evidence-based respiratory physiotherapy program and continuous monitoring of the patient during his/her return to daily life. 1 Clinical examination of the lungs 2 Assessment of the respiratory system 3 Clinical reasoning 4 Physiotherapy of a patient with chronic obstructive pulmonary disease 5 Physiotherapy of a patient with chronic bronchitis 6 Physiotherapy of a patient with emphysema 7 Physiotherapy in bronchial asthma in children and adults			

- 8 Physiotherapy in patients with cystic fibrosis
- 9 Physiotherapy in lung cancer
- 10 Physiotherapy in pneumonia
- 11 Physiotherapy in tuberculosis
- 12 Lung surgery and intensive care unit
- 13 Therapeutic exercise programme in outpatients

Laboratory part, modules/contents:

Most or all of the laboratory part of the course takes place in hospital clinics. There the instructor in cooperation with the hospital staff trains the student in real clinical physiotherapy conditions. In the clinical setting, the theoretical part of the course is applied.

In the laboratory Respiratory Physiotherapy is applied by condition but at the same time special emphasis is given to apply items taught in the Respiratory Physiotherapy course of the previous semester such as:

1. Medical record and interview
2. Physical examination
 - 2.1 Listening, Impact
 - 2.2. Spirometry
 - 2.3. Respiratory function tests
 - 2.4 Functional and exercise tests
3. Clinical reasoning - Creation of a respiratory physiotherapy programme
4. Respiratory Physiotherapy
 - 4.1 Learning thoracic-diaphragmatic breathing - Synchronisation
 - 4.2 Airway clearing techniques
 - 4.3 Strengthening of respiratory muscles
 - 4.4 Improving aerobic capacity
5. Intensive care unit
6. Handling of respiratory devices
7. Patient positioning and mobilisation
8. Oxygen therapy
9. Mechanical ventilation
10. Surgical procedures and drainage devices
11. Measurement and evaluation techniques

TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	117	
	Laboratory	104	
	Total Course Hours	221	
	ECTS	8	
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 70% (score 1-7).		
	Laboratory part: Participation, assignment, oral examination (score 1-10)		
Προτεινόμενη βιβλιογραφία:			
1. Καλλίστρατος Ηλίας Α (2009). Κλινική άσκηση στη φυσικοθεραπεία. University Studio Press A.E.			
2. ΧΡΙΣΤΑΡΑ-ΠΑΠΑΔΟΠΟΥΛΟΥ ΑΛΕΞΑΝΔΡΑ (2009). ΑΝΑΠΝΕΥΣΤΙΚΗ ΦΥΣΙΚΟΘΕΡΑΠΕΙΑ.			
3. Ειρήνη Γραμματοπούλου (2017). Φυσικοθεραπευτικές τεχνικές και μέθοδοι αξιολόγησης στις αναπνευστικές παθήσεις. Εκδόσεις Ιωάννης Κωνσταντάρας.			
4. Μυριανθεύς Π, Μπαλτόπουλος Γ (2005). Μηχανική υποστήριξη της αναπνοής. Ιατρικές εκδόσεις Πασχαλίδης			
5. Reid W. Darlene, Chung Frank. Επιμέλεια Καπρέλη Ελένη (2009). Κλινική προσέγγιση στην καρδιοαναπνευστική φυσικοθεραπεία. Εκδότης BROKENHILLPUBLISHERSLTD, Ιατρικές Εκδόσεις			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 402	SEMESTER	4 ^o
COURSE TITLE	Tissue and joint mobilisation		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Ανατομική, Κινησιολογία, Κινησιοθεραπεία		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to train and deepen students in joint and soft tissue mobilization techniques so that they are able to			
- To be able to perform an assessment of the motor status as well as a differential evaluation of the tissues responsible for limiting joint mobility and function. - select the most appropriate rehabilitation techniques and apply them safely - To restore mobility of the peripheral joints and spine - To retrain muscle function, restore elasticity, muscle strength and neuromuscular synergy - Restore proprioception and stability - To evaluate peripheral nervous tissue and apply mobilisation techniques - To introduce and deepen the process of clinical reasoning to select and apply the most appropriate therapeutic procedure in each case.			
Learning objectives of the theoretical part: After completing the theoretical part, they will be able to			
- Assess the motor status, make a differential assessment of the tissues responsible for limiting joint mobility and function. - select the most appropriate rehabilitation techniques to restore mobility of peripheral joints - To retrain muscle function, restore elasticity, muscle strength and neuromuscular synergy stability and functionality - To understand the process of clinical reasoning to select and apply the most appropriate therapeutic procedure in each case.			
Learning objectives of the laboratory part: Upon completion of the Laboratory Part, students will be able to			
- Assess the motor status, make a differential evaluation of the tissues responsible for limiting joint mobility and function. - Apply the most appropriate rehabilitation techniques to restore peripheral joint mobility - To retrain muscle function, restore elasticity, muscle strength and neuromuscular synergy stability and functionality			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			

COURSE CONTENT	
Theoretical part, Modules / contents:	
1.	Basic concepts of joint movement. Classification of joints according to Mac Conaill. MacCaulay's Arthrokinematic and Accessory movements. Joint mechanics: Rolling, Sliding, Combination of rolling and sliding, Rolling and sliding disorder, Intra-articular motion, traction, compression, sliding. Relaxation position, topical relaxation position, treatment position, locked position, treatment level. Pelvic shape.
2.	Range of motion: quantity and quality of movement. Sense of physiological and pathological restraint. Differential assessment of contractile or non-contractile limiting agent. Muscle shortening, muscle balance.
3.	Introduction to mobilization techniques. Mechanisms of effect. Evaluation of the motor status and differential evaluation of tissues responsible for limiting joint mobility and function.
4.	Fundamentals of treatment with passive mobilization techniques. Indications-contraindications, selection, gradation, progression of techniques. Active mobilization techniques. Soft tissue techniques, transverse deep massage and functional massage.
5.	Evaluation and mobilisation of the joints of the distal hand (finger and metacarpal joints).
6.	Assessment and mobilisation of the phalangeal joint (radiculocarpophalangeal, carpal metacarpophalangeal, lower radiculohumeral, wrist bone joints)
7.	Evaluation and mobilisation of the elbow joint (humerus, humerus, humerocervical, upper radius, radiohumeral)
8.	Assessment and mobilisation of the shoulder joints (glenohumeral, scapulothoracic, acromioclavicular, sternoclavicular)
9.	Assessment and mobilisation of the hip and knee joints (tibial, patellofemoral and patellofemoral joints)
10.	Assessment and mobilisation of the ankle and foot joints (lower tibial, upper and lower leg, tarsal, metatarsophalangeal and finger joints)
11.	Evaluation and mobilization of the spinal column (TMJ, TMJ, TMJ and sacroiliac joints)
12.	Introduction to the Mulligan and McKenzie techniques. Neurodynamic tests and nerve tissue mobilisation.
13.	Specific soft tissue mobilization techniques. Neuromuscular control and stability programmes.
Laboratory part, Modules / contents:	
1.	Introduction to mobilization techniques. Recognition and palpation of rolling and sliding movements, combination and rolling and sliding disorder. Introduction to intra-articular movements of traction, compression and sliding. Finding relaxation position, topical relaxation position, treatment position, locking position, and treatment level.
2.	Evaluation of quantity and quality of movement. Perception of the sense of normal and abnormal movement restriction. Differential assessment of contractile or noncontractile limiting factors. Evaluation of the effect of shortened muscles and muscle balance.
3.	Evaluation of the motor status and differential evaluation of the tissues responsible for limiting joint mobility and function. History, Observation, Palpation, Motion Control.
4.	Introduction to passive mobilization techniques. Degrees, dosage and duration of traction and gliding. Determination of glide. Selection and progressivity of techniques.
5.	Evaluation and mobilization of the joints of the distal hand (finger and metacarpal joints).
6.	Assessment and mobilisation of the carpal joint (radiculo-carpal, carpal-metacarpal, lower radiculo-occipital, wrist bone joints).
7.	Evaluation and mobilization of the elbow joint (humerus, humerocervical, humerocervical, upper radiohumeral).
8.	Evaluation and mobilisation of the shoulder joints (glenohumeral, scapulothoracic, acromioclavicular, sternoclavicular).
9.	Assessment and mobilisation of the hip and knee joints (tibial, patellofemoral and upper tibial).
10.	Evaluation and mobilisation of the ankle and foot joints (lower tibial, upper and lower leg, tarsal, metatarsophalangeal and toe joints).
11.	Evaluation and mobilization of the spine (ACL, TMJ, TMJ and sacroiliac joints).
12.	Introduction to the Mulligan and McKenzie techniques. Neurodynamic tests and nerve tissue mobilization.
13.	Specific soft tissue mobilisation techniques. Neuromuscular control and stability programs.
TEACHING METHOD.	Face to face, Power Point presentations, distance learning
USE OF INFORMATION AND	Use of new Information and Communication Technologies (ICT) in

COMMUNICATION TECHNOLOGIES	teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	Theoretical part: Mid-term assessment with student assignments and studies Written assessment through written assessment with assignments and student projects. Laboratory part: Students' participation in solving topics of the laboratory part. Final oral assessment	
Προτεινόμενη Βιβλιογραφία: - Butler D., The sensitive nervous system. 1st Edition, Australia: Noigroup, 2006. - Dvorak J., Dvorak V., Schneider W., Spring H., Tritschler T., Manuelle Medizin, Therapie 3. Auflage, Georg Thieme Verlag Stuttgart-New York 1997 - Eder M., Tilscher H., Chirotherapie: Vom Befund zur Behandlung,3. Auflage, Hippokrates Verlag, Stuttgart 1995 - Event O., Hamberg J. Muscle stretching in manual therapy. A clinical manual. The extremities. 5th Edition. Sweden: Alfta Rehab, 2002 - Evjenth O., Hamberg J., Muskeldehnung: warum und wie, Teil 2, die Wirbelsäule, Remed Verlag, Schweiz 1981		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 403	SEMESTER	4 ^ο
COURSE TITLE	Biological Engineering		
ΑΥΤΟΤΕΛΕΙΣ ΔΙΔΑΚΤΙΚΕΣ ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ		HOURS PER WEEK	ECTS
Theory		2	2
Laboratory		-	-
TOTAL		2	2
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Kinesiology		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course:			
The course aims to educate the student in biomechanical science, the discipline that studies the mechanical behavior of the human body during various activities, movements and displacements under the influence of exogenous and endogenous forces.			
In particular, the student will study in detail the mechanical behaviour of biological materials and tissues of the human body, the movements of the body and its parts and the process and methodology of their evaluation, using modern methods and techniques of biomechanical analysis.			
As a result of the above knowledge elements, they will be able to evaluate and understand the effects of			

pathological and traumatological conditions and set goals for kinesiology and specific rehabilitation, as well as be able to evaluate the results of their interventions.

Learning Objectives:

After completing the theoretical part, they will be able to

- knowing the mechanics of the human body
- Understand the changes in the behaviour and mechanical requirements of the different tissues of the body under the influence of endogenous and exogenous forces
- be familiar with the methodology and techniques of biomechanical analysis and the analysis of the corresponding data

General Skills

- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making
- spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome
- Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques

COURSE CONTENT

Theoretical part, Modules / contents:

1. Introduction to Biological Engineering
2. Biomechanical Study of Motion I. 1. Biomechanical Study of Motion 1.
3. Biomechanical Study of Motion II
4. Footing cycle
5. Balance and Kinetic Control
6. Electromyography
7. Biomechanics of joints
8. Biomechanics of bone tissue
9. Biomechanics of articular cartilage
10. Biomechanics of ligaments and tendons
11. Biomechanics of muscle tissue
12. Pathological Mechanics
13. Biomechanics of Diabetic Foot

TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	-	
	Total Course Hours	78	
	ECTS	2	
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 70% (score 1-7).		

Προτεινόμενη Βιβλιογραφία:

1. M. Nordin & V. Frankel, «Basic Biomechanics of the Musculoskeletal System», Lippincott Williams & Wilkins, USA 2001
2. J. Rose & J. G. Gamble, «Human Walking», Williams & Wilkins, USA 1994
3. Ch. Vaughan, B. Davis, J C. O'Connor, «Dynamics of Human Gait», Human Kinetics Publishers, Illinois 1992
4. S. Kumar & A. Mital, « Electromyography in Ergonomics», Taylor & Francis Publishers, USA 1996
5. F. Kendal, K. McCreary, (1993), Muscles testing and function, 4th edition, New York Williams & Wilkins.

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 404	SEMESTER	4 ^o

COURSE TITLE	Neuromuscular Retraining Techniques		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Κινησιολογία Ι, Κινησιολογία ΙΙ		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
The aim of the course is to enable the student to:			
- Understand the meaning of the terms motor control and motor learning. - To acquire the necessary theoretical background of the main theories of motor control and motor learning - to understand the concept of sensory feedback - To understand the meaning of the term 'facilitation'. - To acquire some basic practical skills regarding the Functional Approach to the patient and the application of the techniques of Neuromuscular Facilitation (PNF), Neurodevelopmental Therapy (NDT-Bobath), Sensory Integration. - To acquire the necessary theoretical background of the main and most widespread methods, techniques and means of neuromuscular retraining.			
Learning Objectives Theoretical part:			
After completing the theoretical part, the student will be able to know:			
What is motor control, motor learning and neuromuscular facilitation.			
The theoretical basis of the prevailing methods, techniques and means of neuromuscular retraining.			
Learning objectives of the laboratory part:			
After completing the Laboratory Part, the student will be able to apply some basic facilitation techniques of PNF, Bobath, sensory integration and the most prevalent methods, techniques.			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents:			
1. Theoretical basis of motor control and motor learning. Theories of motor control. 2. Sensory systems. Sensory stimulation. 3. Prerequisites of Physiological Movement - Balance 4. Philosophy and basic principles of the PNF method 5. Assessment, Techniques and treatment planning based on the PNF method. 6. Basic theoretical principles of the philosophy of Neurodevelopmental Therapy (NDT-Bobath). 7. Techniques of facilitation of Neurodevelopmental Treatment (NDT-Bobath). 8. Basic theoretical principles of Sensory Integrative Therapy. 9. Basic theoretical principles of the philosophy of the Vojta Method. 10. Basic theoretical principles of the Peto Method (Conductive Education Method - Peto) 11. Basic theoretical principles of the C. Perfetti Neurocognitive Rehabilitation Method. 12. Task-oriented approach 13. Other means and techniques of neuromuscular retraining (Mirrorbox, Therasuit method, Therapeutic riding).			
Laboratory part, modules/contents:			
1. Physiological patterns of gross motor activity. 2. 1. Abnormal patterns of gross motility.			

