Department of Physical Therapy

Undergraduate Course Prospectus
2012

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Preface

Welcome to the Prospectus of the “Department of Physical Therapy” of the School of Health and Welfare Professions - Technological Educational Institute (TEI) of Western Greece. The science of Physical Therapy serves the prevention, improvement and rehabilitation of pathological conditions, congenital or acquired, as well as any injury deficit causing musculoskeletal, neural, cardiorespiratory and sensorimotor dysfunctions. The role of the Physical Therapist (PT), following a thorough assessment of the patient, is to plan the optimal rehabilitation strategy based on the individuals’ aims and potential. In order to optimize the functional outcome, the degree of independence and quality of life, the PT uses the appropriate physical methods, techniques and therapeutic exercise.

Our Department, is one of the four PT departments within the Greek Public Higher Education structure and co-operates with various hospitals, rehabilitation centres and the Greek Society of Physiotherapists. In terms of research, the department is actively involved in collaborative projects with other higher domestic or foreign institutes. The Academic staff members are personally involved in various scientific committees and review boards. A considerable number of the Department’s graduates have completed post-graduate studies or are currently in the process. Many of them work as PTs in other European countries, Australia or USA. Our Department is also active in student exchange programs, sending its students abroad and accepting foreign students.

We hope that this prospectus will prove helpful in outlining the academic curriculum and describing any relevant aspect of education in our institute as well as the professional status of Physical Therapy within Greece.

With kind regards

The Head of Department

Dr. Elias Tsepis
Physiotherapist, MSc, PhD
Assistant Professor
Introduction

This prospectus aims to inform all physiotherapy students about the curriculum of the Physical Therapy course and the services offered by the Department of Physiotherapy of T.E.I. of Western Greece, during the whole duration of the studies.

The Physical Therapy course consists of four years of academic studies. Its basic principle is the acquisition of scientific knowledge and practical skills, which both are important for obtaining a thorough professional Physical Therapy training. The course curriculum contains a mixture of practical as well as theoretical modules, which enhance the evidence-based knowledge and provide the necessary practical framework in which students are able to work safely. When students complete the 4-year Physical Therapy course they have an extensive understanding of the physiological and structural aspects of human movement. They are also able to promote motor coordination, apply physical methods to reduce pain, perform therapeutic exercises and other specialised techniques for cardio-respiratory, musculoskeletal and neurological performance and function.

This prospectus guides the student through the course by a) presenting its modular content semester by semester, b) outlining the way each module is being assessed, and c) informing the student about the European Credit Transfer System (ECTS) Units of the modules taught. The reader could find in this prospectus the standards of proficiency of the course and gain information about the entry requirements, the Department’s mission, the assessment periods, as well as other important information, such as the practical placements and the thesis writing.

We hope that you find this prospectus informative and helpful.

The Editorial Team
The Department of Physical Therapy

The Department of Physical Therapy of the TEI of Western Greece (formerly TEI of Patras), was established in 2003 (Presidential Decree published in FEK 222/17-09-2003) and is situated in the city of Aigion. It is one out of four Higher Educational Institutes (the others being T.E.I.* of Athens, Thessaloniki & Lamia) offering Physiotherapy degrees within Greece.

Entry Requirements & Study Content

The typical entry requirements for the undergraduate Physical Therapy course are:

i) success in Pan-Hellenic written examinations at the end of 2nd and 3rd grade of lyceum upper secondary school), which allows entry into one of the four Tertiary Education Physical Therapy Schools within Greece (according to each student’s individual score and order of School preference) or

ii) Success in specific written exams taken annually at the Physical Therapy Department; this applies for graduates of other professions/recognized higher educational institutions. The exams are taken on three specific modules (anatomy, physiology, pathology)

The study content of the Department covers the subject area of Physical Therapy science, aiming in the prevention, improvement and rehabilitation of acquired and congenital pathological conditions, as well as traumatic injuries, causing dysfunction in the skeletal, muscular, nervous, respiratory and cardiac systems.

Mission of the Department

The mission of the Department is the promotion, development and transmission of knowledge to the profession and science of Physical Therapy, via appropriate theoretical teaching, wider laboratory and practical modules and applied research; so that the students and graduates are equipped with the necessary knowledge and skills to ensure a thorough training for their scientific and professional career and development.

Within the scope of its mission, the Department of Physical Therapy:

* T.E.I.s (Technological Educational Institutes) are recognised public institutes offering higher education within Greece.
- Follows the international advancements in the scientific, educational and professional fields.
- Conducts evidence-based research in the field of Physical Therapy.
- Develops co-operations with universities in the home country and abroad.
- Co-operates with production units, work administrators, who are associated with the study content.
- Uses state-of-the-art technologies in education.
- Helps the students to develop adequate abilities and skills to make them confident and competitive in a national and international environment.
- Follows all developments and changes (educational, financial and social) in the study content (of Physiotherapy) nationally and internationally.
- Is always alert to analyse, accept and incorporate new points of views so as to assure and improve the quality of studies within the Department.

**Description of the physical therapy graduates & laws of professional conduct**

Physiotherapy graduates are automatically accepted as members of the Panhellenic Physical Therapy Association, which in turn, is an active member of the World Confederation for Physical Therapy (WCPT) as well as the European one (EU-WCPT).

The graduates of the Department of Physical Therapy at TEI of Western Greece are professionally referred to as “Physiotherapists” or “Physical Therapists” and on completion of their studies, they will have acquired the necessary scientific background and clinical knowledge, abilities and skills in order to safely and independently perform physiotherapy assessment and treatment, focussing on the prevention, improvement and rehabilitation of all pathological conditions, as well as traumatic injuries, causing dysfunction to the skeletal, muscular, nervous, respiratory and cardiac systems.

More specifically, the graduate of the Department is capable of proceeding with his/her physiotherapeutic treatment approach following written referral form from the doctor. More explicitly he/she can:

- Rehabilitate the patient, following a thorough physiotherapeutic evaluation, utilising the most efficient, appropriate and safest special means, methods and techniques, such as kinesiotherapy, manual therapy, thermotherapy and cryotherapy, electrical stimulation, biofeedback and other electrotherapeutic modalities, pain relief, ergonomic re-education of the patient and methods to enhance neuromusculoskeletal’s system functional ability.

- Evaluate the progress of the patient’s condition and alter the patient’s rehabilitation programme accordingly.
- Plan and implement research programmes, which promote the science of Physical Therapy.
- Study, plan and implement preventative and rehabilitation programmes for various disorders to individuals, groups, communities, schools and professional fields.
- Apply the rules of ethics within the Physical Therapy field.
- Train and support the patient and the patient’s family, aiming to achieve the patient’s functional independence.

The graduate physical therapists are entitled to work as:
- Executives of the State or within the wider public sector in accordance with any provisions that are in effect at the time.
- Executives of the private sector, as an employee or with other work relations.
- Free-lance professionals at a private physiotherapy clinic or the patient’s home.
- Open a private clinic or physiotherapy centre under the provisions of the law.

The professional rights of physical therapists graduating from Physical Therapy Departments of T.E.I.s’ establishments follow the rules of the state (Presidential Decree 90/95, FEK 53/08-03-95). Additionally, as previously indicated physical therapy graduates can become registered members of the Panhellenic Physical Therapy Association, which is the official independent and regulatory body for setting and maintaining standards of professional training of physical therapists within Greece. All registered members are also recognized from WCPT and EU-WCPT.

Framework of the Course

The duration of the physiotherapy course is organised in 4 academic years, divided into 8 semesters; each semester being 13 weeks’ long with 3 extra weeks for examinations. During the course of the first 7 semesters, the studies include theoretical education (lectures, seminars etc.), laboratory/clinical practice (clinically-based modules), seminars and clinical placements in hospitals, medical Institutions, rehabilitation centres etc. During the 8th semester, the final-year thesis (dissertation) and a 6-month practical elective placement takes place.