3.	Functional activity analysis.										
4.	Evaluation by NDT-Bobath method										
5.	Adjustments through the NDT-Bobath method										
6.	PNF trunk shapes/Techniques: rhythmic initiation-Combination of isotonic.										
7.	Shoulder blade PNF shapes										
8.	PNF pelvis figures										
9.	Facilitate PNF sitting, leaning, walking/ Technique: Stabilization of inversion										
10.	Functional re-education of patients based on PNF method.										
11.	Evaluation of gross and fine mobility through Sensory Integration.										
12.	Application of Sensory Integration Technics.										
13.	Functional approach.										
TEACHING METHOD.	Face to face, Power Point presentations, distance learning										
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students										
TEACHING ORGANIZATION	<table> <tr> <th><i>Activity</i></th><th><i>Workload</i></th></tr> <tr> <td>Theory</td><td>78</td></tr> <tr> <td>Laboratory</td><td>26</td></tr> <tr> <td>Total Course Hours</td><td>104</td></tr> <tr> <td>ECTS</td><td>5</td></tr> </table>	<i>Activity</i>	<i>Workload</i>	Theory	78	Laboratory	26	Total Course Hours	104	ECTS	5
<i>Activity</i>	<i>Workload</i>										
Theory	78										
Laboratory	26										
Total Course Hours	104										
ECTS	5										
STUDENT EVALUATION	Theoretical part: Assignment of writing and presentation of papers at 30% (Grade 1-3) Written examinations at 30% (Grades 1-7) Laboratory part: Oral exams based on the principle: problem to be solved in small groups of students. (Grading 1-10). The final grade for the laboratory part of the course will consider any assignments and presentation of assignments as well as the overall performance of each student during the course.										
Προτεινόμενη Βιβλιογραφία: 1. Martin Kessler «Φυσιοθεραπευτικές παρεμβάσεις σε ασθενείς με νευρολογικές παθήσεις», Ιατρικές Εκδόσεις Κωνσταντάρας, 2015 2. Shumway - Cook Anne- Woollacott Marjorie «Κινητικός έλεγχος. Από την έρευνα στην κλινική πράξη». Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης, 2012. 3. Adler s. Susan, Beckers Dominiek, Buck Math. «Η μέθοδος PNF». Ιατρικές Εκδόσεις Σιώκης, 1997. 4. L. Bly - A. Whiteside. «Τεχνικές διευκόλυνσης Βασισμένες στις αρχές της Νευροεξελικτικής Αγωγής (NDT)». Εκδόσεις ΠΡΟΜΗΘΕΥΣ, 2001											

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 405	SEMESTER	4 ^o
COURSE TITLE	Physiotherapy in cardiovascular diseases		
SELF-ENDED TEACHING ACTIVITIES	HOURS PER WEEK	ECTS	
Theory	2	3	
Laboratory	2	2	
TOTAL	4	5	

COURSE TYPE	Μάθημα Ειδικότητας, Υποχρεωτικό
PREREQUISITE COURSES :	NO
PREVIOUS SUPPORT COURSES	NO
LANGUAGE:	GREEK
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr
Learning results	
Purpose of the course: The aim of this course is for the student to acquire knowledge about the diseases of the cardiovascular system and the possibility of physiotherapeutic intervention in cardiology or cardiac surgery patients. In particular, the student will study the most important problems concerning the heart, but also the vessels. He/she will be able to evaluate the patient and at the same time develop intervention programs in hospital 2 and after discharge from the hospital. Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - be familiar with the diseases of the cardiovascular system - To know the cardiac patient Learning objectives of the laboratory part: After completing the laboratory part, the student will be able to - Design and implement interventional physiotherapy programmes for cardiac and cardiac surgery patients - Carry out the modification of risk factors for cardiac and vascular diseases (prevention), - to draw up group therapeutic exercise programmes for patients with chronic cardiovascular diseases	
General Skills	
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making - spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome - Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques	
COURSE CONTENT	
Theoretical part, Modules / Contents: 1.Functional anatomy of the heart and physiology of the cardiovascular system 2.Diseases of the heart 3.Heart surgery 4.Intensive care unit 5.Evaluation of the cardiac patient 6.Cardiac rehabilitation 7.Tests of maximum and sub-maximum functional capacity of a cardiac patient 8.Cardiopulmonary resuscitation and artificial respiration 9.Cardiovascular function and exercise 10.Sports heart syndrome 11.Physiotherapeutic intervention in vasomotor arterial diseases 12.Physiotherapy in peripheral venous diseases 13.Preventive care of lower limbs Laboratory part, modules/contents: 1.. Functional anatomy of the heart and physiology of the cardiovascular system - Practical application of pulse palpation at guiding anatomical points - Practical application of blood pressure measurement 2.Diseases of the heart - relaxation exercises 3.Surgery of the heart - Application of respiratory physiotherapy techniques - Application of kinesiotherapy protocols 4.Intensive care unit - Application of the steps for weaning 5.Evaluation of cardiac patients 6.Cardiac rehabilitation 7.Tests of maximum and sub-maximum functional capacity of a cardiac patient	

8.Cardiopulmonary resuscitation and artificial respiration		
9.Cardiovascular function and exercise		
10.Sports heart syndrome - Practical application of endurance testing		
11.Physiotherapeutic intervention in vasomotor arterial diseases		
12.Physiotherapy in peripheral venous diseases		
13.Preventive care of the lower limbs		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	The theoretical part of the course A) written examination at the end of the semester including multiple choice questions. (marks 1-7) B) preparation of an individual project. (marks 1-3)	
	The laboratory part of the course is examined by an oral examination involving practical application of the subjects taught. (marks 1-10)	
Προτεινόμενη Βιβλιογραφία:		
1. Josef Niebauer, Αποκατάσταση καρδιαγγειακών παθήσεων, Εκδόσεις Κωνσταντάρας Ετερόρρυθμη Εταιρεία, 2022		
2. Darlene W. Reid, Frank Chung (2004) Clinical Management Notes and Case Histories in Cardiopulmonary Physical Therapy. Slack Incorporated		
3. Dean E. (1996) Cardiopulmonary Physical Therapy: Clinical Case Study Guide to Accompany 3r.e. Mosby		
4. DeTurk William, Lawrence P. Cahalin (2004) Cardiopulmonary Physical Therapy. Appleton and Lange		
5. Kisner C, Colby L.A., Borstad J. Θεραπευτικές Ασκήσεις, Εκδ. Κωνσταντάρας 2020		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 406	SEMESTER	4 ^o
COURSE TITLE	Research Methodology in Health Sciences		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			

Purpose of the course: The aim of this course is to immerse students in the basic principles of research methodology as a fundamental tool for up-to-date biomedical information.		
Learning objectives of the theoretical part: After completing the theoretical part, students will be able to - To formulate and evaluate a research question - To formulate and evaluate a research question - To respond with evidence to a research question and to substantiate the answer to research questions		
Learning objectives of the laboratory part: Upon completion of the Laboratory Part, students will be able to - research health information in valid databases - Critically use the data of a scientific investigation - To use bibliography and references correctly		
General Skills - Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / Contents: 1.Introduction to research methodology - Introduction to evidence based medicine 2. Research question formulation 1.1. 3. Variables - relationships - hypotheses 4. Critical analysis of scientific articles 5. Types of research: quantitative/qualitative - Quantitative research - indicators - measures - research design 6. Criteria for substantiation and acceptance of a causal hypothesis 7. Sampling - stratification 8. Design of research tools - Biostatistics - Clinical Epidemiology - Qualitative research - Validity, reliability and ethics of research 9. Evaluation of medical journals		
Laboratory part, modules/contents: 1. use of google. scholar databases 2. Use of Pubmed databases. 3. Use of SpringerLink databases 4. Use of Science Core Correlation databases 5. Use of Mendeley bibliography management system		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	The theoretical part of the course Written examination at the end of the semester and includes development questions (scored 1-10)	
	The laboratory part of the course Oral examination including laboratory application of the material taught (marks 1-10)	
Προτεινόμενη Βιβλιογραφία: 1. Bowling, A., «Μεθοδολογία έρευνας στην υγεία» Broken Hill Publishers LTD 2. Houser, J., «Η έρευνα στις επιστήμες υγείας», Εκδόσεις Κωνσταντάρας 3. Γεώργιος Λαγουμιντζής, Γεώργιος Βλαχόπουλος, Κωνσταντίνος Κουτσογιάννης, «Μεθοδολογία της		

έρευνας», ΣΕΑΒ, ΚΑΛΛΙΠΟΣ

4. Γαλάνης Πέτρος, «Μεθοδολογία της έρευνας στις επιστήμες υγείας», Κριτική

14.5 Courses 5th Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 501	SEMESTER	5 ^ο
COURSE TITLE	Clinical Practice II - Physiotherapy of the Cardiovascular System		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		8	4
TOTAL		11	8
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Όλα τα μαθήματα των προηγούμενων εξαμήνων		
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to provide the student with theoretical and practical clinical training to enable him/her to manage physiotherapeutically patients suffering from pathological and traumatic conditions of the circulatory system. In particular, the student is required to study in detail case studies - patients hospitalized in a Cardiology Clinic with the corresponding surgical departments or in other units of the Health System. In the context of this course, the student is required to apply, under guidance and supervision, knowledge acquired from the prerequisite chain courses to real patients and to the extent that the level of difficulty and safety of the case on offer allows. The expected outcome lies in the acquisition of assessment skills, organization of individualized treatment programs that will support his/her upcoming Internship.			
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - Understand the problems faced by patients with cardiovascular problems. - To know and understand international guidelines that are periodically issued by medical bodies. - Know and appreciate the red flags of the cases he/she will face - Become proficient in using tools to evaluate and measure qualitative and quantitative parameters, so that in a scientific and accurate manner they can organise personalised safe and successful Physiotherapy programmes.			
Learning objectives of the laboratory part: Upon completion of the Laboratory Part, students will be able to 1. 1. Use techniques, methods and equipment on patients with cardiorespiratory problems 1. 2. Apply clinically safe, scientifically based and successful Physiotherapy			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome			

-Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents:		
1 Clinical audit of the circulatory system		
1.1 Functional testing		
1.2 Diagnostic tests and examinations		
1.3 Evaluation of the circulatory system		
2. Clinical reasoning		
3. Physiotherapy in a patient with left congestive heart failure-pulmonary oedema		
4. Physiotherapy in a patient with acute myocardial infarction		
5. Physiotherapy in a patient with acute myocardial infarction-coronary artery bypass grafting		
6. Physiotherapy in a patient with chronic heart failure-cardiomyopathy		
7. Physiotherapy in a patient with chronic heart failure after myocardial infarction		
8. Therapeutic exercise program in an outpatient		
Laboratory part, modules/contents:		
The laboratory part of the course invites the patient cases discussed in the theoretical part of the course or any other case that might arise in the areas where the laboratory course is provided, under real clinical physiotherapy conditions.		
Clinics on real patients		
1. Clinical reasoning		
2. Preoperative physiotherapy		
3. Medical record and interview		
4. Physical examination		
5. Functional and exercise tests		
6. Interpretation of the electrocardiogram		
7. Patient positioning and mobilisation		
8. Surgical procedures		
1. 9. Measurement and assessment techniques		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	104
	Total Course Hours	221
	ECTS	8
STUDENT EVALUATION	Theoretical part: - Execution of individual work, 30% (score 1-3) - Written final assessment, 70% (score 1-7). Laboratory part: Oral examination and problem solving Participation, Assignment, Oral examination (score 1-10)	
Προτεινόμενη Βιβλιογραφία:		
1. Κλινική προσέγγιση στην καρδιοαναπνευστική φυσικοθεραπεία, Reid W. Darlene, Chung Frank (2019). Εκδότης: BROKEN HILL PUBLISHERS LTD		
2. Hurst ηκαρδιά, Fuster Valentin, Wayne Alexander R., O'Rourke Robert A. (2007). Εκδότης: BROKEN HILL PUBLISHERS LTD		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 502	SEMESTER	5 ^ο

COURSE TITLE	Physiotherapy of the Nervous System I	
SELF-ENDED TEACHING ACTIVITIES	HOURS PER WEEK	ECTS
Theory	2	3
Laboratory	2	2
TOTAL	4	5
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course	
PREREQUISITE COURSES :	NO	
PREVIOUS SUPPORT COURSES	Anatomy, Physiology, Neurology, Kinesiotherapy, Massage, Electrotherapy	
LANGUAGE:	GREEK, ENGLISH, ITALIAN	
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES	
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr	
Learning results		
Purpose of the course: This course is designed to educate the student in the study and understanding of the pathological conditions and injuries that occur in the peripheral nervous system, resulting in loose paralysis of the linear muscles. In particular, the student will study the process and methodology of evaluation with modern methods and techniques of neuro-muscular behavior of movements and parts of the human body and then apply a physiotherapy protocol for the functional rehabilitation of the patient. As a result of the above knowledge elements, he/she will be able to evaluate and understand the effects of pathological and traumatological conditions of the peripheral nervous system and set functional rehabilitation goals through physiotherapy protocols so that he/she can evaluate the results of his/her interventions.		
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - be familiar with the pathology and injuries of the peripheral nervous system - Understand the neuro-muscular dysfunctions resulting from these pathological conditions. - Know the methodology of assessment and the formulation with modern methods and techniques of a Physiotherapy protocol.		
Learning objectives of the laboratory part: - Upon completion of the Laboratory Part, the student will be able to - To use technical methods for the assessment of patients - To apply a physiotherapy protocol according to modern methods and techniques.		
General Skills		
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents: 1. Diseases and injuries of the peripheral nervous system 2. Cervical plexus lesions. Cervical syndrome. 3. Personal nerve. Bell's syndrome. Treatment protocol. 4. Brachial plexus injury during childbirth. Physiotherapeutic evaluation and treatment protocol. 5. Myofascial and paraplegic nerve injuries. Evaluation and proposed treatment plan. 6. Lesions of the Suprapatellar and Hypopatellar Nerve. Evaluation and proposed treatment plan. 7. Lesions of the sciatic, radial and long thoracic nerves; assessment and proposed treatment plan. 8. Lesions of the, median and ulnar nerves. Evaluation and proposed treatment plan. 9. Lesions of the lumbar-sacral plexus. Lesions of the femoral nerve. Assessment and proposed treatment plan. 10. Lesions of the thoracic and upper and lower gluteal nerves. Assessment and proposed treatment plan. 11. Lesions of the sciatic nerve. Assessment and proposed treatment plan. 12. Peroneal nerve injuries. Evaluation and proposed treatment plan.		

13. Lesions of the tibial nerve, muscular neurosis. Assessment and proposed treatment programme.		
Laboratory part, Modules / contents:		
1. Repetition of physical means (electrotherapy, massage, kinesitherapy) for their application to the injuries of the P.N.S.		
2. Cervical syndrome. Physiotherapy assessment, observation of cervical curvature, shoulder symmetry, goniometry, muscle strength and sensory disturbance tests. Application of massage, electrotherapy and kinesitherapy.		
3. Personal nerve. Bell's syndrome. Massage, neuromuscular electrical stimulation with the Bergonie mask. Mimic expressions.		
4. Brachial plexus injury during childbirth. Placement in a splint, therapeutic goals in relation to age, evolution of the child's condition and behaviour. Massage, stretching, electrotherapy, kinesitherapy. Instructions and education of parents.		
5. Injuries of the myodermal, paraplegic nerve. Muscle and joint testing with the Oxford scale and Brodyn's goniometer. Therapeutic objectives. Application of galvanic current and T.E.N.S. for analgesia. Classical hand massage, assisted exercises, active and with resistance.		
6. Lesions of the Supra- and Sub-Placental Nerve. Muscle and joint control with the Oxford scale and Brodyn's goniometer. Therapeutic goals. Application of galvanic current and T.E.N.S. for analgesia. Classical hand massage, assisted exercises, active and with resistance.		
7. Lesions of the sciatic, dorsal and long thoracic nerve. Muscle and joint testing with the M.M.T. dynamometer and Myrin's goniometer. Physiotherapy applications. Massage, stretching, electrotherapy, kinesiotherapy using the P.N.F. method with muscle assessment 4-5 on the Oxford table.		
8. Lesions of the Cercido, median and ulnar nerve. Physiotherapeutic objectives		
9. Lesions of the lumbar-sacral plexus. Lesions of the femoral nerve. Classical manual massage, electromassage, T.E.N.S., short-wave diathermy, kinesitherapy		
10. Thyroid and upper and lower gluteal nerve injuries. Muscle and joint control with the M.M.T. dynamometer and Brodyn's goniometer. Application of galvanic current, T.E.N.S. and Nemec currents. Classical hand massage, assisted exercises, active and resistance exercises. Balance exercises.		
11. Sciatic nerve injuries. Application of massage, electrotherapy and kinesitherapy. Training exercises for patient applications for home use.		
12. Peroneal nerve injuries. Application of massage pulsed current electrotherapy for neuromuscular stimulation and kinesitherapy. Training exercises for patient applications for home use.		
13. Tibial nerve injuries. Application of massage, electrotherapy with pulsed currents for neuromuscular stimulation and kinesitherapy. Training exercises for patient application for home use.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 60% (score 1-7). Laboratory part: Oral examination and solution of clinical problems (score 1-10)	
Προτεινόμενη Βιβλιογραφία:		
1. Heinrich Mattle, Marco Mumenthaler «Νευρολογία» Ιατρικές εκδόσεις Κωνστάρας. 2019		
2. Neurology and Neorosurgery Illustrated. Fifth Edition. Lindsay K., Bone I., Fuller G. 2011. IBNS: 97804443069574		
3. Aids to the examination of the peripheral nervous system. Fifth edition. O'Brien M.D. 2010. Copyrighted Material. Sauners Elsevier.		

4. Neurological Physiotherapy. Maria Stokes. 1998. U.S Mosby.
5. Neurological Rehabilitation (Optimizing Motor Performance). Janet Carr-Roberta Shepherd. 1998. London Butterworth Heinemann.

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 503	SEMESTER	5 ^o
COURSE TITLE	Physiotherapy in diseases and injuries of the musculoskeletal system		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		2	2
TOTAL		5	6
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Kinesiology, Kinesiotherapy, Orthopedics, Tissue and joint mobilization		
LANGUAGE:	GREEK, GERMAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is to study and understand the mechanisms that cause musculoskeletal injuries and diseases, the process of healing of injuries and rehabilitation of musculoskeletal system dysfunctions. Through the process of Physiotherapy assessment, differential assessment and clinical reasoning, the student will be able to design the most appropriate and effective Physiotherapy rehabilitation programme depending on the aetiopathogenesis, clinical picture, therapeutic treatment, stage of treatment of the condition or injury and the specificities of each patient. The aim of the course is still to develop, through the scientifically based knowledge gained from the previous semester courses that support this course, the critical thinking that will lead to the design of physiotherapy rehabilitation programmes that will take a holistic and scientifically based approach to musculoskeletal problems and the patient. The course aims to provide students with a well-rounded education to be able to analyze, evaluate and safely apply state-of-the-art and scientifically based physical therapy treatment to all musculoskeletal conditions and injuries.			
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to: - Identify and understand the causes and mechanisms responsible for dysfunction and disorders following injuries and diseases of the musculoskeletal system. - Be able through the process of Physiotherapy assessment, differential assessment and clinical reasoning to design the most appropriate and effective Physiotherapy rehabilitation programme in each case. - Through scientifically based knowledge, being able to develop critical thinking that will lead to the design of physiotherapy rehabilitation programmes taking a holistic and scientifically based approach to musculoskeletal problems and the patient. - Select the most appropriate rehabilitation techniques to restore joint mobility, retrain muscle function, restore elasticity, muscle strength and neuromuscular synergy stability and functionality			
Learning objectives of the laboratory part: Upon completion of the Laboratory Part, the Student will be able to - Identify the causes and mechanisms responsible for dysfunction and disorders following injuries and diseases of the musculoskeletal system.			

- Be able through the process of Physiotherapy assessment, differential assessment and clinical reasoning to design the most appropriate and effective Physiotherapy rehabilitation programme in each case. - Through scientifically based knowledge and critical thinking to design physiotherapy rehabilitation programmes taking a holistic approach to musculoskeletal problems and the patient. - To select and apply the most appropriate rehabilitation techniques to restore joint mobility, retrain muscle function, restore elasticity, muscle strength and neuromuscular synergy stability and functionality	
General Skills	
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making - spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome - Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques	
COURSE CONTENT	
Theoretical part, Modules / Contents: 1. Physiotherapy assessment, taking history, observation, palpation techniques, evaluation and measurement of mobility and muscle function, neuromuscular synergy, proprioception, stability and functionality 2. Clinical reasoning for decision making and design of evidence-based rehabilitation programs (evidence-based approach) 3. Introduction to the treatment of injuries and diseases of the musculoskeletal system of the upper limb 4. Physiotherapeutic assessment and treatment of shoulder injuries and disorders 5. Physiotherapeutic evaluation and treatment of elbow injuries and disorders 6. Physiotherapeutic assessment and treatment of injuries and disorders of the extremities 7. Physiotherapeutic assessment and treatment of injuries and disorders of the lower limb 8. Physiotherapeutic assessment and treatment of injuries and disorders of the pelvic floor 9. Physiotherapeutic assessment and treatment of hip injuries and disorders 10. physiotherapy assessment and treatment of knee injuries and disorders 11. Physiotherapeutic assessment and treatment of injuries and disorders of the ankle joint 12. Physiotherapeutic assessment and treatment of injuries and disorders of tendons, ligaments and muscles 13. Physiotherapeutic evaluation and treatment of arthritis, arthropathy, rheumatic diseases	
Laboratory part, Modules / contents: 1. Introduction to the treatment of injuries and diseases of the musculoskeletal system of the upper limb, correlation of medical treatment and physiotherapy, stages of treatment and rehabilitation, design of rehabilitation protocols. 2. Physiotherapeutic assessment, history taking, observation, palpation techniques, evaluation and measurement of mobility and muscle function, neuromuscular synergy, proprioception, stability and functionality 3. Clinical reasoning for decision making and design of evidence-based rehabilitation programmes (evidence-based approach) 4. Physiotherapeutic approach, intervention and prevention in the cardiorespiratory system 5. Physiotherapeutic rehabilitation of mobility, muscular strength, neuromuscular synergy, stability and functionality after injuries, diseases and other pathological conditions of the musculoskeletal system in the upper limbs and spine 6. Physiotherapeutic evaluation and treatment of injuries and diseases of extremities 7. physiotherapeutic assessment and treatment of injuries and disorders of the elbow joint, forearm joint and forearm diaphysis. Ulnar nerve injuries 8. Physiotherapeutic evaluation and treatment of shoulder injuries. 9. Direct and distal complications of fractures, physiotherapeutic evaluation and treatment in muscle strains, tendinitis, overuse syndromes 10. Physiotherapeutic assessment and treatment of spinal injuries 11. Introduction to the treatment of injuries and diseases of the musculoskeletal system of the lower limb and the lumbar region, physiotherapeutic evaluation 12. Physiotherapeutic evaluation and treatment of knee injuries and disorders 13. Physiotherapeutic evaluation and treatment of conditions in arthritis, arthropathy, rheumatic diseases	
TEACHING METHOD.	Face to face, Power Point presentations, distance learning
USE OF INFORMATION AND	Use of new Information and Communication Technologies (ICT) in

COMMUNICATION TECHNOLOGIES	teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	39	
	Total Course Hours	143	
	ECTS	7	
STUDENT EVALUATION	Theoretical part: Mid-term assessment with student assignments and studies Written assessment through written assessment with assignments and student projects.		
	Laboratory part: Students' participation in solving topics of the laboratory part. Final oral assessment		
Προτεινόμενη Βιβλιογραφία:			
1. Ορθοπαιδική αποκατάσταση στην Κλινική πράξη. Brent Brotzman, Robert Manske. Εκδόσεις Ιωάννης Κωνσταντάρης, 2015			
2. Φυσικοθεραπευτικές παρεμβάσεις στο μυοσκελετικό σύστημα. Barbara j Hoogenboom, Michael I. Voigt, William E. Prentice. Εκδόσεις Ιωάννης Κωνσταντάρης, 2015			
3. Bonner, O., Die untere Extremitaet und ihre funktionelle Behandlung nach Verletzungen und bei anderen Stoerungen, Pflaum Verlag Muenchen 1992.			
4. BrozmanS.B., Manske C.R., Clinical Orthopaedic Rehabilitation, An Evidence-Based Approach, Third Edition, Moaby Elsevier 2011			
5. BrozmanS.B., WilkE.K., Ορθοπαιδική Αποκατάσταση στην Κλινική Πράξη, Ιατρικές Εκδόσεις Κωνσταντάρης 2003			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 504	SEMESTER	5 ^o
COURSE TITLE	Motor Control - Kinetic Learning		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		-	-
TOTAL		2	3
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Physiology, Kinesiology		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to: -Knowledge of the principles, theories, analysis of motor control - Knowledge of the principles, theories and strategies of Motor Learning. - In the adaptation of learning strategies to pathological situations. - In the recognition and analysis of the relationship between the limbs and the trunk. - In the analysis of functional activities (climbing up and down stairs, transfers-movements, hand approach and grasp, lifting, pushing, pulling, etc.).			

- Identifying and locating anatomical structures that are malfunctioning. - To identify the deviations and compensations that occur in various pathological conditions. Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - Understand the variables that influence the learning of functional skills and the adapted motor learning strategies to solve clinical problems. - Analyse the principles underlying physiological posture-movement. - Identify the interaction between structures and body parts. - Identify anatomical structures that are malfunctioning - Identify the deviations and compensations that occur during abnormal activity. - To suggest solutions to correct potential abnormal findings.		
General Skills		
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents: 1 Motor control - Physiology of motor control 2 Theories - Kinetic Learning Strategies 3 Physiological Stasis Control - Aging and Stasis Control 4 Control of Physiological Mobility 5 Motor functions - Abnormal mobility 6 Interdependence of the upper limb with the S.S. 7 Physiological approach - grasping and handling objects 8 Non-physiological approach - grasping and handling objects 9 Analysis of functional activities 10 Analysis of normal and abnormal gait 11 Balance during standing and movement - deviations 12 Analysis of functional and sporting activities 13 Kinesiological analysis of selected clinical cases		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	-
	Total Course Hours	78
	ECTS	3
STUDENT EVALUATION	Θεωρητικό μέρος: Αξιολογείται η εκπόνηση της ατομικής εργασίας σε ποσοστό 30% (βαθμολογία 1-3) Γραπτή τελική αξιολόγηση, με ερωτήσεις πολλαπλών επιλογών σε ποσοστό 60% (βαθμολογία 1-7)	
Προτεινόμενη βιβλιογραφία: 1. Shumway - Cook Anne- Woollacott Marjorie «Κινητικός έλεγχος. Από την έρευνα στην κλινική πράξη». Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης. 2012. 2. A multilevel approach to the study of motor control and learning, Debra J. Rose, (2006), Robert W. Christina, Second Edition, Pearson Benjamin Cummings. 3. M. Lacote, A. Chevalier, A. Miranta, (1990), Evaluation Clinique de la fonction musculaire, Paris, Maloine. 4. Donald A. Neumann, PT, Phd, (2010), Kinesiology of the Musculoskeletal System, Foundations for Physical Rehabilitation, Mosby. 5. ΚΙΝΗΣΙΟΛΟΓΙΑ, Η Μηχανική και η Παθoμηχανική της Ανθρώπινης Κίνησης, δεύτερη Έκδοση, Τόμος Ι, ΙΙ, ΙΙΙ,		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 505	SEMESTER	5 ^o
COURSE TITLE	Clinical Ergophysiology - Ergometry		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		-	-
TOTAL		2	3
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is for the student to have acquired knowledge of the scientific field which includes body measurement and dynamometry procedures. The study of motor skills and the measurement-assessments of human biological properties, traits and abilities and the methodology of designing measurement analogs that support the rehabilitation process			
Learning objectives of the theoretical part: At the end of this semester the student will have acquired knowledge relevant to: General principles of Measurement - Evaluation - Testing Measurements of Muscle Work - Evaluation and Assessment - Evaluation and Assessment - Evaluation and Assessment - Measurement - Measurement of Muscle Work Mechanical dynamometers Hand-held dynamometers Isokinetic dynamometers Ergometric procedures - data evaluation Measurements of Cardiac work Ergospirometry closed circuit open circuit measurement of VO ² max measurement of lactic acid concentration Supporting measurement procedures calculation of muscle/fat mass angle measurements / anthropometric scales			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: Exercise physiology: What happens during exercise. Limiting Performance Factors. What determinants of performance? Neuromuscular Control. Energy Systems Aerobic System Anaerobic Threshold. Energy Systems. Practical applications.			

Ergometry: laboratory and field measurements.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	-
	Total Course Hours	78
	ECTS	3
STUDENT EVALUATION	Θεωρητικό μέρος: Αξιολογείται η εκπόνηση της ατομικής εργασίας σε ποσοστό 30% (βαθμολογία 1-3) Γραπτή τελική αξιολόγηση, με ερωτήσεις πολλαπλών επιλογών σε ποσοστό 70% (βαθμολογία 1-7)	
Προτεινόμενη βιβλιογραφία:		
Ελληνική :		
1. ΚλεισούραςΒ. Εργομετρία (2015), Εκδότης: BROKEN HILL PUBLISHERS LTD		
2. Εργαστήρια Εργοφυσιολογίας. Gregory Haff, Charles Dumke. Εκδόσεις Ιωάννης Κωνσταντάρας, 2020		
3. Παναγιώτης Τσακλής, «Εισαγωγή στην Ισοκινητική Άσκηση», UniversityStudioPress, Θεσ/νικη 1997		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 506A	SEMESTER	5 ^ο
COURSE TITLE	Physiotherapy in obstetrics-gynecology- pelvic floor		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		1	1
TOTAL		3	4
COURSE TYPE	Μάθημα Ειδικότητας Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Physiology, Kinesiology, Respiratory Physiotherapy, Ergonomy		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
The aim of the course is: To enable students to recognize the changes that occur in the female body during pregnancy to prevent and treat the various problems that may occur, to train students in preparation for the application of individual or group therapeutic exercise to pregnant women. To enable students to apply specific physiotherapy programmes to diseases and surgical interventions of the genitourinary and urinary systems. To enable students to apply specific physiotherapy programmes to caesarean section. To enable students to apply specific physiotherapy programmes to incontinence, lumbago, and lymphoedema.			
Learning Objectives Theoretical part: After completing the theoretical part, students will be able to - To be aware of the changes that occur in the female body. - Know the problems that can arise from these changes. - Know the basic principles of therapeutic exercise for pregnant women.			

- Know the effects of exercise.
- To understand the effect on the changes that occur in the various systems.
- To know the indications and contraindications of therapeutic exercise in specific cases.
- To make the student competent in the evaluation of the pregnant woman for the implementation of an appropriate therapeutic program.
- To enable the student to assess the mother to implement an appropriate therapeutic programme.

Learning objectives of the laboratory part:

Upon completion of the Laboratory Part, the student will be able to:

- To devise -apply therapeutic exercise programs to pregnant women.
- To devise and implement therapeutic exercise programmes for mothers.
- To devise and implement therapeutic exercise programmes for pregnant women and mothers in special cases.
- Back pain,
- Authynalgia,
- Circulation,
- Surgery - Cesarean section,
- Appendicitis,
- Sexual Dysfunction,
- Lymphedema.
- Differentiate data between normal and abnormal conditions

General Skills

- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making
- spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome
- Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques

COURSE CONTENT

Theoretical part, Modules / contents:

1. Genital system - physiotherapy
2. Physiotherapy programmes - pre-natal, assessment of pregnancy - mother, Protocols.
3. Physiotherapy programmes before childbirth
 - 3.1 Relaxation of the muscular system (segmental-general),
 - 3.2 Relaxing positions of the pregnant woman
 - 3.3 Massage
 - 3.4 Respiratory exercises
 - 3.5 Mental acquaintance of the body with the mind
 - 3.6 Jacobson exercises
4. Physiotherapy programmes before childbirth
 - 4.1 Exercises to prevent thrombosis,
 - 4.2 Exercises to decongest the circulation of the lower limbs,
 - 4.3 Exercises to stretch, relax and strengthen the muscles of the lower limbs
5. Physiotherapy programmes before childbirth
 - 5.1 Exercises to relax and strengthen the pelvic muscles,
 - 5.2 Kegel exercises,
 - 5.3 Ways of contracting the perineal muscles.
6. Physiotherapy programmes before childbirth
 - 6.1. Exercises to mobilise the spine,
 - 6.2 Exercises for strengthening the abdominal muscles,
 - 6.3 Exercises to relax the dorsal muscles.
7. Respiratory physiotherapy
 - 7.1 Meaning - application of diaphragmatic breathing,
 - 7.2 Meaning - application of thoracic breathing,
 - 7.3 Importance - application of synchronised breathing,
 - 7.4 Learning to breathe in and out,
 - 7.5 Learning expiratory breathing.
8. Physiotherapy programmes after normal delivery
 - 8.1 Purpose of postpartum physiotherapy,
 - 8.2 Initiation