The course curriculum has been updated, according to the content of the state laws (published in FEK 625/18-05-2006) as well as the updated revisions required from T.E.I. of Western Greece (ref. 4449/27-04-09 & 2038/17-02010), so that the new updated curriculum conforms with the programme of studies of all schools and departments of the higher educational institutes.
The course is structured on the basis of the student’s workload (WL); which is approximately up to 60 hours per week (750 hours per semester). WL for each module is estimated to be three times the amount of time for the theoretical modules (i.e. 1 hour of teaching corresponds to 3 hours of WL), and equal amount of time for laboratory/clinical modules (i.e. 1 hour of clinical/practical module corresponds to 1 hour of WL). For every module on the course of study there is a number of Teaching Units (TU) of the European Credit Transfer System (ECTS). The total number of Teaching Units of all modules within each semester is thirty (30) and is allocated to the modules in proportion to the WL.

The majority of the modules consist of a theoretical component and a practical component. The theoretical component usually involves lectures, presentations etc. by the tutor. The practical modular component includes clinical work, practical /clinical exercises, laboratory practice, tutorials, clinical case studies, individual and team essays, analysis of special issues by guest speakers, bibliographical reviews, video presentations etc, and they require obligatory participation throughout the semester. The clinically /laboratory-based modules take place in a properly fitted-out enviroment, where the theoretical knowledge already acquired by the students can be applied into practice. In addition, the undergraduate dissertation involves the study and examination of an up-to-date physiotherapy-related topic involving clinical and theoretical elaboration of the scientific topic, critical analysis of the literature and an evidence-based approach written on the field of study. Finally, the elective clinical placement (or Practical Training), involves a 6-month guided and supervised placement, which takes place in hospitals, rehabilitation centres and other collaborating places where physiotherapy practice takes place.

Throughout all modules, special importance is given to the individual abilities of every student, including the development of initiatives, critical thinking and their ability to solve problems.

Modules of the Course
The modules within the course curriculum are divided into:

**Modules of General Background (GBM):** Correspond to the basic science modules which are included in the curriculum; these are Anatomy of Musculoskeletal System, Anatomy of the Nervous System & Internal Organs, Physiology, Pathology, Neurophysiology, Orthopaedics, Neurology, Surgery and First Aids. (9 modules).

**Modules of Specific Background (SBM):** Correspond to basic modules whose scientific field of knowledge lie within the basic context of Physical Therapy. These are Biomechanics, Physiology of


**Mandatory Elective modules (MEM):** Correspond to mandatory election between modules, either Intelligent Systems of Decision Making or Prosthetics-Orthotics.

**Modules within Management, Economy-Administration, Legislation & Humanitarian Studies (MELH)**
Include the modules of Management, Economy-Administration and Legislation which form the basis for the organization and administration of businesses, clinics, laboratories and services relevant to Physiotherapy as well as other Humanitarian Studies. Such subjects are: Computer Science in Health, Ethics in Physiotherapy and Biostatistics (3 modules).

In order to be awarded the Physiotherapy Degree, the students have to be successfully examined in all 40 modules, thus complete 240 credits (ECTS).

**Assessment**
Generally, assessment of the theoretical components of each module takes place at the end of each semester and has 2 examination periods. In case somebody fails the 1st exam, they may take the 2nd. If they fail twice, they have to attend the module again. Assessment of the practical components of the modules usually take place on a daily basis with three or more formal oral
examination-type assessments, which comprise practical demonstration of techniques/methods by the students. Except from the daily evaluation of students and the intermediate evaluations, a final examination takes place at the end of the semester. The final grade for each module is the average of the theoretical and laboratory part (whenever the module has a theoretical and practical part) and has to be 5 or higher out of 10. Nevertheless, the students need to achieve 5 out of 10 for each of the parts to consider the subject passed. The examination’s duration is 2 hours. After passing the theoretical and laboratory part, the students are awarded with the equivalent to every module ECTS credits.

Quality Assurance Systems and Review Procedures of the Curriculum
The Department is obliged to perform and present an Annual Self-Evaluation (internal) Report assessing its facilities, infrastructure, students, graduates, tutors and generally all of its functions and achievements each year. Following 2 years, a more detailed self-evaluation report is synthesized in one document, the “Internal Evaluation” report, which additionally includes all the strategies that need to be implemented and is sent to the Ministry of Education; where a specialized committee for quality assurance in higher education (Hellenic Quality Assurance & Accredibility - (H.Q.A.A.A.) will evaluate it. This finally leads to the “External Evaluation” of the Department, by a board of external evaluators, which are usually highly experienced academics from abroad. Any detail relevant to the Department is documented in these evaluations; especially the weak points are highlighted for further improvement.

Facilities
The building facilities in Aigion consist of 8 laboratory rooms (Anatomy, Biomechanics, Neurorehabilitation, Kinesiology, Kinesiotherapy, Massage Techniques, Electrotherapy I & II), Computer lab, 3 lecture rooms, conference room, library, “Polykendro” theatre. In addition, the student restaurant of the TEI is situated at the city of Aigion.

Below you will find photographs of most of the above mentioned rooms

1. Anatomy Lab
2. Biomechanics Lab

3. Electrotherapy Lab

4. Kinesiotherapy Lab

5. Kinesiology Lab

6. Massage Techniques Lab

7. Neurorehabilitation Lab

Computer Lab
One of the Lecture Rooms

Library

Conference Room

“Polykentro” Theatre

Student restaurant

**Scientific and laboratory equipment**

The scientific and laboratory equipment of the Department of Physical Therapy is new, modern, quite sophisticated with several scientific measurement tools, such as:

- 3D System of Kinematic & Gait Analysis (Motion Analysis System)
- Isokinetic Dynamometer (Biodex, System III)
- Floor Ergometer (Preco)
- Diagnostic Ultrasound
- Foot Scanner System
- Cycloergometer
- Balance Platform
- Physiocenter Equipment
- Walking Aids
- Exercise Aids (physio balls, weights, mats)

The teaching facilities consist of Computers, LCD Projectors, Electronic tablets, Televisions-Videos & power point Presentation equipment.
Administration

Head of the Department
Dr Elias Tsepis, PT, PhD, Assistant Professor in Physical Therapy, Bachelor in Physical Education, MSc in Sports Medicine and a PhD in Sports Physical Therapy

Academic staff
The core of the teaching staff (see below) consists of physiotherapists and other health professionals with permanent contracts, elected from a body of electors (dictated from the Ministry of Education). The rest of the teaching staff are contracted academic collaborative staff (mostly contracted on a yearly basis), the majority of whom are also physical therapists and, to a lesser extent, other health professionals (doctors etc.).

The permanent teaching staff are as follows:

- **Dr Elias Tsepis**, PT, PhD, Assistant Professor in Physical Therapy, Bachelor in Physical Education, MSc in Sports Medicine and a PhD in Sports Physical Therapy. (tsepis@teipat.gr)

- **Dr Konstantinos Koutsogiannis**, PhD, Assistant Professor Physicist, Physicist, PhD in Medical Diagnostic Systems. (ckoutsog@teipat.gr)

- **Dr Evdokia Billis**, PT, PhD, Assistant Professor in Physical Therapy, MMACP, MCSP, MSc (Manipulative Therapy), PhD in Musculoskeletal Physical Therapy. (ebillis@teipat.gr)

- **Dr Konstantinos Fousekis**, PT, PhD, Senior Lecturer in Physiotherapy, Bachelor in Physical Education, MSc, PhD in Sports Medicine. (kfousekis@teipat.gr)

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Librarian
Mrs. Eleni Lolou
Tel.: +3026910 23 566, Email: loloue@teipat.gr
Course Curriculum Outline
# Course Curriculum

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<td>Functional Management of Movement Dysfunctions</td>
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<td>G4</td>
<td>Research Methods in Health Sciences</td>
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<td>G5</td>
<td>Presentations of Special Physiotherapy Topics</td>
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**ABBREVIATIONS**

TU: TOTAL UNITS
SM: MODULES OF SPECIFIC BACKGROUND
GBM: MODULE OF GENERAL BACKGROUND
WL: WORK LOAD
SM: SPECIALTY-BASED MODULE
MEM: MANDATORY ELECTIVE MODULE
TU: TEACHING UNIT
MELH: MANAGEMENT, ECONOMY, ADMINISTRATION, LEGISLATION & HUMANITARIAN STUDIES MODULE
Detailed Modules’ Outline of Physical Therapy Department
1st Semester Modules

Name of subject: **ANATOMY OF MUSCULOSKELETAL SYSTEM (THEORY & LAB)**

**Module Code:** A1

**Module Category:** General Background Module

**Teaching Period:** 1st semester

**Aim of Course:** the description and identification of the parts and structures of the muscular & skeletal system in relation to the human body.

**Content of Course:** Anatomy of the muscular and bony tissues, description of relative structures, identification of bony landmarks, surface anatomy, identification of muscles and their points of insertion.

**Teaching method:**

   i) Classic theoretical presentations,
   ii) Project presentations by students,
   iii) Discussions with student groups assigned with subject briefings,
   iv) Demonstrations with a skeleton specimen, a muscular model and various detailed specimens of all the human body articulations.

**Textbooks/reference material:**

In English:

In Greek:
- Schnell R. (2009). Κλινική Ανατομική. Εκδόσεις Λίτσας (Clinical Anatomy)
Name of subject: **ANATOMY OF THE NERVOUS SYSTEM & INTERNAL ORGANS (THEORY)**

**Module Code:** A2

**Module Category:** General Background Module

**Teaching Period:** 1st semester

**Aim of Course:** Description of the anatomy of the nervous system and its structures. Description and identification of the internal organs of the human body.

**Content of Course:** Anatomy of the nervous tissue and neurons. Structures of the central and peripheral nervous system. Anatomy of the cells and structural components of the internal organs (Endocrine glands, peptic, respiratory, circulatory, urinary, genital, sensory systems).

**Teaching method:**

i) Power Point presentations with projector,

ii) Interactive sessions between the teacher and the students,

iii) Demonstration of the internal organs and the brain with the use of specimens.

**Textbooks/reference material:**

**In English:**

**In Greek:**
- Gray’s Anatomy by Drake R., Vogl W., Mitchell A.(2007). *(Metáφραση Αγγλικής Έκδοσης), Ιατρικές εκδόσεις Πασχαλίδη*
- Haines R. Νευροανατομία. (Metáφραση Αγγλικής Έκδοσης), Λειτουργίες και κλινικές εφαρμογές, Ιατρικές Εκδόσεις Πασχαλίδη, 1999 *(Neuroanatomy)*
- Schnell R. (2009). Κλινική Νευροανατομία. (Metáφραση Αγγλικής Έκδοσης), Εκδόσεις Λίτασας, Αθήνα (Clinical Neuroanatomy)
- Moore (1998). Κλινική Ανατομική. (Metáφραση Αγγλικής Έκδοσης), Ιατρικές Εκδόσεις Πασχαλίδη, Αθήνα *(Clinical Anatomy)*
Name of subject: PHYSIOLOGY (THEORY)

Module Code: A3

Module Category: General Background Module

Teaching Period: 1st semester

Aim of Course: Review of the normal function and the interaction between the systems of the human body with emphasis on the respiratory, musculoskeletal and circulatory systems.


Teaching method:

i) Classic theoretical presentations with the use of: a) Theoretical texts, b) Power point presentations of about 280 slides that provide documentation and visual support on the theoretical texts, c) 12 video clips, 30 minutes each, of the “British Encyclopedia of the Human Body”, displaying each system separately.

ii) Presentations of student projects and discussions with student groups assigned with an issue briefing.

Textbooks/reference material:

In English:

In Greek:
- Green GJ (2008). Συνοπτική Φυσιολογία του Ανθρώπου με ερωτήσεις αυτοαξιολόγησης. (Μετάφραση Αγγλικής Έκδοσης) Ιατρικές εκδόσεις Πασχαλίδη (Summary of Human Physiology with Self-Evaluation Questions)
Name of subject: **TRUNK KINESIOLOGY (THEORY & LAB)**

**Module Code:** A4

**Module Category:** Specific Background Module

**Teaching Period:** 1st semester

**Aim of Course:** This is the first course in the two-course Kinesiology sequence, introducing students to basic principles of kinesiology. The main aim of the module is the muscle performance testing and measurement of joint motion of the trunk, spine, pelvis and head.

**Content of Course:** Introduction to kinesiology, types of joints, description of normal and abnormal human movement, mobility integrity, mechanisms of muscle function. Human neuromuscular junctions. Kinesiology of the spinal column, trunk, pelvis & head.

**Teaching method:**

i) Classic theoretical presentations,

ii) Video presentations on movement analysis,

iii) Discussions with student groups assigned with an issue briefing.

**Textbooks/reference material:**

In English:

- Soderberg G. Kinesiology: Application to Pathological Motion. Williams & Wilkins, Baltimore, 1993

In Greek:

- Δούκας Ν. (1991). Κινησιολογία. Ιατρικές Εκδόσεις Λίτσας (Kinesiology)
Name of subject: **COMPUTER SCIENCE IN HEALTH (THEORY & LAB)**

**Module Code:** A5

**Module Category:** Management, Economy-Administration, Legislation & Humanitarian Studies Module

**Teaching Period:** 1st semester

**Aim of Course:** The presentation of the basic principles and concepts of modern biomedical technology and its applications in health professions and physiotherapy in particular.

**Content of Course:** Basic concepts of computer science in health administration. Protocols, classification, coding, communication and tele-medicine. Internet. Artificial intelligence and medicine. Visual reality. Medical imaging.

**Teaching method:**

i) Classic theoretical presentations,

ii) Project presentations by students,

iii) Discussions with student groups assigned with subject briefings,

iv) Practice on computers (PCs).

**Textbooks/reference material:**

In English:

- Shortliffe E (Editor), Cimino J (Editor) (2006). Biomedical Informatics: Computer Applications in Health Care and Biomedicine (Health Informatics) (Hardcover)

- Shortliffe E (Editor), Perreault L (Editor), Wiederhold G (Editor), Fagan L (Editor), (2008). Medical Informatics: Computer Applications in Health Care and Biomedicine (Health Informatics),


In Greek:


- Κουτσόγιάννης Κ, (2002). Τεχνολογία στις Επιστήμες Υγείας και Πρόνοιας, εκδόσεις ΕΛΛΗΝ (Technology in Health and Providence Sciences)


- Μπονίκος Σ. Δ, (1990). Η Πληροφορική στην Ιατρική Εκπαίδευση και Τα Συστήματα Υγείας, Επίτομος, Έκδοση Πρώτη, Εκδόσεις SET ΟΕ, Αθήνα (Computer Science in Medical Education and Health Systems)


- Elmasri R. - Navathe S.B (1996). ΘΕΜΕΛΙΩΔΕΙΣ ΑΡΧΕΣ ΣΥΣΤΗΜΑΤΩΝ ΒΑΣΕΩΝ ΔΕΔΟΜΕΝΩΝ, Μετάφραση Χαλάτσης Κώστας, Επίτομος, Έκδοση Τρίτη, Εκδόσεις Δίαυλος, Αθήνα (Fundamental Principles of Databases)


- Tanenbaum S. A, (2000). ΔΙΚΤΥΑ ΥΠΟΛΟΓΙΣΤΩΝ, Μετάφραση Στυλιανάκης Βασίλειου, Επίτομος, Έκδοση Τρίτη, Εκδόσεις Παπασωτηρίου, Αθήνα (Computer Networks)
Name of subject: **ENGLISH FOR SPECIFIC PURPOSES – MEDICAL TERMINOLOGY (THEORY)**

**Module Code:** A6

**Module Category:** Management, Economy-Administration, Legislation & Humanitarian Studies Module

**Teaching Period:** 1st semester

**Aim of Course:** Enhance students’ abilities in the main language skills (listening, speaking, reading, and writing as they pertain to physical therapy) and sub skills (understanding medical texts, producing academic writing, delivering oral presentations)

**Content of Course:** Texts, audio and visual material that relate to physical therapy (ranging from anatomy to physical disabilities) as well as developing presentation skills, taking medical histories, and doing patient consultations are areas covered in the course.