8.1 Relaxation- Positions, 8.3 Exercises for abdominal muscles, exercises for diaphragm, exercises for perineum. 8.5 Group programmes in the first week in the Clinic-Hospital. 9. Physiotherapy programmes after caesarean section 9.1 Respiratory exercises thoracic, diaphragmatic with sounds, thoracic with limb movements, thoracic with trunk movements, 9.2 Exercises to prevent thrombosis, 9.3 Exercises to stimulate - improve circulation in the lower limbs. 10. Physiotherapy programmes after normal childbirth 10.1 Assessment of the mother - individual programmes, after returning home, 10.2 Ergonomic positions of the mother for breastfeeding, bathing, cleaning, 10.3 Exercises with baby and husband. 11. Elements of anatomy and physiology of the urinary system. 11.1 Surgical procedures of the urinary and genital tract. 11.2 Pre-operative and post-operative physiotherapy in urinary and genital diseases 12. Physiotherapy programmes after normal childbirth in: 12.1 Sexual dysfunction, 12.2 Incontinence. 13. Physiotherapy programmes after childbirth in cases of: 13.1 Lumbago, 13.2 Lymphedema.		
Laboratory part, Modules / contents:		
1. Purpose of Physiotherapy before childbirth, Pelvic movements, Pelvic muscles 2. Assessment of the pregnant - mother, Therapeutic protocols 3. Relaxation of the pregnant woman (Relaxing positions, Massage, Breathing exercises, Mental acquaintance of the body with the mind, Jacobson exercises). 4. Physiotherapy programs before childbirth (Exercises for prevention of thrombosis, Exercises for decongestion of lower limb circulation, Exercises for stretching, relaxation and strengthening of lower limb muscles). 5. Physiotherapy programmes before childbirth Exercises for relaxation and strengthening of the pelvic muscles, Kegel exercises, Ways of contracting the perineal muscles 6. Physiotherapy programmes before childbirth 7. Respiratory physiotherapy 8. Physiotherapy programmes after normal childbirth. Purpose of Physiotherapy after childbirth, (Relaxation- Positions, Exercises for abdominal muscles, Exercises for diaphragm, Exercises for perineum, Group programs in the first week in the Clinic-Hospital). 9. Physiotherapy programmes after caesarean section 10. Physiotherapy programmes after normal delivery (Evaluation of the mother - individual programmes, after returning home, Ergonomic positions of the mother for breastfeeding, bathing, cleaning, Exercises with the baby and husband). 11. Physiotherapy programmes in urinary and genital surgery. 12. Physiotherapy programs after normal childbirth in Sexual Dysfunction and Incontinence. 13. Postpartum physiotherapy programs in cases of Lumbar Dysfunction and Lymphedema.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	13
	Total Course Hours	91
	ECTS	5
STUDENT EVALUATION	Θεωρητικό μέρος: Αξιολογείται η εκπόνηση της ατομικής εργασίας σε ποσοστό 30% (βαθμολογία 1-3) Γραπτή τελική αξιολόγηση, με ερωτήσεις πολλαπλών επιλογών σε	

	ποσοστό 60% (βαθμολογία 1-7) Εργαστηριακό μέρος: Προφορική εξέταση και επίλυση προβλημάτων (βαθμολογία 1-10)
Προτεινόμενη Βιβλιογραφία: 1. Χριστάρα-Παπαδοπούλου Αλεξάνδρα, Παπαδοπούλου Ουρανία, Χαλκιά Άννα, Φυσικοθεραπεία στη Μαιευτική, ΓΥΕΣκοιολογία Ουρολογία, Εκδόσεις University Studio Press, Θεσσαλονίκη 2023. 2. ΟυρογυΕΣκοιολογία και διαταραχές του πυελικού εδάφους, Άγγελος Λιάπης, Εκδόσεις Ιωάννης Κωνσταντάρας, 2013. 3. Αλεξάνδρα Χριστάρα – Παπαδοπούλου, Ουρανία Παπαδοπούλου, Εμμανουήλ Τρευλάκης, Ονούφριος Ποιμενίδης, Εναλλακτικές Συμπληρωματικές Μορφές Θεραπείας, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020 4. Charles R.B. Beckmann. Εκδόσεις Ιωάννης Κωνσταντάρας, 2018. 5. Jill Mantle, Jeanette Haslam, Sue Barton, Physiotherapy in Obstetrics and Gynaecology. Elsevier, Health Sciences. 2004.	

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 506B	SEMESTER	5 ^ο
COURSE TITLE	Prosthetics - Orthotics - Protheses - Robotic systems		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		1	2
TOTAL		3	5
COURSE TYPE	Μάθημα Ειδικότητας Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Physiology, Kinesiology		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
The aim of the course is to enable the student to: - Understand the meaning of the terms orthotics, prosthetics and robotic systems - To acquire the necessary theoretical background of the main theories of orthotic, prosthetic and robotic systems. - To acquire basic practical skills in the application of orthotic, prosthetic and robotic techniques. Learning objectives of the theoretical part: Upon completion of the theoretical part, the student will be able to: What are the orthotic and prosthetic devices used, what are the aids used in different types of disabilities and what are the robotic systems applied in rehabilitation. Learning objectives of the laboratory part: After completing the Laboratory Part, the student will be able to apply orthotics such as splints, orthotic insoles, know the types of prostheses and how amputees are retrained with prosthetic limbs, be able to train patients in the use of gait aids and apply and adapt robotic systems to the disability...			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			

COURSE CONTENT		
Theoretical part, Modules / contents: 1. Introduction to Orthostatics 2. 1. Introduction to Orthotics. 3. Lower limb orthotics 4. Special orthotic devices for children 5. Spinal orthoses 6. Amputations and prostheses 7. Amputations and prostheses - post-operative physiotherapy 8. Amputations and prostheses - wheelchair 9. Amputations and prostheses - Chair training, stair training, gait variations 10. Aids in the daily life of patients 11. Introduction to Robotic Therapy 12. Robotics for the treatment of neuromuscular dysfunction of the upper limb. 13. Robotics for the treatment of gait retraining Laboratory part, modules/contents: 1. Introduction to orthotic machines 2. Application of upper limb orthotics - 2. Hand and wrist, elbow and shoulder extremities 3. Application of lower limb orthotics - Upper leg, knee and hip 4. Special orthotic devices for children -Stands 5. Design and application of spinal orthoses 6. Amputations and prostheses The colostomy and its care Trimming and care of the columella 7. Amputations and prostheses Application of pre-operative physiotherapy 8. Amputations and prostheses Use of wheelchair Gait training with bacteria Gait training with prosthesis 9. Amputations and prostheses Chair training, stair training, gait variations 10. Aids in the daily life of patients Mobility aids, wheelchair Kitchen utensils, toilet aids, self-service aids 11. Introduction to Robotic Therapy Implementation of a re-education programme for neurological patients 12. Application of robotics for the treatment of upper limb neuromuscular dysfunction. 13. Application of robotic therapy for gait retraining		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	13
	Total Course Hours	91
	ECTS	5
ΑΞΙΟΛΟΓΗΣΗ ΦΟΙΤΗΤΩΝ	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 60% (score 1-7). Laboratory part:	

	Oral examination and problem solving (score 1-10)
Προτεινόμενη Βιβλιογραφία: 1. Mark Brinker, Ορθοπαιδικό Τραύμα, Εκδ. Κωνσταντάρα, 2014 2. M. Nordin & V. Frankel, «Basic Biomechanics of the Musculoskeletal System», Lippincott Williams & Wilkins, USA 2001 3. J. Rose & J. G. Gamble, «Human Walking», Williams & Wilkins, USA 1994 4. Ch. Vaughan, B. Davis, J C. O'Connor, «Dynamics of Human Gait», Human Kinetics Publishers, Illinois 1992 5. F. Kendal, K. McCreary, (1993), Muscles testing and function, 4th edition, New York Williamw & Wilkins.	

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 506C	SEMESTER	5°
COURSE TITLE	Physiotherapy in Surgery - Burns		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		1	2
TOTAL		3	5
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	Anatomy, Physiology		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
The aim of the course is - To provide students with an understanding of the concepts of surgery and the conditions that require surgical treatment. - To understand the surgical patient and his/her special needs regardless of age and to acquire skills related to the management of these patients in terms of their evaluation and the application of physiotherapy instruments for local or systemic surgical problems on the one hand and the systems and organs affected by them on the other. - To prevent the dysfunction of the systems caused by the above surgical problems. In addition, to present the healing processes of the burn wound. Learning objectives of the theoretical part: - Of the processes and mechanisms needing surgical treatment, and governing healing, emphasis will be placed on those that concern the clinical physiotherapist because they will form the theoretical framework on which his rehabilitation programme will be based.			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. Introduction to Surgery, Basic Concepts and Principles 2. Principles, Principles and Principles, Principles and Principles of Surgery. Healing stages, factors affecting healing, types of healing, bleeding, post-operative complications, the effect of age on the surgical patient			

3. Surgical Inflammation
4. Chemoprophylaxis in general surgery
5. Surface surgery, atony ulcer, bedsores, coccygeal cyst. Cili
6. Physiotherapy in Oncology - Mastectomy - Lymphedema
7. Diseases of the Stomach, duodenum, small and large intestine. Elements of diseases of the Liver, Bile ducts and Pancreas, Abdomen - Abdominal trauma
8. Surgical Diseases of the Chest
9. Surgical diseases of the vessels
10. Venous diseases, post-thrombotic syndrome,
11. Physiotherapy in plastic surgery - Burns
12. Neurosurgical diseases, head injury, spinal injuries
13. Congenital abnormalities of the nervous system, ischemic stroke, CNS neoplasms, intracranial inflammation.

Laboratory part, modules/contents:

1. Introduction to rehabilitation of surgical patients, physiotherapy examination, history taking, general assessment and evaluation
- 2 Use and application of rehabilitation aids in a surgical patient depending on the type of surgery.
3. Prevention and rehabilitation of postoperative complications (general complications, circulatory system, cardiorespiratory system, perioperative field) of a surgical patient.
4. Pre-operative and post-operative rehabilitation protocols for the surgical patient (fast track protocol, functional deconditioning, scales).
5. Methods of ulcer treatment. Objectives of the physiotherapy program. Implementation of treatment program. Prevention of ulceration.
6. Preoperative physiotherapy in an oncological patient. Implementation of a therapeutic programme. Postoperative physiotherapy. Evaluation. Postoperative complications. Implementation of postoperative program.
7. Rehabilitation in abdominal surgery.
8. Rehabilitation after thoracotomy.
9. Preoperative and postoperative rehabilitation program in vascular surgery patients.
10. Preoperative and postoperative physiotherapy in patients with venous disease. Implementation of a treatment program. Instructions to patients
11. Physiotherapy and rehabilitation in patients with burns. Respiratory physiotherapy. Range of motion of joints prevention of adhesions and deformities, interceptor positions Static and dynamic splints, application of orthoses. Program of therapeutic exercises, recovery of maximum function. Application of physiotherapy to outpatients. Elastic pressure forms
12. Physiotherapy and rehabilitation in neurosurgical patients. Use and application of aids. Functional rehabilitation. Implementation of a treatment programme. Rehabilitation programme for outpatients.
13. Therapeutic programme in patients with central nervous system damage. Functional restoration. Selection of aids and training in their use. Instructions for patients and attendants.

TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	13	
	Total Course Hours	91	
	ECTS	5	
ΑΞΙΟΛΟΓΗΣΗ ΦΟΙΤΗΤΩΝ	ΘΕΩΡΙΑ: γραπτή αξιολόγηση στο τέλος του εξαμήνου με ερωτήσεις σύντομης απάντησης ΕΡΓΑΣΤΗΡΙΟ: προφορική εξέταση με εφαρμογή φυσικοθεραπευτικών μέσων τεχνικών και μεθόδων οι οποίες έχουν διδαχθεί		

Προτεινόμενη Βιβλιογραφία:

1. Αρώνης, Κ. (1990) . Η Επούλωση του τραύματος. Ιωάννοβιτς, Ι.: Πλαστική Χειρουργική, Εκδόσεις Λίτσα. Αθήνα.

2. Μπονάτσος Γ. Χειρουργική Παθολογία. Εκδόσεις Π.Χ Πασχαλίδη, 2010.
3. Παγκόσμιος οργανισμός υγείας (WHO). Η Διεθνής ταξινόμηση ογκολογικών νοσημάτων. Geneva: WorldHealthOrganization, 2009.
4. Παπαχριστοδούλου ΑΙ. Χειρουργική παχέος εντέρου. Αθήνα: Εκδόσεις Βήτα, 1995.
5. Πετρίδης Α. Εγχειρίδιο Χειρουργικής. Αθήνα: Εκδόσεις Έλλην, 2004.

14.6 Courses 6th Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 601	SEMESTER	6°
COURSE TITLE	Clinical Practice III - Physiotherapy of the musculoskeletal system		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		8	4
TOTAL		11	8
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES			
LANGUAGE:	GREEK, ENGLISH		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to provide the student with theoretical and practical clinical training to enable him/her to manage physiotherapeutically patients suffering from pathological and traumatic conditions of the Musculoskeletal System. In particular, the student is required to study in detail, cases (casestudies) - patients who are hospitalized in the Orthopaedic Clinic of Public Hospitals, Private Clinics, Rehabilitation Centres or in other units of the Health System. In the context of this course, the student is required to apply, under guidance and supervision, knowledge acquired from the prerequisite chain courses to real patients and to the extent that the level of difficulty and safety of the case offered allows. The expected outcome lies in the acquisition of assessment skills, organization of individualized treatment programs that will support his/her upcoming Internship. Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - Understand the problems faced by patients with musculoskeletal problems. - To know and understand international guidelines that are periodically issued by medical bodies. - Know and appreciate the redflags of the cases he/she will face - Become proficient in using tools to evaluate and measure qualitative and quantitative parameters, so that in a scientific and accurate manner they can organise personalised safe and successful Physiotherapy programmes. Learning objectives of the laboratory part: Upon completion of the Laboratory Part, students will be able to - Use techniques, methods and equipment on patients with musculoskeletal problems - Apply clinically safe, scientifically based and successful Physiotherapy			

General Skills		
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents: In the theoretical part of the course, cases are presented in the form of a case study where students are required to develop the assessment, clinical reasoning, organization of an individualized evidence-based respiratory physiotherapy program and continuous monitoring of the patient during his/her return to daily life. 1. Physiotherapy in spinal injuries and disorders 2. Physiotherapy for patients with cervical spine diseases and injuries 3. Physiotherapy for diseases and injuries of the lumbar spine 4. Physiotherapy for diseases and injuries of the shoulder girdle 5. Physiotherapy for diseases and injuries of the elbow 6. Physiotherapy for diseases and injuries of the wrist and fingers 7. Physiotherapy for patients with diseases and injuries of the hip joint 8. Physiotherapy in diseases and injuries of the knee 9. Physiotherapy for diseases and injuries to the foot 10. Physiotherapy for patients with non-microbial joint diseases 10.1. Rheumatoid arthritis 10.2 Ankylosing spondylitis 10.3 Psoriatic arthritis 11. Physiotherapy for patients with degenerative joint diseases - Osteoarthritis 12. Physiotherapy for patients with metabolic diseases of the musculoskeletal system - Osteoporosis 13. Physiotherapy for craniocerebral injuries - polycracks		
Laboratory part, modules/contents: Most or all the laboratory parts of the course take place in Hospital Clinics. There the instructor in cooperation with the hospital staff trains the student in real conditions of Clinical Physiotherapy. In the clinical setting, the theoretical part of the course is applied. In the laboratory Respiratory Physiotherapy is applied by condition but at the same time special emphasis is given to apply items taught in the Respiratory Physiotherapy course of the previous semester such as: 1. Clinical reasoning 2. Preoperative physiotherapy 3. Medical record and interview 4. Physical examination 5. Evaluation of range of motion, muscle strength, sensation 6. Functional testing and exercise tests 7. Kinesiotherapy 8. Patient positioning and mobilisation 9. Surgical interventions and drainage devices		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	104
	Total Course Hours	221
	ECTS	8
STUDENT EVALUATION	Theoretical part: Execution of individual work, 30% (score 1-3) Written final assessment, 70% (score 1-7). Laboratory part: Participation, Assignment, Oral examination (score 1-10) (score 1-10)	
Προτεινόμενη Βιβλιογραφία:		

1. Barbara J. Hoogenboom, Michael L. Voigt, William E. Prentice. Φυσικοθεραπευτικές παρεμβάσεις στο Μυοσκελετικό σύστημα, Εκδόσεις Ιωάννης Κωνσταντάρας, 2015
2. William Prentice, Θεραπευτικά μέσα στην αποκατάσταση, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020
3. Mark Brinker, Ορθοπαιδικό Τραύμα, Εκδόσεις Ιωάννης Κωνσταντάρας, 2014
4. Ι.Πουλής, Φυσικοθεραπεία στις Μυοσκελετικές Παθήσεις, Εκδόσεις Ιωάννης Κωνσταντάρας, 2016
5. Λαμπίρης, Ηλίας Ε (2007). Ορθοπεδική και Τραυματιολογία. Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης, 2007