**Teaching method:**

i) Lectures from the teaching professor, using boards, slideshows, projections,

ii) Translation of scientific book and article parts from the teacher,

iii) Discussions and feedback,

iv) Student projects including translations and search on the internet for relevant scientific publications.

**Textbooks/reference material:**


- Θεοδώρου Β. (2002). *Συνοπτικό Αγγλοελληνικό & Ελληνοαγγλικό Ιατρικό λεξικό*. Εκδόσεις Πασχαλίδη (*English – Greek & Greek – English Summary Medical Dictionary*)

- *Μέγα Αγγλοελληνικό & Ελληνοαγγλικό Ιατρικό Λεξικό*, Dorland (2007). Εκδόσεις Πασχαλίδη (*Grand English – Greek & Greek – English Medical Dictionary*)
2nd Semester Modules

Name of subject: **PATHOLOGY (THEORY)**

Module Code: B1

Module Category: General Background Module

Teaching Period: 2nd semester

Aim of Course: Students will learn the common diseases of human body, the specific symptoms and they will concentrate on physical examination and clinical assessment process.


Teaching method:

i) Classic theoretical presentations with the use of: a) Theoretical texts, b) Power point presentations of about 180 slides that provide documentation and visual support on the theoretical texts, c) 6 video clips, 30 minutes each, of the “British Encyclopedia of the Human Body”.

ii) Student projects presentations and discussions with student groups assigned with an issue briefing.

Textbooks/reference material:

In English:
Name of subject: **SURGERY (THEORY)**

**Module Code:** B2

**Module Category:** General Background Module

**Teaching Period:** 2nd semester

**Aim of Course:** This course is an introduction to basic surgical principles and techniques, the way of trauma recovery and the approach of the surgical patient.


**Teaching method:**
- i) Power Point projector presentations,
- ii) Interactive sessions.

**Textbooks/reference material:**

**In English:**

**In Greek:**
- Γολεμάτης Ι., Μπονάτσος Γ. (2005). Χειρουργική Παθολογία. Ιατρικές Εκδόσεις Πασχαλίδη, Αθήνα (Surgical Pathology)
Name of subject: **NEUROPHYSIOLOGY (THEORY)**

**Module Code**: B3

**Module Category**: General Background Module

**Teaching Period**: 2nd semester

**Aim of Course**: This course aims to a deep understanding of the basic neurophysiology concepts such as the synapses, the pyramidal tracks, the basal ganglia connections and the basic normal and abnormal clinical signs.

**Content of Course**: Characteristics and functions of sensorimotor system. Study of the neural connections, the organization of the central nervous system and the control of the voluntary movement. Mental functions and the autonomous nervous system

**Teaching method**:
- i) Power Point presentations,
- ii) Interactive sessions.

**Textbooks/reference material**:  
*In English*:  
- Stanfield, Germann. Principles of Human Physiology  
*In Greek*:  
Name of subject: **KINESIOLOGY OF LIMBS (THEORY & LAB)**

**Module Code:** B4

**Module Category:** Specific Background Module

**Teaching Period:** 2nd semester

**Aim of Course:** This second course of Kinesiology sequence introduces students to muscle performance testing and measurement of joint motion of the upper and lower limb. Motions and muscles acting across these joints. Open and closed kinetic chain exercise analysis.

**Content of Course:** Shoulder girdle, elbow, wrist, hand, pelvic girdle and hips, knee, ankle, foot – functional, kinematic and kinetic characteristics, motion analysis and muscle power assessment (MRC).

**Teaching method:**

i) Classic theoretical presentations,

ii) Movement analysis presentations on video.

**Textbooks/reference material:**

**In English:**
- Soderberg G. Kinesiology: Application to Pathological Motion. Williams & Wilkins, Baltimore, 1993

**In Greek:**
- Δούκας Ν. (1991). Κινησιολογία. Ιατρικές Εκδόσεις Λίτσας (Kinesiology)
Name of subject: **MASSAGING TECHNIQUES (THEORY & LAB)**

**Module Code:** B5

**Module Category:** Specialty-based Module

**Teaching Period:** 2nd semester

**Aim of Course:** Train students to understand the basic principles of massage techniques. Decision making in choosing the appropriate technique according to assessment.

**Content of Course:** Introduction to soft tissue mobilizations techniques, types of massage, techniques of traditional massage, connective tissue and deep friction massage, lymphatic massage, criteria for technique choice, indications – contra-indications, types of skin diseases.

**Teaching method:**

i) Classic theoretical presentations,

ii) Project presentations by students,

iii) Discussions with student groups assigned with subject briefings.

**Textbooks/reference material:**

**In English:**


**In Greek:**

Σακελλάρη Β- Γώγου Β (2004). Τεχνικές θεραπευτικές μάλαξης, Εκδ. Παρισιάνου (Therapeutic Massage Techniques)
Name of subject: **BIOSTATISTICS (THEORY & LAB)**

**Module Code:** B6

**Module Category:** Management, Economy-Administration, Legislation & Humanitarian Studies Module

**Teaching Period:** 2nd semester

**Aim of Course:** Students learn basic principles of statistics and explore mechanisms of data management.

**Content of Course:** Introduction, basic concepts, types of data, distribution, research design, types of health related research, sampling, descriptive statistics, comparisons, correlations, analysis of variance.

**Teaching method:**

i) Classic theoretical presentations,

ii) Project presentations by the students,

iii) Discussions with student groups assigned with an issue briefing.

**Textbooks/reference material:**

In English:

3rd Semester Modules

Name of subject: **ORTHOPAEDICS (THEORY)**

Module Code: C1

Module Category: General Background Module

Teaching Period: 3rd semester

Aim of Course: This course explores common and important musculoskeletal injuries and introduces students to the principles of orthopaedic surgery.


Teaching method:

i) Suggestions and lectures by the teaching professor,

ii) Discussions on clinical cases between student groups and the professor,

iii) Project presentations by the students (individually or in groups), using valid resources,

iv) Lectures by guest professors,

v) Interactive sessions.
Textbooks/reference material:

In English:

In Greek:
- Λαμπίρης Η.Ε. (2003). Ορθοπαιδική και Τραυματολογία. Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδη, Αθήνα (Orthopaedics and Traumatology)
- Παπαχρήστου Γ.Κ. (2006). Εισαγωγή στην ορθοπαιδική και τραυματολογία. Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδη, Αθήνα (Introduction to Orthopaedics and Traumatology)
- Κοντάκης Γ.Μ., Χατζηπαύλου Α.Γ. (2006). Φυσική Εξέταση της Σπονδυλικής Στήλης και των Κάτω άκρων. Εκδόσεις Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδη, Αθήνα (Physical Examination of the Spine and Lower Limbs)

Name of subject: NEUROLOGY (THEORY)
Module Code: C2
Module Category: General Background Module

Teaching Period: 3rd semester

Aim of Course: Study of the structures and function of the central and peripheral nervous system. Review of neurological conditions & diseases. Presentation of the basic principles of neurological examination and imaging techniques.

Content of Course: Neurological examination of the central and peripheral system. Imaging techniques. Diseases affecting the central and peripheral nervous system (congenital, acquired or traumatic) in relation to movement and sensory disorders, the neuromuscular junction and neuromuscular diseases. Epilepsy

Teaching method:
1) Power Point presentations,
2) Interactive sessions.

Textbooks/reference material:

In English:

In Greek:
- Δαλάκας Μ. (2001). Πρακτική Κλινική Νευρολογία. Ιατρικές εκδόσεις Πασχαλίδη (Practical Clinical Neurology)

Name of subject: PRINCIPLES OF CARDIORESPIRATORY PHYSIOTHERAPY (THEORY & LAB)

Module Code: C3
Module Category: Specialty-based Module

Teaching period: 3rd semester

Aim of Course: Basic principles for the assessment and physiotherapy interventions for patients with respiratory and cardiovascular diseases, as well as pre and postoperative physiotherapy of patients undergoing respiratory or cardiovascular surgery, or surgery with a high risk of respiratory/cardiovascular complications.


Teaching method:

iii) Power Point presentations,
iv) Interactive sessions.

Textbooks/reference material:

In English:

In Greek:
Name of subject: **KINESIOTHERAPY (THEORY & LAB)**

**Module Code:** C4

**Module Category:** Specialty-based Module

**Teaching Period:** 3\textsuperscript{rd} semester

**Aim of Course:** The application of motion to the rehabilitation of musculoskeletal injuries and the planning of kinisiotherapy programs.

**Content of Course:** Passive, assisted, active motion as therapeutic tools. Open and closed kinetic chain. Plyometrics. Static, dynamic, ballistic stretching. Flexibility. Proprioception training.

**Teaching method:**
- i) Lectures by the teaching professor,
- ii) Discussions on clinical cases between student groups and the teaching professor,
- iii) Student projects presentations (individually or in groups) using valid resources,
- iv) Lectures by guest professors,
- v) Interactive sessions.

**Textbooks/reference material:**

In English:
Name of subject: **BIOMECHANICS (THEORY & LAB)**

**Module Code:** C5

**Module Category:** Specific Background Module

**Teaching Period:** 3rd semester

**Aim of Course:** Provides students with an in-depth understanding of the developed loads on the human body during various activities and rehabilitation. Connect motion with the effective and safe loading of biomaterials.

**Content of Course:** Mechanical principles and natural laws applied to musculoskeletal system. Kinematics, morphology and mechanical properties of the human joints. Mass, centre of gravity, posture, balance and gait, analysis of reflexes. Methods of monitoring musculoskeletal function such as EMG, motion analysis system etc. Mechanical properties of biomaterials.

**Teaching method:**

1. Power point presentations,
2. Discussions on clinical applications of the curriculum.

**Textbooks/reference material:**

**In English:**
Name of subject: PRINCIPLES OF BIOPHYSICS- ELECTROPHYSIOLOGY

Module Code: C6

Module Category: Specific Background Module

Teaching Period: 3rd semester

Aim of Course: Introduction to the basic principles of biophysics and electrophysiology of the human body. Exploration of the use of electrotherapy and physical agents for the rehabilitation of the muscular and neural function.


Teaching method:
iii) Power point presentations,
iv) Discussions on clinical applications of the curriculum.

Textbooks/reference material:
In English:

In Greek:
- Πουλμένης Πέτρος (2007). Βιολογική μηχανική – Εργονομία. Εκδόσεις Καπόπουλος (Biomechanics – Ergonomics)
- Ζαφειρόπουλος Παντελής (1997). Λειτουργική Ανατομική - Εμβιομηχανική του μυοσκελετικού συστήματος. (Functional Anatomy – Biomechanics of the Musculoskeletal System)
- Τσακλής, Π (2005). Γενικές Αρχές Εργονομίας και Προληπτική Φυσικοθεραπεία. Εκδόσεις Παρισιάνου (General Principles of Ergonomics and Preventive Physiotherapy)
- Λάιος, Λ., Γιαννακούρου, Μ (2003). Σύγχρονη Εργονομία. Εκδόσεις Παπασωτηρίου (Modern Ergonomics)
4th Semester Modules

Name of subject: **PHYSIOTHERAPY FOR SPECIAL POPULATIONS (THEORY)**

Module Code: D1

Module Category: Specialty-based Module

Teaching Period: 4th semester

Aim of Course: This course focuses on the specific needs and capabilities of special populations the physiotherapy assessment and the design of safe and effective exercise programs.

Content of Course: Assess and train specific patients such as children with special mental difficulties, pregnant women, third age patients, patients with sensory impairments, cardiorespiratory problems and mental retardation.

Teaching method:

i) Brainstorming,

ii) Theoretical presentations on each disease, as well as questions-answers.

iii) Specifically, subjects displayed are the reasoning of a disease, the physical and kinetic characteristics developed by the persons suffering from a disease.

iv) Also, the goals and benefits from exercise, as well as the means used are presented and the indications and contraindications of exercise are remarked.

Textbooks/reference material:
**Name of subject:** CLINICAL CARDIORESPIRATORY PHYSIOTHERAPY (THEORY & LAB)

**Module Code:** D2

**Module Category:** Specialty-based Module

**Teaching Period:** 4th semester

**Aim of Course:** Provide students with an in-depth understanding of the specific nature of respiratory diseases and their clinical assessment. Develop skills for breathing facilitation, expectoration and the improvement of respiratory muscles properties.

**Content of Course:** Kinematic analysis of breathing. Clinical assessment of respiratory function, damage – diseases. Post operation respiratory physiotherapy. Airway clearance techniques. Chronic obstructive pulmonary disease, asthma etc. The impact of thoracic spine deformities (e.g. scoliosis) on respiration. Intensive care unit, mechanical ventilation.

**Teaching method:**

1. The teaching method includes classic theoretical presentations.
2. Brainstorming,
3. Theoretical presentations on each disease, as well as questions-answers.

**Textbooks/reference material:**


**In Greek:**

- Λαμπίρης Η.Ε. (2003). Ορθοπαιδική και Τραυματιολογία. Ιατρικές Εκδόσεις, Αθήνα (Orthopaedics and Traumatology)
- Χριστοδούλου Γ.Ν., Κονταξάκης Β.Π. (2000). Η Τρίτη ηλικία. Εκδ. Βήτα, Αθήνα (The Third Age)
In English:

In Greek:
- Γραμματοπούλου Ε., Βαβουράκη Ε. (1999). Αναπνευστική Φυσικοθεραπεία. Έκδοση ΤΕΙ Αθήνας (Respiratory Physiotherapy)
- Ελληνική Εταιρεία Εντατικής Θεραπείας (2003). Φυσικοθεραπεία στη μονάδα εντατικής θεραπείας (Physiotherapy in Intensive Care Unit)
- Μπάρλου Πανοπούλου Ε. (2003). Φυσικοθεrapeutíkí φροντíδα αναπνευστικού αρρώστου, Εκδόσεις Μίνως, Αθήνα (Physiotherapeutic Care of Respiratory Patient)
- Μπάρλου Ε., Πανόπουλος Γ. (2006) Αναπνευστική Φυσικοθεραπεία σε Πνευμονικές και μη παθήσεις. Εκδόσεις Σάλτο, Αθήνα (Respiratory Physiotherapy in Pulmonary and not Diseases)
- Παπαδοπούλου Χ. (2008). Αναπνευστική Φυσικοθεραπεία. Έκδοση ΑΤΕΙ Θεα/νίκης (Respiratory Physiotherapy)
- Μυριανθεές Π., Μπαλτόπουλος Γ. (2005). Μηχανική υποστήριξη της αναπνοής, Ιατρικές εκδόσεις Πασχαλίδης, Αθήνα (Mechanical Breathing Support)
- Reid W.D., Chung F. (2009). Κλινική Προσέγγιση στην Καρδιοαναπνευστική Φυσικοθεραπεία. (Μετάφραση Αγγλικής Έκδοσης) Ιατρικές Εκδόσεις Πασχαλίδης, Αθήνα (Clinical Approach in Cardiopulmonary Physiotherapy)

Name of subject: Principles of Musculoskeletal Physiotherapy (Theory & Lab)

Module Code: D3
Module Category: Specific Background Module

Teaching Period: 4th semester

Aim of Course: This course concentrates on the deep understanding of the physiotherapy assessment and management of musculoskeletal disorders preparing students to diagnose, manage and treat musculoskeletal injuries in an evidence-based approach.