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 602	SEMESTER	6°
COURSE TITLE	Physiotherapy of the Nervous System II		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	4
Laboratory		2	2
TOTAL		5	6
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Neurology-Neurophysiology, Neuromuscular retraining techniques, Motor Control-Motor learning		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
The aim of the course is:			
- To understand sensorimotor development and control of normal human posture - movement - balance. - To recognize and evaluate by observing - recording - analyzing and interpreting the variations of normal posture - movement and balance resulting from the various lesions and diseases of the Central Nervous System in neonates, infants, children as well as in adult patients. - To recognize and evaluate by observing - recording - analyzing and interpreting the variations of normal posture - movement and balance resulting from the various lesions and diseases of the Central Nervous System in neonates, infants, children as well as in adult patients. - To devise individualised physiotherapy intervention programmes based on the results of systematic and detailed assessment. - To apply physiotherapeutic methods and techniques to improve the sensorimotor condition and to teach functional movement to children and adult patients with lesions, diseases or dysfunctions of the CNS.			
Learning objectives of the theoretical part:			
Upon completion of the Laboratory Part the student will be able to:			
- Interpret the clinical presentation of child and adult patients resulting from various lesions, diseases and dysfunctions of the Central Nervous System. - Select the appropriate means, methods and techniques, according to their effectiveness, for different clinical entities and according to the needs and problems of the adult and child patients themselves and their families.			
Learning objectives of the laboratory part:			
Upon completion of the Laboratory Part the student will be able to:			
- Interpret the clinical picture of child and adult patients resulting from various lesions, diseases and dysfunctions of the Central Nervous System. - Select the appropriate means, methods and techniques, according to their effectiveness, for different clinical entities and according to the needs and problems of the patients themselves, adult children and their families.			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision			

making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents:		
1. Basic principles of assessment, Neurological patient assessment scales. 2. Therapeutic modalities, methods and techniques of management of Neurological patients. 3. Basic principles of therapeutic intervention. 4. Principles of basic principles of neurological therapy. 5. Multiple sclerosis. 6. Parkinsonism and other diseases of the basal ganglia. 7. Craniocerebral injuries. 8. Spinal cord injuries (paraplegia - tetraplegia). 9. Motor Neuron Disease and Neuropathies. 10. Normal sensory-motor development. Primitive reflexes (primary reactions). Balancing and protective responses during neonatal, infancy and childhood. 11. Basic principles of sensorimotor assessment during neonatal, infancy, childhood. 12. Cerebral Palsy - Introduction to the main physiotherapeutic approaches. 13. Interdisciplinary rehabilitation and collaboration team. The role of the family in the therapeutic process.		
Laboratory part, modules/contents:		
1. Physiological functional motor patterns. Development of pathological motor patterns. 2. Evaluation and design of a treatment program for a patient with a stroke (hemiplegia). 3. Evaluation and design of a treatment plan for a patient with Multiple Sclerosis. 4. Evaluation and implementation of a treatment plan for a patient with Parkinson's disease. 5. Evaluation and orientation of a treatment program for a patient with Cerebral Palsy. 6. Evaluation and orientation of a treatment program for patients with Paraplegia - Quadriplegia. 7. Assessment and treatment of coordination and balance disorders in different categories of conditions at the individual stages of rehabilitation, and selection of appropriate therapeutic tools and treatment techniques. 8. Assessment and treatment of sensory and perceptual deficits in neurological patients. 9. Evaluation of children with cerebral palsy. 10. Evaluation and evolutionary treatment programs in children with spastic quadriplegia and biplegia. 11. Evaluation and developmental treatment programs in children with spastic hemiplegia. 12. Evaluation and treatment program orientation in children with atresia and dystonia. 13. Evaluation of treatment program design for a child with ataxia.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	26
	Total Course Hours	143
	ECTS	6
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 60% (score 1-7). Laboratory part: Oral examination and problem solving (score 1-10)	
Προτεινόμενη Βιβλιογραφία:		
1. Deborah Nichols-Larsen Νευρολογική Αποκατάσταση.Ιατρικές εκδόσεις Κωνσταντάρας 2017. 2. D. SCRUTTON, D. DAMIANO, M. MAYSTON Αντιμετώπιση των κινητικών διαταραχών στα παιδιά με		

εγκεφαλική παράλυση. Εκδόσεις Παρισιάνου 2009
3. S. LEVITT Θεραπεία της εγκεφαλικής παράλυσης και της κινητικής καθυστέρησης, Εκδόσεις Παρισιάνου 2002.
4. J. CARR, R. SHEPHERD, Νευρολογική Αποκατάσταση. Εκδόσεις Παρισιάνου 2004.
5. I. BROMLEY . Τετραπληγία και Παραπληγία Εκδόσεις Παρισιάνου 2011

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 603	SEMESTER	6 ^o
COURSE TITLE	Design of therapeutic exercise programmes		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	2
Laboratory		-	-
TOTAL		2	2
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Kinesiology I, Kinesiology II, Kinesiotherapy		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to: - To promote clinical thinking for the design of a therapeutic exercise program - To evaluate, analyse and interpret abnormal motor behaviour in the human musculoskeletal and nervous systems and design therapeutic exercise to improve it. - In the development of evolutionary and group therapeutic exercise programs in rehabilitation. Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - assess and interpret the pathological motor behaviour of the patient - Know the different types of muscle contraction and exercise to improve mechanical function - Design therapeutic exercise programs for the patient's range of motion, neuromuscular synergy, proprioception and functional capacity - To establish through clinical reasoning evolutionary therapeutic exercise programmes			
General Skills - Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1.Introduction to therapeutic exercise 2.Basic principles - Characteristics of therapeutic exercise (Initial positions, rhythm, progression). 3.Objectives of therapeutic exercise. Patient assessment and therapeutic program design. Open - closed chain exercises. 4.Therapeutic exercise programs oriented to structural therapy research proven 5.Therapeutic exercise programmes oriented towards functional therapy research-proven 6.Indicative evolutionary programs for the retraining of posture - movement - balance. Clinical case study. 7.Evolutionary programmes to increase strength			

8.Evolutionary programmes to improve proprioception		
9.Design of therapeutic exercise programmes for neurological patients		
10.Design of therapeutic exercise programmes for people with diabetes mellitus		
11.Design of therapeutic exercise programmes for cardiorespiratory patients		
12.Design of therapeutic exercise programmes in sports injuries		
13.Muscle retraining		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	-
	Total Course Hours	78
	ECTS	2
ΑΞΙΟΛΟΓΗΣΗ ΦΟΙΤΗΤΩΝ	Preparation of an individual assignment (30% (grades 1-3) and a written examination with questions (70%) (grades 1-7)	
Προτεινόμενη Βιβλιογραφία:		
1. Walter Thompson, ACSM Κλινική φυσιολογία της άσκησης, Εκδόσεις Κωνσταντάρας Ετερόρρυθμη Εταιρεία, 2022		
2. Kisner C., Colby L. A., Θεραπευτικές Ασκήσεις: Βασικές Αρχές και Τεχνικές, Εκδόσεις Κωνσταντάρας, Θεσσαλονίκη 2020		
3. Kisner C., Colby L.A., Therapeutic Exercise (Foundations and Techiques, 3 rd edition, F.A. Davis Company, 1993		
4. Ryerson S., Lewit K., Functional Movement Re-education, Churchill Livingstone, 1997.		
5. Shakar K., Exercise Prescription, Hanley and Belfus, 1999.		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 604	SEMESTER	6 ^o
COURSE TITLE	Physiotherapy in Sport		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course:			
The aim of the course is for the student to have acquired knowledge about:			
- The assessment of sports trauma,			
- the provision of immediate therapeutic treatment in sports settings,			
- the treatment and full rehabilitation of sports injuries.			

Learning Objectives Theoretical Part:

At the end of this semester the student should be able to conduct an extensive or specific literature review, find new knowledge, research gaps, critique research papers and design feasible research protocols that advance knowledge through clinical trials, case studies, reviews. Also to learn and use statistical programs such as SPSS.

Learning Objectives of Laboratory Part:

After completing the Laboratory Part, they will be able to

- To carry out a literature search in printed and electronic search engines, databases and databases
- Conduct reviews and comparative studies between articles
- Find research gaps and draw well-founded conclusions
- Disseminate knowledge
- Evaluate, organize, modify and implement clinically safe, scientifically based, successful individualized physical therapy programs

General Skills

- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making
- spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome
- Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques

COURSE CONTENT**Theoretical part, Modules / contents:**

1. Direct and long-term adaptations of systems (nervous, circulatory, respiratory, musculoskeletal) to exercise.
2. Nutrition and physical performance.
3. Psychology of the athlete.
4. Sports injuries, biomechanical analysis of the injury.
5. Prevention of sports injury. Pre-exercise testing and evaluation of athletes. Techniques-methods-tools
6. First aid in the sports area, sudden cardiac death during exercise
7. Injuries in various sports
8. Sporting Conduct
9. Natural means and Sport: electrotherapy, cryotherapy-thermotherapy, hydrotherapy, laser, shock waves, radiofrequencies, new technology
10. Muscle stretching in athletes.
11. Sports massage.
12. Exercise in special populations (child, woman, elderly), patients with disabilities or chronic diseases (heart disease, kidney disease, arthritis, lung disease, neurological diseases, traumatic injuries).
13. Physical therapy for return to sport. Maintenance of sports performance. Physiotherapist in the sports fields in mass and competitive sports.

Laboratory part, modules/contents:

- Evaluation of sports injuries with measurement tools
- Provision of first aid on the playing field
- Sporting skills with assessment tools for sports injuries
- Kinesiotherapy
- Physical therapy
- Sports Massage
- Thermotherapy-cryotherapy
- Hydrotherapy
- Electrotherapy
- Restoration of abilities and skills

TEACHING METHOD.

Face to face, Power Point presentations, distance learning

USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES

Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students

TEACHING ORGANIZATION

<i>Activity</i>	<i>Workload</i>
Theory	78
Laboratory	26
Total Course Hours	104

	ECTS	5	
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 70% (score 1-7). Laboratory part: Oral examination and problem solving (score 1-10)		
Προτεινόμενη Βιβλιογραφία: 1 Φουσέκης Κ, Εφαρμοσμένη Αθλητική Φυσικοθεραπεία .. Εκδότης: Broken Hill Publishers LTD, 2014. 2 Christofer Norris. Αποκατάσταση Αθλητικών Κακώσεων, Εκδόσεις Ιωάννης Κωνσταντάρας, 2023 W.E. Prentice, (2007). Τεχνικές αποκατάστασης αθλητικών κακώσεων. Παρισιάνου Ανώνυμη Εκδοτική Εισαγωγική Εμπορική Εταιρία Επιστημονικών Βιβλίων, 2007.			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 605	SEMESTER	6°
COURSE TITLE	Υγιεινή Επιδημιολογία		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		2	2
TOTAL		4	5
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The aim of this course is to deepen students' knowledge of the basic principles of hygiene and the science of epidemiology and, by extension, public health.			
Learning objectives of the theoretical part: After completing the theoretical part, students will be able to - to establish and recognise the need for strict hygiene standards in health care settings to protect public health - be familiar with the measurement of the incidence of outcomes in epidemiological studies - be familiar with the procedures and spatial measures required of all health care providers to ensure the hygiene of the working environment and other health care facilities - Provide up-to-date knowledge of epidemiological data on infections			
Learning objectives of the laboratory part: Upon completion of the Laboratory Part, students will be able to - Utilize current international guidelines for the prevention of nosocomial infections - Apply all procedures required to ensure appropriate hygiene conditions - Know and apply the basic principles of personal and social hygiene			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome			

-Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / Contents:		
1. Nutrition & Health		
2. Water Hygiene & Waterborne Infections		
3. Epidemic Outbreaks		
4. Emerging environmental microorganisms		
5. Travel medicine: the most common health problems		
6. Mass disasters and public health problems		
7. Hygiene of housing, water supply and sewage		
8. Occupational Health & Safety		
9. Hospital hygiene, epidemiology and prevention of hospital-acquired infections		
Laboratory part, modules/contents:		
1. Practical exercise in investigating epidemic outbreaks through recent epidemics		
2. Epidemiological approach to public health issues		
1. 3. Epidemiological approach to safety and hygiene issues in physical therapy and hospital setting		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	26
	Total Course Hours	104
	ECTS	5
STUDENT EVALUATION	Students are examined in Greek.	
	The theoretical part of the course is examined in a written examination at the end of the semester and includes development questions (scores 1-10)	
	The laboratory part of the course is examined by an oral examination including laboratory application of the taught material (score 1-10)	
Προτεινόμενη Βιβλιογραφία:		
1.Υγιεινή, Αρβανιτίδου - ΒαγιωνάΜ., University Studio Press		
2. Εισαγωγή στην Υγιεινή, Γ.Α. Σταθόπουλος, Επίκεντρο		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 606A	SEMESTER	6 ^ο
COURSE TITLE	Paediatric Physiotherapy		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		1	1
TOTAL		3	4
COURSE TYPE	Μάθημα Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy - Pediatrics - Kinesiology - Respiratory physiotherapy - Physiotherapy of the central nervous system, Physiotherapy of the musculoskeletal system.		
LANGUAGE:	GREEK		

THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr
Learning results	
Purpose of the course: The course aims to enable the student to: Understand the peculiarities of the sick child. To understand the differences between adult medicine and paediatrics. To understand the development of the respiratory, nervous, cardiovascular and musculoskeletal systems to identify, evaluate, analyze and interpret the peculiarities of problems related to sensorimotor and cardiorespiratory function in the developing human body. To devise individualised physiotherapy intervention programmes based on the results of systematic and detailed assessment. Apply physiotherapeutic methods and techniques for the treatment of problems of the nervous, musculoskeletal and cardiorespiratory systems in neonates, infants and children. Apply physiotherapy programmes to children with sensory disorders (vision and hearing), burns, tumours and coagulation disorders. To combine physiotherapy and play. Be able to use specific assessment tests. To give advice to parents and children on the application of specific techniques at home according to their problem, as well as on the equipment necessary for correct and independent treatment. Learning objectives of the theoretical part: After completing the theoretical part, they will be able to: - To know the anatomical and functional peculiarities of the developing organism, its differentiation due to pathological conditions. - Know the differences between adult and paediatric medicine. - To know the psychomotor development - To know the basic principles of physiotherapeutic assessment and intervention in newborns, infants, children. - To enable the student to be competent in the proper evaluation of the child and in the selection of appropriate techniques, methods, and equipment to formulate an effective treatment program. Learning Objectives of Laboratory Part: Upon completion of the Laboratory Part, the student will be able to - To use - apply techniques, methods, devices and equipment of physiotherapy and in particular respiratory physiotherapy to different age groups of children with respiratory, neurological, musculoskeletal and cardiac disorders. - Use - apply techniques, methods, apparatus and equipment in the intensive care unit for premature newborns. - Apply physiotherapy programmes to children with burns, tumours, blood coagulation disorders and sensory disorders. - To distinguish data between normal and abnormal conditions.	
General Skills	
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making - spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome - Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques	
COURSE CONTENT	
Theoretical part, Modules / contents: 1 Anatomical and functional differences of the developing organism 2 Psychomotor development Introduction to paediatric physiotherapy, differences between adult and paediatric medicine 3 Physiotherapy in paediatrics, the role of the physiotherapist 4 Assessment - physiotherapy in different ages of children 5 Respiratory system, respiratory disorders, basic principles of physiotherapy intervention in neonatal, infant, childhood and adolescence. 6 Circulatory system, basic principles of Physiotherapy intervention 7 Nervous system, maturation of the nervous system, sensory-motor development, neurological disorders,	

minimal brain dysfunction, mental retardation, muscle diseases, polyneuropathies
 8 Cerebral palsy, basic principles of physiotherapy intervention
 9 Musculoskeletal system, basic principles of Physiotherapy intervention, splint-guide-surgical treatment
 10 Arthritis, rheumatism, basic principles of physiotherapy intervention
 11 Intensive care unit for premature newborns, children
 12 Thoracic heart-lung surgery
 13 Sensory disorders (vision - hearing), basic principles of physiotherapeutic intervention
 14 Obstetric paralysis, basic principles of physiotherapy intervention
 15 Paediatric oncology - burns, cancer and coagulation disorders, basic principles of physiotherapy intervention
 16 Child and Family, Physiotherapy learning and play, the treatment environment and equipment

Laboratory part, Modules/contents:

1. Relaxation and breathing facilitation positions in infants and children, coughing, Left and right lung drainage positions in the lap of the physiotherapist
2. Breathing exercises, active techniques of drainage of secretions.
3. Respiratory physiotherapy in newborns, preschool, school-age children and adolescents with obstructive diseases
4. Respiratory physiotherapy in the intensive care unit for premature infants
5. Respiratory physiotherapy in cardiopulmonary chest surgery and in the paediatric intensive care unit.
6. Evaluation- Physiotherapy in children with neurological disorders- Cerebral palsy.
7. Evaluation- Physiotherapy in children with Intellectual retardation, Muscle diseases, Polyneuropathies, Sensory disorders (vision - hearing).
8. Evaluation- Physiotherapy in children with spinal deformities, Scoliosis- Cyphosis.
9. Evaluation- Physiotherapy in children with Rheivocrania, Congenital hip replacement, Arthritis.
10. Evaluation- Physiotherapy in children with Rheumatopathies and Obstetric Paralysis
11. Assessment- Physiotherapy in children with Heart Problems, Cancer, Burns and Coagulation Disorders
12. Physiotherapy learning and playing
13. Repetition, treatment protocols

Lab repetition, treatment protocols											
TEACHING METHOD.	Face to face, Power Point presentations, distance learning										
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students										
TEACHING ORGANIZATION	<table><tr><td>Activity</td><td>Workload</td></tr><tr><td>Theory</td><td>78</td></tr><tr><td>Laboratory</td><td>13</td></tr><tr><td>Total Course Hours</td><td>91</td></tr><tr><td>ECTS</td><td>4</td></tr></table>	Activity	Workload	Theory	78	Laboratory	13	Total Course Hours	91	ECTS	4
	Activity	Workload									
	Theory	78									
	Laboratory	13									
	Total Course Hours	91									
	ECTS	4									
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 60% (score 1-7). Laboratory part: Oral examination and problem solving (score 1-10)										

Προτεινόμενη Βιβλιογραφία:

1. Χριστάρα παπαδοπούλου Αλεξάνδρα, Γεωργιάδου Αθηνά, παπαδοπούλου Ουρανία. Φυσικοθεραπεία στην Παιδιατρική, Εκδόσεις University Studio Press - Ανώνυμος Εταιρία Γραφικών Τεχνών και Εκδόσεων, 2014
2. Barbara A. Weber, Jeniffer A. Pryor: Physiotherapy for respiratory and cardiac problems, Churchill Livingstone, Edinburge, London, Madrid, Melbourne, New York 1993. Livingstone 1993.
3. Tecklin J. S., Peadiatric Physical Therapy, 3rd ed. Lippincott Williamsand Willkins, 1999.
4. Brodal P, The Central Nervous System: Structure and Function, New York: Oxford University Press, 1992.
5. Irwin S, Tecklin IS, Respiratory Cardiopulmonary physical therapy, C.V. Mosby company, U.S.A, 1985.