Content of Course: Physiotherapy assessment and rehabilitation after fractures, sprains, dislocations, subluxations. Tendon, chondral and nerve injuries

Teaching method: The teaching method includes classic theoretical presentations.

Textbooks/reference material:

In English:
In Greek:

Name of subject: PHYSIOTHERAPY ASSESSMENT (THEORY & LAB)

Module Code: D4

Module Category: Specialty-based Module

Teaching Period: 4th semester

Aim of Course: This course introduces and prepares students to the methodology of physiotherapy assessment. This is based on collecting subjective and objective findings before setting goals and programming the treatment.

Content of Course: Selection of reliable and valid assessment tools. Utility of these tools in a valid way. Organize the subjective and objective findings. Set goals, prioritize problems and design the treatment protocol.

Teaching method:
- i) Power point presentations,
- ii) Discussions on clinical applications included in the curriculum.

Textbooks/reference material:

In English:
- Evaluation of Orthopaedic and Athletic Injuries, 2nd Ed. C Starkey, FA Davies 2002
- Orthopaedic Physical Assessment by David J. Magee PhD BPT, Saunders 2007
Subject: PHYSICAL MODALITIES – APPLIED ELECTROTHERAPY I (THEORY & LAB)

Module Code: D5

Module Category: Specialty-based Module

Teaching Period: 4th semester

Aim of Course: Introduction to physical modalities and understanding of the physiological changes caused after their application. Students learn how to perform safely electrotherapy for healing different types of injured tissues.


Teaching method:

i) Classic theoretical presentations,

ii) Project presentations by students,

iii) Discussions with students groups assigned with an issue briefing.

Textbooks/reference material:

In English:


In Greek:

Γιόκαρης Π. (2007). Κλινική Ηλεκτροθεραπεία (2 τόμοι). Ιατρικές εκδόσεις Λίτσας, Αθήνα (Clinical Electrotherapy, 2 Volumes)

Φραγκοράπτης Ε. (2002). Εφαρμοσμένη Ηλεκτροθεραπεία. Εκδόσεις Σάλτο, Θεσ/νίκη (Applied Electrotherapy)

5th Semester Modules

Name of subject: FIRST AID (THEORY)

Module Code: E1

Module Category: General Background Module

Teaching Period: 5th semester

Aim of Course: The course focuses in preparing students to identify life threatening conditions and provide immediate support to patients. Emphasis is given on cardiopulmonary resuscitation (CPR), treatment of burns, bites, stings, electric shock and poisons.

Content of Course: Basic concepts of first aid. Assessment of neurological, cardiopulmonary and orthopaedic injuries. Examination and treatment of integumentary system (wounds, burns, bites, stings, skin ulcers, traumatic injuries etc.). Control of bleeding, foreign body removal, debridement, support of fractures and dislocations. Hypothermia, heat stroke, electric shock and poisons. Carrying injured individuals. Emergency tracheotomy

Teaching method:

i) Classic theoretical presentations,

ii) Organisation of student groups assigned with projects on specific cases.

Textbooks/reference material:

In English:
Name of subject: **CLINICAL MUSCULOSKELETAL PHYSIOTHERAPY I (THEORY & LAB)**

**Module Code:** E2

**Module Category:** Specialty-based Module

**Teaching Period:** 5th semester

**Aim of Course:** This is the first course in the two-course Musculoskeletal physiotherapy sequence, preparing students to diagnose, manage and treat acute and chronic musculoskeletal injuries- both conservatively and post-surgically for the upper and lower limb

**Content of Course:** Physiotherapeutic assessment and intervention for degenerative osteoartithritis, rheumatological diseases, autoimmunal diseases, chronic syndromes (frozen shoulder, overuse syndromes, anterior knee pain, etc), pre- and postoperative (knee arthroplasty, hip arthroplasty, etc) and peripheral nerve injuries.

**Teaching method:**

i) Power point presentations,

ii) Interactive sessions on the clinical applications of each taught unit.

**Textbooks/reference material:**

In English:


In Greek:

- Γερμενής Α.Ε. (2007). Μαθήματα Πρώτων Βοηθειών Για Επαγγέλματα Υγείας. Εκδόσεις Βήτα (First Aid Training for Health Professions)
- Κοκύρτας Ν.Β. (2008). First Aid: Πρώτες Βοήθειες. Εκδόσεις Δίσιγμα

In English:

- Redmond A., Mahoney R., Rayan J., MacNab C. ABC στις συγκρούσεις και στις καταστροφές. (Μετάφραση Αγγλικής Έκδοσης) Επιστημονικές εκδόσεις Παρισιάνου, 2009 (ABC for Collisions and Disasters)
- Pathology and Intervention in Musculoskeletal Rehabilitation (Musculoskeletal Rehabilitation Series) by David J. Magee PhD BPT, James E. Zachazewski DPT SCS ATC, and William S. Quillen. Saunders 2008

In Greek:
- Λαμπίρης Η.Ε. (2003). Ορθοπεδική και Τραυματολογία. Ιατρικές Εκδόσεις Πασχαλίδη, Αθήνα (Orthopaedics and Traumatology)
- Hoppenfeld S (2000). Ορθοπεδική Νευρολογία. (Μετάφραση Αγγλικής Έκδοσης), Εκδ. Παρισιάνου, Αθήνα (Orthopaedic Neurology)
Name of subject: **PRINCIPLES OF NEUROLOGICAL PHYSIOTHERAPY (THEORY)**

**Module Code:** E3

**Module Category:** Specific Background Module

**Teaching Period:** 5th semester

**Aim of Course:** The assessment of neurological patients and the principles of the therapeutic interventions aimed at these patients. Assessment of the motor and functional deficits of neurological patients and planning of the rehabilitation program.

**Content of Course:** Clinical and laboratory tools of neurological assessment (scales, functional tests, EMG, etc). Popular rehabilitation approaches (PNF, Bobath, motor learning, forced use, virtual reality, FES, biofeedback, etc) for the neurological patient (upper & lower motor neurone syndrome, extrapyramidal syndromes, somatosensory deficits, perceptive & cognitive deficits).

**Teaching method:**

1. Power point presentations
2. Interactive sessions
3. Discussions on clinical case studies between lecturer and students
4. Presentations by guest lecturers
5. Discussions by student groups assigned with a mini-project on a clinical level
6. Mini homeworks prepared by students based on new research
7. Discussions via emails or other electronic platforms

**Textbooks/reference material:**

**In English:**


**Name of subject:** SPECIAL TECHNIQUES IN MANUAL THERAPY (THEORY & LAB)

**Module Code:** E4

**Module Category:** Specialty-based Module

**Teaching Period:** 5th semester

**Aim of Course:** Basic principles for the differential clinical diagnosis and rehabilitation of the articular system through the use of mobilization and manipulation techniques. Clinical reasoning for deciding the optimal therapeutic mobilization technique for specific musculoskeletal dysfunctions. Clinical assessment of the biomechanical behavior of the peripheral nervous system and application of neurodynamic tests.

**Content of Course:** Differential diagnosis of tissues (bones, ligaments, tendons, muscles, neural tissue, fasciae, skin) responsible for the restriction of joint motion. Basic principles of osteokinematics and artrokinematics of the upper & lower limb and the spine. Basic kinds of joint mobilization and their application for the assessment of joint mobility. Biomechanical and neurophysiological mechanisms underlying the basic principles for manipulation and mobilization techniques. Introduction to mobilization concepts (Maitland, Kaltenborn, etc).

**Teaching method:**
1. Suggestions and lectures from the teaching professor,
2. Clinical case study discussions.
3. Interactive sessions
4. Discussions via emails or other electronic platforms

**Textbooks/reference material:**

In English:
Name of subject: PHYSIOLOGY OF THERAPEUTIC EXERCISE (THEORY)

Module Code: E5

Module Category: Specialty-based Module

Teaching Period: 6th semester

Content of Course: Characteristics of various types of muscle fibers, energy sources, different types of metabolism (aerobic, anaerobic, etc) under conditions of physical effort. Characteristics of the use of energy sources regarding the duration, the intention and the frequency of exercise for the successful planning of an exercise regime, such as the aerobic and anaerobic threshold and maximal oxygen consumption. Basic types of exercise for achieving specific aims (e.g. strengthening, improvement of aerobic capacity, etc). Effect of various types of exercise on the systems of the human body (cardiovascular, respiratory, nervous, muscular, etc).

Teaching method:
   i) Lectures by the teaching professor,
   ii) Clinical case study discussions. Interactive sessions
   iii) Discussions on clinical case studies between lecturer and students
   iv) Discussions via emails or other electronic platforms

Textbooks/reference material:

In English:
6th Semester Modules

**Name of subject:** CLINICAL MUSCULOSKELETAL PHYSIOTHERAPY II (THEORY & LAB)

**Module Code:** F1

**Module Category:** Specialty-based Module

**Teaching Period:** 6th semester

**Aim of Course:** This course prepares students to evaluate, manage and treat with safety and effectiveness musculoskeletal deformities and disorders of spine. It mainly concentrates in post-operation goals setting and rehabilitation

**Content of Course:** Assessment of human spinal deformities (scoliosis) and musculoskeletal syndromes and disorders. Treatment of self-immune and metabolic diseases of spine, osteoarthritis, rheumatoid arthritis. Post surgery (arthroscopy, spondylodesia) physiotherapy.

**Teaching method:**

v) Lectures by the teaching professor,
vi) Clinical case study discussions.

**Textbooks/reference material:**

**In English:**


- Corrigan B, Maitland GD (1983), Practical Orthopaedic Medicine, Butterworth-Heinemann, Cambridge


**In Greek:**


- Λαμπίρης Η.Ε. (2003). Ορθοπαιδική και Τραυματολογία. Ιατρικές Εκδόσεις Πασχαλίδη, Αθήνα (Orthopaedics and Traumatology)


- Hoppenfeld S. (2000) Ορθοπαιδική Νευρολογία (Μετάφραση Αγγλικής Έκδοσης), Ιατρικές Εκδόσεις Παρισιάνου, Αθήνα (Orthopaedic Neurology)


*Name of subject: CLINICAL NEUROLOGICAL PHYSIOTHERAPY I (THEORY & LAB)*
Module Code: F2

Module Category: Specialty-based Module

Teaching Period: 6th semester

Aim of Course: This course aims to support students with in-depth knowledge of the physiological kinetic neurodevelopment. Emphasis is given on neurodevelopmental disorder- assessment and treatment.

Content of Course: Neurodevelopmental stages and physiological changes at every position (supine, prone, sitting, standing). Recognition of abnormal signs at every stage. Assessment, prognosis and setting therapeutic goals in cerebral palsy, polyneuropathies, myopathies. Rehabilitation techniques.

Teaching method:

i) Audiovisual means (video projections)

ii) Student projects

iii) Clinical presentations

Textbooks/reference material:

In English:
- Shumway-Cook & Woollacot (2007): Motor Control, 3rd edition. Published by Lippincot Williams-Wilkins

In Greek:
- Bobath B. (2005) Ενήλικας Ημιπληγικός. (Μετάφραση Αγγλικής Έκδοσης) Επιστημονικές Εκδόσεις Παρισιάνου, Αθήνα (Hemiplegic Adult)
- Carr J., Shepherd R. (2004) Νευρολογική Αποκατάσταση. (Μετάφραση Αγγλικής Έκδοσης) Επιστημονικές Εκδόσεις Παρισιάνου, Αθήνα (Neurological Rehabilitation)
Name of subject: **DIAGNOSTIC IMAGING (THEORY)**

**Module Code:** F3

**Module Category:** Specific Background Module

**Teaching Period:** 6th semester

**Aim of Course:** The course aims to introduce students into various medical imaging techniques and their special characteristics. Students learn about their application and diagnostic effectiveness in various pathological conditions especially in musculoskeletal diseases.

**Content of Course:** Introduction to medical imaging techniques. Basic X-Ray findings in spinal column and limbs. Radiology, ultrasound, scintiscan, CT-scan, MRI of the various human body systems. Phlebography, arteriography. Sensitivity, specificity and accuracy of medical imaging techniques.

**Teaching method:**

i) Classic theoretical presentations,

ii) Student projects presentations,

iii) Discussions with student groups assigned with an issue briefing.

**Textbooks/reference material:**

In English:


In Greek:

- Αλειφερόπουλος Δ. (2004). Οστά και Αρθρώσεις. Εκδόσεις Λίτσας, Αθήνα (Bones and Articulations)
- Αλειφερόπουλος Δ., Πάνου, Θ. (2004). Ακτινογραφική απεικόνιση. Εκδόσεις Βήτα, Αθήνα (Radiographic Imaging)
- Βαρσαμίδης, Κωνσταντίνος (2002). Στοιχεία βιοϊατρικής διαγνωστικής απεικόνισης. University Studio Press (Elements of Biomedical Diagnostic Imaging)
Name of subject: **ERGONOMY-PREVENTIVE PHYSIOTHERAPY (THEORY)**

**Module Code:** F4

**Module Category:** Specific Background Module

**Teaching Period:** 6th semester

**Aim of Course:** Students learn the basic principles of protection and rehabilitation of musculoskeletal problems caused at work, through an in-depth understanding of the developed loads on the human body during various activities and the danger for musculoskeletal injuries.

**Content of Course:** Ergonomical principles and natural laws applied to musculoskeletal system. Recognition of inappropriate posture and unsafe loading of biomaterial. Mechanical properties of biomaterials. Overuse syndromes, The impact of adverse working conditions and stress in the human body. Prevention of ergonomical inappropriate postures and rehabilitation of functional asymmetries.

**Teaching methods:**

i) Suggestions and lectures by the teaching professor,

ii) Presentation – Discussion of cases personally experienced by the students,

iii) Lectures by specialized professionals (i.e. Representative from the Greek Union of Physiotherapists etc).

**Textbooks/reference material:**

**In English:**

**In Greek:**

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Name of subject: **INTELLIGENT SYSTEMS OF DECISION MAKING (THEORY)**

**Module Code:** F5a

**Module Category:** Mandatory Elective Module

**Teaching Period:** 6th semester
**Aim of Course:** Students learn the techniques and applications of computational intelligence and the principles of using clinical decision support systems.

**Content of Course:** Introduction to computational intelligence, its principles and its techniques, clinical decision making systems.

**Teaching methods:**

i) Suggestions and lectures by the teaching professor,

ii) Presentation – Discussion of cases personally experienced by the students,

iii) Lectures by specialized professionals (i.e. Representative from the Greek Union of Physiotherapists etc).

**Textbooks/reference material:**

**In English:**

**In Greek:**

**Name of subject:** PROSTHETICS-ORTHOTICS (THEORY)

**Module Code:** F5b

**Module Category:** Madatory Elective Module

**Teaching Period:** 6th semester

**Aim of Course:** Basic principles of rehabilitation by using orthotics.

**Content of Course:** Introduction to different kinds of prosthetics and orthotics. Analysis of rehabilitation by their utility in paralysis, scoliosis, kyphosis, amputation.
Teaching methods:

iv) Suggestions and lectures by the teaching professor,

v) Presentation – Discussion of cases personally experienced by the students,

vi) Lectures by specialized professionals (i.e. Representative from the Greek Union of Physiotherapists etc).

Textbooks/reference material:

In English:

In Greek:
- Γρίβας Θ.Β. (1994). Σύγχρονες Εξελίξεις στην Έρευνα και Θεραπεία της Σκολίωσης. Εκδόσεις Πασχαλίδη

Name of subject: **ETHICS IN PHYSIOTHERAPY (THEORY)**

Module Code: F6

Module Category: Specific Background Module

Teaching Period: 6th semester

**Aim of Course:** Understand the importance and limits of ethics between health professionals, patients and their families. Learn how to manage ethical issues when conducting research in health issues.