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 606B	SEMESTER	6 ^ο
COURSE TITLE	Φυσικοθεραπεία στην Τρίτη ηλικία		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	3
Laboratory		1	1
TOTAL		3	4
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Physiotherapy, Physiotherapy of the musculoskeletal system, Physiotherapy of the nervous system		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to educate the student in the management of the problems of the elderly in conjunction with the specifics to be considered when designing and implementing interventional physical therapy programs for a range of problems related to the elderly.			
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - be familiar with the biology of ageing and the changes in the organ systems that it brings about - be familiar with the particularities, diseases and problems of old age - Understand the assessment of biological parameters and organ systems of the elderly			
Learning objectives of the laboratory part: After completing the laboratory part, they will be able to - Develop and implement physiotherapy intervention programmes for elderly people - Create and evaluate programmes for the prevention of falls in older people and develop group exercise programmes - ensure the self-care and quality of life of older people			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / Contents: 1.Introduction to the biology of ageing 2.Physiotherapeutic evaluation of elderly people 3.Physiotherapy programmes for the prevention and secondary prevention of falls in the elderly 4.Sub-maximal functional tests for older people 5.Osteoporosis in old age 6.Falls and burns in the elderly 7.Intervention programmes in elderly people with dementia 8.Physiotherapy in elderly people with cardiovascular diseases 9.Physiotherapy for elderly people with respiratory problems 10.Physiotherapy intervention in Parkinson's disease 11.Therapeutic intervention in osteoarthritis in old age 12.Group exercise programmes for elderly people 13.Counselling in rehabilitation of the elderly			

Laboratory part, Modules / contents:		
1. Demonstration and monitoring with the help of technology of changes in the musculoskeletal system and practical application of simulated changes in posture, movement, dynamic balance, etc.		
2. Physiotherapeutic assessment of elderly people		
3. Design of physiotherapy programmes for the prevention and secondary prevention of falls in elderly people		
4. Sub-maximal functional tests for older people		
5. Design and implementation of osteoporosis prevention programs and practical training of students		
6. Falls and burns in the elderly		
7. Intervention programmes in elderly people with dementia		
8. Physiotherapy in elderly people with cardiovascular diseases		
9. Physiotherapy for elderly people with respiratory problems		
10. Physiotherapy intervention in Parkinson's disease		
11. Therapeutic intervention in osteoarthritis in old age		
12. Group exercise programmes for elderly people		
13. Practical application of counselling techniques in rehabilitation in fictitious cases		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	13
	Total Course Hours	91
	ECTS	4
STUDENT EVALUATION	The theoretical part of the course is examined by a written examination at the end of the semester and includes multiple choice questions. (score 1-10)	
	The laboratory part of the course is examined by an oral examination including laboratory application of the taught subjects. (marks 1-10)	
Προτεινόμενη Βιβλιογραφία:		
1 Geriatric Rehabilitation Manual Book, May 2007,		
2 Brocklehurst's Textbook of Geriatric Medicine and Gerontology Book, March 2010		
3 Falls and Their Prevention, An Issue of Clinics in Geriatric Medicine Book, November 2010		
4 Πορφυριάδου Ανθή Σημειώσεις Γηριατρικής ΑΤΕΙΘ 1999		
5 Ιακωβίδης Π, Ιατρίδου Γ, Πορφυριάδου Α Στοιχεία κλινικής φυσικοθεραπευτικής αξιολόγησης ατόμων τρίτης ηλικίας ΑΤΕΙΘ 2009		

14.7 Courses 7th Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 701	SEMESTER	7 ^o
COURSE TITLE	Clinical Practice IV - Physiotherapy of the nervous system		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	6
Laboratory		8	4
TOTAL		11	10

COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course
PREREQUISITE COURSES :	NO
PREVIOUS SUPPORT COURSES	Όλα τα μαθήματα των προηγούμενων εξαμήνων
LANGUAGE:	GREEK, ENGLISH
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr
Learning results	
Purpose of the course: The course aims to provide the student with theoretical and practical clinical training to enable him/her to manage physiotherapeutically patients suffering from pathological and traumatic conditions of the Nervous System. The aim of the course is for the student to have acquired knowledge on how to recognize and evaluate during clinical application by observing - recording - analyzing and interpreting the variations of physiological posture - movement and balance resulting from various lesions and injuries of the Central and Peripheral Nervous System. In particular, the student is invited to study in detail, cases (casestudies) - patients hospitalized in the Neurology Clinic, the Neurosurgery Clinic of Public Hospitals, Private Clinics, Rehabilitation Centers or other units of the Health System. In the context of this course, the student is required to apply under guidance and supervision knowledge acquired from the prerequisite chain courses, on real patients and to the extent that the level of difficulty and safety of the case offered allows. The expected outcome lies in the acquisition of assessment skills, organization of individualized treatment programs that will support his/her upcoming Internship. Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to 1. Understand the problems faced by patients with nervous system problems. 2. To know and understand international guidelines that are periodically issued by medical bodies. 3. To know and appreciate the redflags of the cases he/she will face 4. Become proficient in using tools to evaluate and measure qualitative and quantitative parameters, so that in a scientific and accurate manner, he/she can organize individualized safe and successful Physiotherapy programs. Learning objectives of the laboratory part: Upon completion of the Laboratory Part, students will be able to 1. Use techniques, methods and equipment on patients with diseases and injuries of the nervous system 2. Evaluate, organize, modify and implement clinically safe, scientifically based, successful individualized physical therapy programs	
General Skills	
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques	
COURSE CONTENT	
Theoretical part, Modules / contents: In the theoretical part of the course, cases are presented in the form of a case study where students are required to develop the assessment, clinical reasoning, organization of an individualized evidence-based respiratory physiotherapy program and continuous monitoring of the patient during his/her return to daily life. 1. The role of physiotherapy in diseases and injuries of the peripheral nervous system. 2. Assessment of NS, Clinical reasoning 3. Physiotherapeutic treatment of the conditions of neuritis, neuropathy, polyneuropathy, polyomyelitis. 4. Peripheral nerve injuries. Methods of physiotherapeutic treatment of nerves: personal (Bell's palsy) brachial plexus paralysis, axillary, radial, median, ulnar, myofascial, long thoracic, dorsal scapula, sciatic,	

femoral, tibial, peroneal.				
5. Paralysis during childbirth				
6. Degenerative diseases of the CNS ataxia				
7. Paraplegia				
8. Neurosurgical interventions				
9. Spinal Cord Diseases and Injuries				
10. Multiple sclerosis, neuropathies, polyneuritis, polyneuropathy				
11. Polyradiculitis				
12. Parkinson's disease				
13. Tumours of the Nervous System				
14. Degenerative diseases of the nervous system				
Laboratory part, Modules / contents:				
Most or all the laboratory portion of the course is conducted in Hospital Clinics. There the instructor in cooperation with the hospital staff trains the student in real conditions of Clinical Physiotherapy. In the clinical setting, the theoretical part of the course is applied.				
In the laboratory Respiratory Physiotherapy is applied by condition but at the same time special emphasis is given to apply items taught in the Respiratory Physiotherapy course of the previous semester such as:				
- Clinical reasoning				
- Preoperative physiotherapy				
- Pre-operative preoperative training pre-operative physiotherapy				
- Physical examination				
- Assessment of range of motion, muscle strength, sensation				
- Functional testing and exercise tests				
- Kinesiotherapy				
- Hydrotherapy-Pisina				
- Special Techniques				
- Patient positioning and mobilisation				
- Surgical procedures and drainage devices				
TEACHING METHOD.	Face to face, Power Point presentations, distance learning			
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students			
TEACHING ORGANIZATION	Activity	Workload		
	Theory	117		
	Laboratory	104		
	Total Course Hours	221		
	ECTS	10		
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 70% (score 1-7). Laboratory part: Oral examination and problem solving (score 1-10)			
Προτεινόμενη Βιβλιογραφία:				
1 Deborah Nichols-Larsen, Νευρολογική Αποκατάσταση, Εκδόσεις Ιωάννης Κνωσταντάρας, 2017				
2 Shumway A, Κινητικός Έλεγχος, από την Έρευνα στην Κλινική Πράξη. Broken Hill Publishers LTD, 2011.				
3 Ρόσμπογλου Στέλιος, Νευρολογική Φυσικοθεραπεία. Εκδοτικός Οίκος Αδελφών Κυριακίδη Α.Ε, 2012.				
4 J. Carr, R. Shepherd, Νευρολογική αποκατάσταση. Παρισιάνου Ανώνυμη Εκδοτική Εισαγωγική Εμπορική Εταιρία Επιστημονικών Βιβλίων, 2004				

SCHOOL	HEALTH SCIENCES
DEPARTMENT	PHYSIOTHERAPY

LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 702	SEMESTER	7°
COURSE TITLE	Physiotherapy assessment - Clinical reasoning		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	5
Laboratory		1	1
TOTAL		3	6
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The purpose of this course is to provide the student with an in-depth understanding of how to assess the patient by applying the appropriate clinical reasoning framework and using the appropriate clinical tools, and how to document their findings to organize an appropriate treatment intervention plan. It is also intended that the student will acquire skills to collect and classify the patient's subjective symptoms in relation to their problem. To record the patient's objective findings through valid and reliable assessment methods considering available research data. To consider the patient's symptoms and findings including those related to the patient's psychosocial and emotional state and make appropriate clinical decisions for the patient across the spectrum of physical therapy.			
Learning objectives of theoretical part: Upon completion of the course, students will be able to: - Assess the patient by selecting the appropriate method for systematic recording of findings knowing the respective advantages and limitations - assess the patient and record the patient's subjective and objective findings through valid and reliable methods and instruments. - consider the patient's symptoms and findings including those related to psychosocial and emotional. - Understand how to integrate the findings of the Physiotherapy Assessment into a comprehensive framework of clinical reasoning that will lead to the appropriate clinical decision for the individualized design of a treatment plan. - Develop appropriate clinical reasoning for early recognition of serious pathologies and referral to another specialist.			
Learning objectives of the laboratory part: - To acquire the necessary skills and select appropriate case-specific, clinically applicable, techniques and specific assessment tests - design a specific plan according to their assessment that is safe and appropriate for each musculoskeletal, neurological and respiratory patient and consistent with recent research data			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part Modules / Contents:			
1. Introduction-Clinical reasoning			
2. Pain as a key element of the Assessment - Chronic Pain - Chronic Pain.			
3. Subjective Assessment of Neuromusculoskeletal Patient			
4. Objective Assessment of the Neuromusculoskeletal Patient			
5. Special Tests - Assessment Tools			

6. Methodology for recording the findings of the Assessment		
7. Flagging system (Red, yellow flags etc.)		
8. Clinical Signs of Serious Pathologies - Referral		
9. Clinical reasoning - Decision making		
10. Subjective Evaluation of the Neurological Patient		
11. Objective Assessment of the Neurological Patient		
12. Gait Assessment		
13. Subjective Evaluation - Objective Evaluation of Respiratory Patient		
Laboratory Part, Modules / Contents:		
1 Introduction-Clinical reasoning Types - Importance Common Errors Disadvantages - advantages of different types of S.O.A.P. (Subjective, Objective, Assessment, Planning) - Clinical reasoning forms		
2 Scales / Pain Assessment Tools		
3 Subjective Neuromusculoskeletal Patient Assessment - Recorded Case Study / Role Playing		
4 Objective Assessment of Neuromusculoskeletal Patient - Recording of objective parameters at clinical level - Recording of objective parameters at research level using modern technology		
5 Specific tests - Assessment Tools, Orthopedic/Nerve Tissue Test, Pain Assessment Questionnaires, Muscle Strength, Functionality, etc.		
6 Methodology for recording the findings of the Assessment		
7 Flagging system (Red, yellow flags etc.)		
8 Clinical Signs of Serious Pathologies - Referral, Cranial Nerve Assessment, Vascular System Assessment, Neurological Integrity Check		
9 Clinical Reasoning - Decision Making, Treatment Plan, Evidence Based Practice, Prognosis, Reassessment / Referral / Discharge, Role Playing / Case Study		
10 Subjective Assessment of the Neurological Patient		
11 Objective Assessment of the Neurological Patient, Sensitivity, Strength, Reflexes, Muscle Tone, Agility / Coordination		
12 Gait Assessment - Demonstration of Research Laboratory Equipment - Observation - Gait Assessment		
13 Subjective Evaluation - Objective Evaluation of Respiratory Patient, Impact, Listening, Breathing Sounds etc.		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	13
	Total Course Hours	91
	ECTS	6
ΑΞΙΟΛΟΓΗΣΗ ΦΟΙΤΗΤΩΝ	Students are examined in Greek. Theoretical part: 30% individual work (grades 1-3) and 70% written examination with questions (grades 1-7). Laboratory part.	
Προτεινόμενη Βιβλιογραφία:		
1 Johnson, 2011. Νευροανατομία. Εκδόσεις Κωνσταντάρας		
2 Jones, M. A., & Rivett, D. A., 2019. Clinical Reasoning for Manual Therapists. Elsevier Health Sciences.		
3 Gina Maria Musolino, Κλινικός συλλογισμός και λήψη αποφάσεων στη φυσικοθεραπεία, Εκδ. Κωνσταντάρας, 2021		
4 Magee.J., 2018. Αξιολόγηση Ορθοπαιδικών Προβλημάτων, 6η έκδοση. Εκδ. Συμμετρία		
5 Petty, N.J. and Ryder, D. eds., 2017. Musculoskeletal Examination and Assessment E-Book: A Handbook for Therapists. Elsevier Health Sciences.		

SCHOOL	HEALTH SCIENCES
DEPARTMENT	PHYSIOTHERAPY

LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 703	SEMESTER	7 ^ο
COURSE TITLE	Physiotherapy in special populations - Special Education		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	5
Laboratory		1	1
TOTAL		3	6
COURSE TYPE	Specialized general knowledge, Skills Development (SD) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Όλα τα μαθήματα των προηγούμενων εξαμήνων		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The aim of the course is for the student to have acquired knowledge about: The causes of disabilities. The legal framework governing people with disabilities An understanding of the methodology, adaptation, principles and value of Physiotherapy Special Education, for individuals and groups with special needs and chronic disabilities. The knowledge and understanding of the selection, classification and training of individuals and groups with special needs in Sports activities.			
Learning Objectives Theoretical Part: After completing the theoretical part, the student will have gained knowledge about: Motor and cognitive dysfunctions and sensory disorders Special techniques and methods for the assessment and promotion of the skills of people with disabilities Technical and technical techniques and techniques for the training of handicapped people and their abilities. Exercise and recreation Specialist sports - International organisations of disabled people - Classification of athletes. Physical Education Programmes in Special Care and Treatment Centres: Psychiatric Hospitals, Special Schools, Rehabilitation Centres. Robotics and modern technology Learning objectives of the laboratory part: Student group laboratory exercises to implement exercise programs for Special Populations. Visits and implementation of Special Physical Education programs in schools, institutions and sports facilities for people with special needs. Learning and application of techniques and methods that promote the psychosocial status of people with disabilities 1 Klapp method 2 Bobath method 3 Hippotherapy 4 Physiotherapy in a swimming pool 5 Hydrotherapy. Thermal baths - Thalassotherapy - Physiotherapy intervention - Group programmes 6 Music therapy			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents:			

1.	Disability in Greece and in the world, state and institutional framework, people with disabilities and social equality	
2.	Assessment and classification of disability. Social status and classification, social status and social inclusion	
3.	Clinical reasoning. Organization and execution of safe and successful specific physical therapy programs for Individuals with disabilities and chronic conditions.	
4.	Motor disabilities in adults and children, gait problems and alterations in disabled people; balance and proprioception problems. - Causes and prevention of falls.	
5.	Cerebral palsy	
6.	Muscular dystrophies, hereditary Muscular Dystrophies of the Spine	
7.	Craniocerebral injuries, Spinal cord injuries	
8.	Arthrogryposis, Spina bifida	
9.	Obstetric Paralysis	
10.	Disability aids. Education, guidance, navigation	
11.	Special physiotherapeutic intervention techniques in functional rehabilitation of disabled people, electromyographic biofeedback (E.M.G Biofeedback)	
12.	Activities that develop motor skills, design of individualized motor protocols that help navigation in school and in the community	
13.	Therapeutic exercises to improve strength, balance, coordination and flexibility	
14.	Activities that develop motor skills, xuse of adapted equipment, orthoses, and assistive technology to facilitate independence and mobility	
15.	Information and training for families in managing physical disabilities. Mental, physical and environmental adaptations to disabling conditions. Prevention- Counselling.	
16.	Teaching skills is important for lifelong fitness and participation in games and recreational activities	
17.	Ergonomic interventions in the configuration of the home of the elderly. Daily Activity in and out of the home.	
18.	Group physical therapy programs.	
Laboratory part, modules/contents:		
In the laboratory, students apply methods and techniques known from previous semester courses to hypothetical cases belonging to the field of special education and disabilities		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	13
	Total Course Hours	91
	ECTS	6
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 70% (score 1-7). Laboratory part: Oral examination and problem solving (score 1-10)	
Προτεινόμενη Βιβλιογραφία:		
1 Walter Thompson, ACSM Κλινική Φυσιολογία της Άσκησης, Εκδόσεις Ιωάννης Κωνσταντάρας, 2022		
2 P.Williamson. Θεραπευτική άσκηση για Ειδικούς Πληθυσμούς, , Εκδόσεις Ιωάννης Κωνσταντάρας, 2016		
3 DustineJ., MooreG. ACSM's Άσκηση Χρόνιες παθήσεις και αναπηρίες. Broken Hill Publishers LTD, 2005		
4 Horvart, Μέτρηση και Αξιολόγηση στην Προσαρμοσμένη Κινητική Αγωγή, Α.ΠΙΠΕΡΗΣ & ΣΙΑ ΕΕ, 2011		
5 Jeanette Rennie, Learning Disability: Physical Therapy Treatment and Management - A Collaborative Approach. John Wiley & Sons Ltd, 2007		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 704	SEMESTER	7 ^o
COURSE TITLE	Ethics - Bioethics - Privacy		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	4
Laboratory		-	-
TOTAL		2	4
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Ανατομική, Παιδιατρική, Κινησιολογία, Αναπνευστική φυσικοθεραπεία, Φυσικοθεραπεία του κεντρικού νευρικού συστήματος, Φυσικοθεραπεία του μυοσκελετικού συστήματος.		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The course aims to enable the student to: The aim of the course is to To make students aware of the rules and how to behave towards: Patients and family environment of all categories The colleagues and the environment of the nursing units of the country To know their professional rights at national and European level To become familiar with professional and scientific bodies and their activities To learn about the protection of personal data			
Learning objectives of the theoretical part: After the completion of the theoretical part, they will be able to: - What is primary health care, where secondary & tertiary health care is provided and what is hospital care - Physical therapy principles according to H.T.P.S.F. (European Section of the World Confederation of Physiotherapists), what a physiotherapist should do - Why are the rules according to E.T.P.S.F. necessary? - What are the criteria for respecting the patient, for confidentiality - For the evaluation and the treatment cycle in detail - What standard 19 defines & what the assessment considers - What is included in medical diagnosis and what is included in physiotherapy - What are the duties of physiotherapists towards patients according to the code of ethics in Greece - What are the duties of physiotherapists towards their colleagues according to the code of ethics in Greece - What should be the cooperation of the physiotherapist with the health authorities - In which cases are it possible for the physiotherapist to intervene without consent? - Which codes of conduct express compassion - What are the principles - patients' rights? - What is old age and what are the characteristics of the physiotherapist's behaviour towards the elderly? - What about relatives? - What are the stages experienced by a person on the way to death? - What are the rights of the dying person? - Necessary conditions for opening a physiotherapy clinic - What is the appropriate equipment - Means of promoting physiotherapy and its effects on human health and on improving the quality of life - To learn about the protection of personal data			

General Skills		
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents:		
1. Health care and health care sector: open care, primary health care 2. Secondary - tertiary care: hospital care 3. The perceptions & work role of health care professionals 4. The concept of Ethics of the Profession, Basic European Rules of Physiotherapy Practice 5. Principles of bioethics of the profession 6. Placing the right professional in the right position and interdisciplinary cooperation 7. Professional relationship with the patient 8. Standards, 1-7 9. Standards, 8-15 10. Standards, 16-22 11. The code of ethics in Greece, code of ethics for physiotherapists 12. Advertising and promotion of physiotherapy and promotion of its effects on health and quality of life 1. 13. Protection of personal data		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	78
	Laboratory	-
	Total Course Hours	78
	ECTS	4
STUDENT EVALUATION	Θεωρητικό μέρος: Αξιολογείται η εκπόνηση ατομικής ή ομαδικής εργασίας σε ποσοστό 30% Quiz ενδιάμεσα την 6η εβδομάδα 20% Γραπτή τελική αξιολόγηση, με ερωτήσεις πολλαπλών επιλογών σε ποσοστό 50%	
Προτεινόμενη Βιβλιογραφία:		
1 Χριστάρα Αλεξάνδρα, Κατσουπάκης Δημήτρης, Γεωργιάδου Αθηνά. Δεοντολογία στη Φυσικοθεραπεία. Εκδόσεις Κυριακίδη, Μονοπρόσωπη, 2016 2 Susan M. Turley, Medical Language-Αγγλική Ορολογία για τις Επιστήμες Υγείας, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020 3 Αλεξάνδρα Χριστάρα – Παπαδοπούλου, Βάιος Νταφούλης, Άννα Χαλκιά, Ουρανία Παπαδοπούλου, Φυσικοθεραπεία στην Ψυχική Υγεία, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020 4 Martin KD, ed. Physical Therapy Practice in Educational Enviroments: Policies and Guidelines. American Physical Therapy Association; 1990		

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 705A	SEMESTER	7 ^ο
COURSE TITLE	Nutrition and health in rehabilitation		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	4
Laboratory		-	-

TOTAL		2	4
COURSE TYPE	Special Background (SB) Mandatory Course		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES			
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
The aim of the course is: - To provide basic knowledge of the science of nutrition. - To analyse and present the importance of proper nutrition - To demonstrate the importance of proper nutrition in the rehabilitation of a person - To emphasize how a person's health is affected by proper food intake - In addition, to examine what effect the lack or excessive intake of some of these elements has on a person's health.			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. Introduction to nutrition and health 2. 1. Introduction to Nutrition, Nutrition and Health 3. Fat intake 4. Protein intake 5. Vitamins 6. Trace elements and minerals 7. Energy balance 8. The role of leptin in energy balance 9. Anemia - hyperchromatosis - iron supplements 10. Glycaemic index 11. Metabolic syndrome and the Mediterranean diet 12. Eating disorders 13. Adapted nutrition in diseases and conditions			
TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	-	
	Total Course Hours	78	
	ECTS	4	
STUDENT EVALUATION	Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 70% (score 1-7).		
Προτεινόμενη Βιβλιογραφία:			
1. Jequier, E. and Tappy, L. Regulation of Body Weight in Humans. Physiological Reviews, 79(2), 451-480, 1999. 2. Gleim, G.W. and Glace, B.W. Energy Balance and Weight Control (Male and Female). In Contemporary Endocrinology: Sports Endocrinology (Eds) Warren and Constantini, Humana Press inc, Totowa, NJ, 189-			

205, 2000.

3. Hu, F.B., van Dam, R.M., Liu, S. Diet and risk of Type II diabetes: the role of types of fat and carbohydrate. Diabetologia, 44: 805-817, 2001.
4. Susan Dudek, Βασικές Αρχές Διατροφής Στη Νοσηλευτική, Εκδόσεις Κωνσταντάρας, 2022
5. Arciero PJ, Vukovich MD, Holloszy JO, Racette SB, Kohrt WM. Comparison of short-term diet and exercise on insulin action in individuals with abnormal glucose tolerance. J Appl Physiol 1999 Jun;86(6):1930

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 705B	SEMESTER	7 ^ο
COURSE TITLE	Εναλλακτικές – συμπληρωματικές θεραπείες		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	4
Laboratory		-	-
TOTAL		2	4
COURSE TYPE	Μάθημα Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Anatomy, Physiology, Therapeutic massage techniques		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: - To train students in the evaluation of the scarred area to select - apply the appropriate treatments - To enable students to apply alternative techniques and in combination with classical massage and other physiotherapy techniques - To enable students to apply specific alternative techniques for effective treatment of the patient and improvement of quality of life - To familiarise students with the effects, indications and contraindications of alternative - complementary therapies. - As a result of the above knowledge elements, the student will be able to assess the situation of each patient, to choose the appropriate techniques, methods and means, and to be able to evaluate the results of the intervention.			
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - Know the alternative - complementary therapies. - To know the results of the treatment. - Understand its effect on the different systems in the human body. - Know the indications and contraindications of alternative techniques - To enable the student to be competent in the evaluation of the patient and in the application of the appropriate alternative therapy and its combination with classical massage.			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. Satsu, basic principles, meridians, technique, treatment, effects, indications, contraindications			

2. reflexology, basic principles, meridians, technique, treatment, results, indications, contraindications			
3. Neuromodulation, othotherapy, anatomy of the ear, neurosis, points and otic areas, evaluation of the ear, finding the points with low electrical resistance, therapeutic stimulation - activation using tens, pressure therapy			
4. Neuromodulation for treatment of various pathological conditions and improvement of health			
5. Acupuncture and Pressure Therapy, acupuncture and pressure points			
6. Acupuncture and treatment in various pathological conditions			
7. 8. Homeopathy, basic principles, treatment in various pathological conditions			
8. Aromatherapy, definition, basic principles, effect on the nervous system, treatment			
9. Herbal therapy, basic principles, treatment			
10. chromatherapy, basic principles, effect on the nervous system, treatment			
11. Equine therapy, definition, basic principles, the horse in equine therapy, differences with riding, indications, contraindications			
12. Equine therapy in patients with neurological, respiratory and psychological problems			
13. Music therapy, definition, effect on the nervous system, music therapy in patients with mental illnesses			
TEACHING METHOD.		Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES		Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION		Activity	Workload
		Theory	78
		Laboratory	-
		Total Course Hours	78
		ECTS	4
STUDENT EVALUATION		Theoretical part: The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple-choice questions at 60% (score 1-7).	
Προτεινόμενη Βιβλιογραφία:			
1. Αλεξάνδρα Χριστάρα – Παπαδοπούλου, Ουρανία Παπαδοπούλου , Εμμανουήλ Τρευλάκης, Ονούφριος Ποιμενίδης, Εναλλακτικές Συμπληρωματικές Μορφές Θεραπείας, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020			
2. Αλεξάνδρα Χριστάρα Παπαδοπούλου, Βάιος Νταφούλης, Άννα Χαλκιά, Ουρανία Παπαδοπούλου, Φυσικοθεραπεία στην ψυχική υγεία, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020			
3. Χριστάρα Παπαδοπούλου Αλεξάνδρα, Τεχνικές μάλaxης, University Studio Press – Ανώνυμος Εταιρεία Γραφικών Τεχνών και Εκδόσεων, 2017			
4. Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Παπαδοπούλου Ουρανία, Θεραπευτική Μάλaxη, εκδόσεις University Studio Press, Θεσσαλονίκη 2015			
5. Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Αναπνευστική φυσικοθεραπεία, εκδόσεις, University Studio Press – Ανώνυμος Εταιρεία Γραφικών Τεχνών και Εκδόσεων, 2017			

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 705C	SEMESTER	7 ^ο
COURSE TITLE	Physiotherapy in animals		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		2	4
Laboratory		-	-
TOTAL		2	4
COURSE TYPE	Μάθημα Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		

PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: The aim of the course is for the student to become familiar with the environment of the specialized Animal Physiotherapy Centre and the tools and materials used by the Physiotherapist during the therapeutic intervention process. To acquire the basic skills of animal-patient handling. To enable the student to be able to evaluate animal patients with a variety of problems of all the systems in which Physiotherapy generally intervenes, such as cardiorespiratory, musculoskeletal, musculoskeletal and nervous systems. There to apply physiotherapy techniques and methods. The course aims to provide the student with theoretical and practical clinical training to enable him/her to manage physiotherapeutically, animal patients suffering from pathological and traumatic conditions always in the field of Physiotherapy. In particular, the student is required to study in detail cases (casestudies)-animal patients hospitalized in Veterinary Clinics or in the homes of their owners. The expected outcome is the acquisition of assessment skills, organization of individualized treatment programs.			
Learning objectives of the theoretical part: After completing the theoretical part, the student will be able to - Understand the problems faced by patient animals. - Know and understand international guidelines that are regularly issued by relevant bodies. - Know and appreciate the redflags of the cases he/she will face Become proficient in the use of tools to evaluate and measure qualitative and quantitative parameters, so that in a scientific and accurate manner they can organise personalised safe and successful Physiotherapy programmes			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. Animal diseases 2. Animal behaviour 3. Animal nutrition 4. Animal biomechanics 5. Neurological and muscular diseases and injuries 6. Physiotherapy methods 7. Physiotherapeutic Assessment for Animals 8. Manual therapy in animals 9. Principles of Electrotherapy in Veterinary Physiotherapy 10. Hydrotherapy 11. Acupuncture and trigger points 12. Treatment and rehabilitation of dogs 13. 13. Equine Treatment and Rehabilitation			
TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	78	
	Laboratory	-	

	Total Course Hours	78	
	ECTS	4	
STUDENT EVALUATION	Θεωρητικό μέρος: Αξιολογείται η εκπόνηση της ατομικής εργασίας σε ποσοστό 30% (βαθμολογία 1-3) Γραπτή τελική αξιολόγηση, με ερωτήσεις πολλαπλών επιλογών σε ποσοστό 70% (βαθμολογία 1-7)		
Προτεινόμενη Βιβλιογραφία:			
1. Catherine McGowan, Lesley Goff. Animal Physiotherapy: Assessment, Treatment and Rehabilitation of Animals (2016). Publisher: Wiley-Blackwell; 2 edition.			
2. David Prydie, Isobel Hewitt. Practical Physiotherapy for Small Animal Practice (2015). John Wiley & Sons, Ltd.			

14.8 Courses 8th Semester

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 803A	SEMESTER	8 ^ο
COURSE TITLE	Cognitive behavioural therapy - Counselling		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	5
Laboratory		-	-
TOTAL		3	5
COURSE TYPE	Μάθημα Ειδικότητας Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		
LANGUAGE:	GREEK, ENGLISH, ITALIAN		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: In the course the student aims to gain knowledge to help the patient, understand the misconceptions and the way of dealing with the patient's condition, to reconstruct them and then try to modify the patient's behaviour. Learning objectives: On completion of the theoretical part, the student will be able to help patients achieve desired changes in the way they think, feel and behave.			
General Skills			
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1. What is Cognitive Behavioural Therapy - Counselling? 2. What is Cognitive Behavioural Therapy? What is Cognitive Behavioural Therapy? 3. Techniques of Cognitive Behavioral Therapy.			

4. The therapist-therapist relationship is a central goal of the first sessions.											
5. Recognition and treatment of dysfunctional thoughts.											
6. The relationship between Behavior and automatic thoughts.											
7. Beliefs - The emphasis on positive elements											
8. The role of the patient. Duration of treatment											
9. The use of the activity diary to check the patient's predictions.											
10. Benefits of treatment. How parents benefit from the treatment.											
11. The Biopsychosocial model to examine a disease, (onset, progression and outcome), uses three dimensions.											
12. In which diseases Cognitive Behavioral Therapy - Counseling can be applied.											
13. Prevention of relapses											
TEACHING METHOD.	Face to face, Power Point presentations, distance learning										
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students										
TEACHING ORGANIZATION	<table> <tr> <th><i>Activity</i></th><th><i>Workload</i></th></tr> <tr> <td>Theory</td><td>117</td></tr> <tr> <td>Laboratory</td><td>-</td></tr> <tr> <td>Total Course Hours</td><td>117</td></tr> <tr> <td>ECTS</td><td>5</td></tr> </table>	<i>Activity</i>	<i>Workload</i>	Theory	117	Laboratory	-	Total Course Hours	117	ECTS	5
<i>Activity</i>	<i>Workload</i>										
Theory	117										
Laboratory	-										
Total Course Hours	117										
ECTS	5										
STUDENT EVALUATION	The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple choice questions, 70% (scores 1-7)										
Προτεινόμενη Βιβλιογραφία:											
1. Didden, R., Korzilius, H., Wietske van Oorsouw & Sturmey, P. (2006). Behavioral Treatment of challenging behaviors in individuals with mild mental retardation.: Metaanalysis of single – subject research. American Journal on Mental Retardation. 111, 290- 298. 2. Wilson, J.K. & Rapee, R.M. (2005). The interpretation of negative social events in social phobia: changes during treatment and relationship to outcome. Behaviour Research and Therapy, 43(3): 373–389. 3. Marks, I. & Dar, R. (2000). Fear reduction by psychotherapies recent findings future directions. British journal of psychiatry, 176: 507-511. 4. Χαρίλα, Ν. (1995). Γνωσιακή θεραπεία της συμπεριφοράς. Στο βιβλίο Θέματα γνωσιακής και συμπεριφοριστικής θεραπείας (επιμ. Γ. Μπουλουγούρης), σελ. 113-124. Αθήνα: ΕλληνικάΓράμματα. 5. Hofmann, S.G. (2007). Cognitive Factors that Maintain Social Anxiety Disorder: a Comprehensive Model and its Treatment Implications. Cognitive Behaviour Therapy, 36 (4): 193–209.											

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 803B	SEMESTER	8 ^ο
COURSE TITLE	Ergonomics - Work safety		
ΑΥΤΟΤΕΛΕΙΣ ΔΙΔΑΚΤΙΚΕΣ ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ		HOURS PER WEEK	ECTS
Theory		3	5
Laboratory		-	-
TOTAL		3	5
COURSE TYPE	Μάθημα Ειδικότητας Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Εργομετρία, Εργοφυσιολογία, Βιολογική μηχανική		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		

ELECTRONIC COURSE PAGE (URL)		https://moodle.teithe.gr
Learning results		
Purpose of the course: The aim of this course is for the student to have acquired knowledge about the biomechanics of the human body in relation to the stresses it is subjected to in various daily functional activities and working conditions. Understand the value and role of Preventive Physiotherapy in various groups of workers. Linking different cases of occupational risk, with the epidemiology and clinical picture of workers. Planning rehabilitation with a combination of ergonomic interventions. Methodology of the application of the principles of Ergonomics and Preventive Physiotherapy, using instruments and tools of Ergonomic analysis.		
Learning objectives of the theoretical part: After completing the theoretical part, the students will be able to - Know the mechanics of the human body under the influence of endogenous and exogenous forces in working conditions - Know the methods of occupational safety analysis and the methodology of designing ergonomic interventions.		
Learning objectives of the laboratory part: After completing the Laboratory Part, the students will be able to - use the technical methods and equipment of biomechanical analysis and other tools and scales of ergonomic analysis in simulated occupational activities and postures - distinguish between ergonomic and non-ergonomic situations - be able to carry out on-site ergonomic and occupational risk analysis in workplaces		
General Skills		
- Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques		
COURSE CONTENT		
Theoretical part, Modules / contents: 1 Introduction to the Science of Ergonomics 2 Occupational Risk Factors 3 General principles of anthropometry 4 Ergonomic Analysis 5 Ergonomics & Safety at Work I - Manual Handling of Loads 6 Ergonomics & Safety at Work II - Sitting posture and physical stress - Working at a workstation 7 Lighting - Visual display screens and visual impairment 8 Ergonomics & Safety at Work III 9 Work and occupational hazards in the professions and nursing areas 10 Carpal tunnel syndromes 11 Biological Risk Factors & Occupational Safety 12 Personal Protective Equipment & Workplace Safety Organisation 13 Psychosocial factors 14 Ergonomic Electromyography		
TEACHING METHOD.	Face to face, Power Point presentations, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students	
TEACHING ORGANIZATION	Activity	Workload
	Theory	117
	Laboratory	-
	Total Course Hours	117
	ECTS	5
STUDENT EVALUATION	The preparation of the individual work is evaluated at 30% (score 1-3) Written final assessment, with multiple choice questions, 70% (scores 1-7)	
Προτεινόμενη Βιβλιογραφία: 1 Roger Enoka, «Η Νευρομηχανική Της Ανθρώπινης Κίνησης», University Studio Press, Θεσ/νίκη 2005		

2	Μαρμαράς, Ν. (2010). Εισαγωγή στην Εργονομία. Αθήνα: Πανεπιστημιακές Εκδόσεις ΕΜΠ
3	Λάιος, Λ. και Γιαννακούρου, Μ. (2003). Σύγχρονη Εργονομία. Εκδόσεις Παπασωτηρίου.
4	Μαρμαράς, Ν. και Παπαδόπουλος, Σ. (1997). Δουλεύοντας με Ηλεκτρονικό Υπολογιστή: Βοήθημα για Εργονομική Αξιολόγηση Θέσεων Εργασίας με Η/Υ. Εκδόσεις Παπασωτηρίου.
5	Αβούρης, Ν. (2000). Εισαγωγή στην Επικοινωνία Ανθρώπου - Υπολογιστή. Εκδόσεις Δίαυλος.

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 803C	SEMESTER	8 ^ο
COURSE TITLE	Physiotherapy in mental health		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	5
Laboratory		-	-
TOTAL		3	5
COURSE TYPE	Μάθημα Ειδικότητας Επιλογής, Υποχρεωτικό		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	Neurology, Physiology, Respiratory Physiotherapy, Physiotherapy of the nervous system		
LANGUAGE:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr		
Learning results			
Purpose of the course: - To educate students in the assessment of the mental health of the patient. To enable students to be competent in applying physiotherapy techniques to relax the patient. - To enable students to apply specific techniques - enalactments for effective mental treatment of the patient and improvement of quality of life - To acquaint students with the effects, indications and contraindications of. - As a result of the above knowledge elements, the student will be able to assess the mental state of each patient, select appropriate techniques, methods and means, and be able to evaluate the results of their intervention.			
Learning objectives of the theoretical part: After completing the theoretical part, they will be able to - Know the mental illnesses, symptoms and symptoms - To know the psychological state of the patient - To know the effect of physiotherapy techniques on mental illnesses. - Understand their effect on the different systems in the human body. - To enable the student to be competent in assessing the patient with various mental illnesses and applying the appropriate approach and physiotherapy technique.			
General Skills - Searching, analysing and synthesising data for the most appropriate treatment strategy and clinical decision making -spirit and ability to work in teams with other healthcare professionals for better therapeutic outcome -Development of creative and deductive thinking with a view to innovative therapeutic actions and techniques			
COURSE CONTENT			
Theoretical part, Modules / contents: 1.Mental health, definition of health, definition of illness, history of mental health treatment, modern treatment of mental illness, therapeutic approaches 2. Mental health working protocols			

3. Mental disorders of childhood and adolescence				
4. Personality disorders, Schizophrenia, Delirium, Dementia, Cognitive disorders				
5. Substance use disorders, drugs, alcohol				
6. Disorders associated with internet and computer game addiction				
7. Prevention-Health prevention at individual level, communication, motivation, individual and group therapy				
8. Chronic pain management, definition, characteristics, types, chronic pain theory, effects on mental health				
9. Mental disorders in health professionals				
10. Compassion fatigue, empathy, burnout syndrome, key features, physiotherapy approach				
11. Stress management, stress, definition, effect on different systems, scales, stress questionnaires				
12. Physiotherapeutic techniques, in mental illnesses, their effect on autonomic nervous system, therapeutic exercise programs, Massage, Respiratory physiotherapy, Alternative forms of therapy (Pressotherapy, Reflexology, Othotherapy, Siatsu, Lymphatic massage, Acupuncture, Aromatherapy, Chromotherapy, Herbal therapy).				
13. Self-therapy for mental health				
TEACHING METHOD.	Face to face, Power Point presentations, distance learning			
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students			
TEACHING ORGANIZATION	Activity	Workload		
	Theory	117		
	Laboratory	-		
	Total Course Hours	117		
	ECTS	5		
STUDENT EVALUATION	Theoretical part: The preparation of an individual or group project is assessed at a rate of 30%. Written final assessment, with multiple choice questions at 50%.			
Προτεινόμενη Βιβλιογραφία:				
1. Αλεξάνδρα Χριστάρα παπαδοπούλου, Βάιος Νταφούλης, Άννα Χαλκιά, Ουρανία Παπαδοπούλου. Φυσικοθεραπεία στην ψυχική υγεία. Εκδόσεις Ιωάννης Κωνσταντάρας, 2020				
2. Αλεξάνδρα Χριστάρα – Παπαδοπούλου, Ουρανία Παπαδοπούλου, Εμμανουήλ Τρευλάκης, Ονούφριος Ποιμενίδης, Εναλλακτικές Συμπληρωματικές Μορφές Θεραπείας, Εκδόσεις Ιωάννης Κωνσταντάρας, 2020				
3. Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Παπαδοπούλου Ουρανία, Θεραπευτική Μάλαξη, εκδόσεις University Studio Press, Θεσσαλονίκη 2015.				
4. Χριστάρα-Παπαδοπούλου Αλεξάνδρα, Τεχνικές θεραπευτικής μάλαξης, εκδόσεις University Studio Press, Θεσσαλονίκη 2017.				
5. Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Αναπνευστική φυσικοθεραπεία, εκδόσεις Χριστάρα- Παπαδοπούλου Αλεξάνδρα, Παπαδοπούλου Ουρανία, Θεσσαλονίκη 2015				

SCHOOL	HEALTH SCIENCES		
DEPARTMENT	PHYSIOTHERAPY		
LEVEL OF EDUCATION	UNDERGRADUATE		
COURSE NUMBER	PH 803D	SEMESTER	8 ^ο
COURSE TITLE	Management in health care		
SELF-ENDED TEACHING ACTIVITIES		HOURS PER WEEK	ECTS
Theory		3	5
Laboratory		-	-
TOTAL		3	5
COURSE TYPE	General Background (GB)		
PREREQUISITE COURSES :	NO		
PREVIOUS SUPPORT COURSES	NO		

LANGUAGE:	GREEK
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO
ELECTRONIC COURSE PAGE (URL)	https://moodle.teithe.gr
Learning results	
The aim of the course is to provide the student with the necessary knowledge to understand the basic functions of business management in domestic and international markets and to consolidate not only the concepts of marketing but also the components of the marketing mix. The course also provides students with the latest knowledge in health care economics as well as information regarding the practical aspects of everyday life.	
General Skills	
At the end of the course the student will be able to: 1 know the basic concepts of the science of Business Administration and Marketing 2 know the socio-economic environment in which Marketing operates and develops in the context of businesses and organisations, 3 to know the philosophy of Marketing, its fields of application and the new forms of application of modern technology in Marketing, 4 to use the basic concepts of Marketing and Business Administration for the interpretation of economic phenomena and conditions prevailing in the market. 5 be familiar with the basic principles and terms in health economics and entrepreneurship 6 Identify the basic economic models and their role in the health sector	
COURSE CONTENT	
1. Introduction to Management, Definition - the importance of management for business effectiveness - the modern trends in business organization and management. 2. The function of planning and organization - the process of planning and organization - necessity of planning and organization for business. 3. The Function of Management and Control, Definitions - management and leadership - decision making - methods and techniques of decision making - purpose of control - necessity of control for business. 4. Entrepreneurship, Definition - the concept of entrepreneur - characteristics of a successful entrepreneur - reasons for failure of new businesses - rules for business survival. 5. Introduction to Marketing, The concept of Marketing - Marketing as a function of business - Basic marketing terminology. 6. Marketing mix, Introduction - Roots of business orientation - production orientation - product orientation - sales orientation - orientation to market needs 7. Product differentiation and positioning. Product Policy, Alternative Variables that a firm can use to differentiate a product - successful product positioning of the firm, what is a product - product characteristics - product portfolio - product life cycle - product branding - product packaging - product legal framework. 8. Silicon Policy. Consumer Behaviour, Definition of Price - the role of Pricing in Marketing Mix - pricing of services - pricing process - pricing strategies - pricing and external environment, Elements of consumer behaviour and market segmentation. 9. Sales Promotion and Direct Marketing. StrategicPlanningDirect Marketing, Definition - difference between direct marketing and marketing to the masses - channels of communication between the firm and the customer - comparative advantage and direct marketing, Definition - points of differentiation and strategy formulation - creative direct marketing strategy - contribution of the creative team in securing the involvement of the receiver. 10. Introduction to health economics, Basic economic models, Microeconomic tools for health economics. 11. Organization and financing of health systems. Cost of health care delivery, Statistical tools for health economics, Economic evaluation - cost effectiveness analysis, The production of health care - supply and demand. 12. Health system organisation. The role of health economics in decision making, social insurance, Hospitals, Health centres, Rehabilitation centres, Physiotherapy and economics. Non-governmental organisations. 13. Introduction to Communication, what is communication - principles of communication - barriers to communication - ways and forms of communication - communication with the potential buyer - role and value of communication in modern business - the needs of the customer and how to understand them - body language.	

TEACHING METHOD.	Face to face, Power Point presentations, distance learning		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of new Information and Communication Technologies (ICT) in teaching, laboratory training, communication with students		
TEACHING ORGANIZATION	Activity	Workload	
	Theory	117	
	Laboratory	-	
	Total Course Hours	117	
	ECTS	5	
STUDENT EVALUATION	The evaluation of student performance is carried out in accordance with the regulations of the Foundation. The basic requirement is the successful completion of the theoretical part of the course. The assessment of the students' performance is carried out by a final written assessment. The student is required to answer questions that cover the teaching units of the course in equal parts and additionally one question that requires critical thinking.		
Προτεινόμενη Βιβλιογραφία:			
1. Πολυσυγγραφικό, Συντονισμός Σαράφης Παύλος, Υπηρεσίες Υγείας-Συστήματα και Πολιτικές, Broken Hill Publishers Ltd, 2020			
1 Τζωρτζάκης Θ., Τζωρτζάκη Ώ. Οργάνωση και Διοίκηση. Το Μάνατζμεντ της Νέας Εποχής, Rosili Εμπορική – Εκδοτική Κ. ΓΞΓ, 2008.			
2 Μπουραντάς Β, Παπαλεξανδρή Λ. Εισαγωγή στην Διοίκηση Επιχειρήσεων, Αθήνα: Εκδόσεις Μπένου, 1998.			
3 Καζάκης Λ, Αποτελεσματικό Μάρκετινγκ για Κερδοφόρες Πωλήσεις, 2η έκδοση, Αθήνα: Σταμούλης, 2006.			
4 Kotler P., Armstrong G. Αρχές του Μάρκετινγκ, Αθήνα: Κλειδάριθμος, 2001.			
5 Σαράφης Ξ. Marketing στις υπηρεσίες υγείας, ΒΗΤΑ Ιατρικές Εκδόσεις ΜΕΠΕ, 2011.			