**Content of Course:** Ethics in health professions, law and society, morality and religion, human rights. Professional rights in public and private sectors. Potentials for personal development in the physiotherapy profession. Recognition of unethical behaviors and protection from ‘unethical’ colleges.

Teaching methods:

i) Suggestions and lectures by the teaching professor,

ii) Presentation – Discussion of cases personally experienced by the students,

iii) Lectures by specialized professionals (i.e. Representative from the Greek Union of Physiotherapists etc).
Textbooks/reference material:

In English:

In Greek:
- Κώδικας Δεοντολογίας του Πανελληνίου Συλλόγου Φυσικοθεραπευτών (Greek Society of Physiotherapists’ Code of Conduct)
- Πουλής Ι. (2002) Δεοντολογία – Εισαγωγή στη Φυσικοθεραπεία. Σημειώσεις ΤΕΙ Λαμίας (Ethics – Introduction to Physiotherapy)

7th Semester Modules

Name of subject: **CLINICAL NEUROLOGICAL PHYSIOTHERAPY II (THEORY & LAB)**

Module Code: G1

Module Category: Specialty-based Module

Teaching Period: 7th semester


Content of Course: Clinical importance of the reorganization of the cortex for the rehabilitation of neurological patients. Changes in the kinematic characteristics of functional activities, such as sit to stand, gait, balance in the neurological patient. Therapeutic interventions for spinal cord lesions, cerebellar lesions, upper motor neuron syndrome, extrapyramidal lesions (Parkinson’s disease), traumatic brain injury. Analysis of the perceptual-cognitive deficits, somatosensory deficits and the way they affect the rehabilitation process. Role of clinical neuropsychology. Analysis of case studies.

Teaching method:
- Use of audiovisual means, such as video projections,
ii) Student projects,

iii) Demonstration of clinical examples.

**Textbooks/reference material:**

**In English:**


**In Greek:**

- Levitt S. (2002) Θεραπεία της Εγκεφαλικής Παράλυσης και της Κινητικής Καθυστέρησης. (Μετάφραση Αγγλικής Έκδοσης), Επιστημονικές Εκδόσεις Παρισιάνου, Αθήνα (Treatment of Cerebral Paralysis and Kinetic Delay)

**Name of subject:** SPORTS PHYSIOTHERAPY (THEORY & LAB)

**Module Code:** G2

**Module Category:** Specialty-based Module

**Teaching Period:** 7th Semester

**Aim of Course:** Basic principles for the assessment and rehabilitation of sports injuries with emphasis on prevention through the rehabilitation of predisposing intrinsic (functional asymmetries/imbalances)
and extrinsic (environmental) factors. Differentiation of therapeutic approach in the rehabilitation of sports injuries through the application of progressive rehabilitation programs. Planning of rehabilitation programs for sports injuries.


**Teaching method:**

i) Lectures by the teaching professor,

ii) Clinical cases discussions between student groups and the teaching professor,

iii) Student projects (individually or in groups) and presentations using valid research resources,

iv) Lectures by guest professors,

v) Interactive sessions using communication and computer technologies.

**Textbooks/reference material:**

**In English:**


**In Greek:**

- Πουλμέντης Π (2007). Φυσικοθεραπεία στον Αθλητισμό, Εκδόσεις Καπόπουλος (Physiotherapy in Sports)
- Δεληγίαννης Α. (1997). Ιατρική της άθλησης, University Studio Press (Sports Medicine)
- Αμπατζίδης Γ. (2003). Αθλητικές Κακώσεις, University Studio Press (Sport Injuries)

Name of subject: **FUNCTIONAL MANAGEMENT OF MOVEMENT DYSFUNCTIONS (THEORY)**

**Module Code:** G3

**Module Category:** Specific Background Module

**Teaching Period:** 7th Semester

**Aim of Course:** Basic principles of functional rehabilitation of movement disorders with emphasis on functional rehabilitation of central nervous lesions. Basic principles of postoperative rehabilitation of diseases and lesions of the central nervous system.

**Content of Course:** Assessment and functional rehabilitation for a) diseases-lesions of the central nervous system, b) injuries of the peripheral nerves, c) tetraplegia-paraplegia, d) pre- and postoperative, e) chronic conditions of peripheral nerve damages, f) sports injuries.

**Teaching method:**
- i) Classic theoretical presentations,
- ii) Student project presentations,
- iii) Discussions with student groups assigned with an issue briefing.
- iv) Guest lecturing
- v) Interactive sessions using communication and computer technologies.

**Textbooks/reference material:**

_In English:_
Name of subject: **RESEARCH METHODS IN HEALTH SCIENCES (THEORY)**

**Module Code:** G4

**Module Category:** Specific Background Module

**Teaching Period:** 7th semester

**Aim of Course:** This course covers basic principles of research methodology and scientific information queries. Students learn how to perform a literature review, how to test research protocols, statistical results. Emphasis is given to research methods applied to answer clinical questions in physiotherapy.

**Content of Course:** Basic principles of research methodology. The role of research, definitions, the scientific method and its prerequisites, research in the Internet. Research planning, sampling methods, types of research, basic and applied research. Measurement, measurement scales. Variables and statistical data. Descriptive research, correlations, parametric and non parametric research, multivariate analysis.

**Teaching method:**
1. Classic theoretical presentations,
2. Student project presentations,
3. Discussions with student groups assigned with an issue briefing.

**Textbooks/reference material:**

- Hicks Carolyn (1998) Research for Physiotherapist, Churchill Livingstone
- Essentials of Medical Statistics Douglas Altman (Editor), David Machin (Editor), Trevor Bryant (Editor), Stephen Gardner (Editor) (2003). Statistics with Confidence: Confidence Intervals and Statistical Guidelines (Book with Diskette for Windows 95, 98, NT).

In Greek:
- Σαχίνη Α (1988) : Μεθοδολογία Έρευνας στα Επαγγέλματα Υγείας. Εκδόσεις Βήτα, Αθήνα (Research Methodology in Health Professions)

**Name of subject:** PRESENTATIONS OF SPECIALS PHYSIOTHERAPY TOPICS (THEORY)

**Module Code:** G5

**Module Category:** Specific Background Module

**Teaching Period:** 7th semester

**Aim of Course:** Basic techniques of research methodology with emphasis in the study of presentation of research results and in the planning and presentation of a research in conferences and scientific meetings

**Content of Course:** Presenting and analyzing the results of a research study. Writing articles and presentations of research studies. Examples of research studies in physiotherapy. Scientific conferences - meetings

**Teaching method:**

i) Classic theoretical presentations,

ii) Student project presentations,
iii) Discussions with student groups assigned with an issue briefing.

**Textbooks/reference material:**

**In English:**


- Larry B. Christensen *Experimental Methodology, 10th Edition* (July 1, 2006).


**In Greek:**


- Thomas, Nelson, ΜΕΘΟΔΟΙ ΕΡΕΥΝΑΣ ΣΤΗΝ ΦΥΣΙΚΗ ΔΡΑΣΤΗΡΙΟΤΗΤΑ ΕΚΔ. ΠΑΣΧΑΛΙΔΗ 2003 ΑΘΗΝΑ

**8th Semester Modules**

The last semester of the Physiotherapy Department does not involve any theoretical or laboratory subjects, but entails the Practical Placement of the students, in order to develop their practical and professional skills, as well as the writing of the Thesis, which has as purpose to stimulate critical thinking and develop their analytical and synthetic ability by elaborating this study.

**Name of subject:** **THESIS**

**Module Code:** H1

**Module Category:** Specialty-based Module

**Teaching Period:** 8th semester

**Aim of Course:** The Thesis is the final and most mature effort of the student in order to complete a scientifically-written documented text that deepens the knowledge in a specific field of Physical Therapy. By having acquired a certain level of knowledge and experiences from the course up to now,
the student takes the final step beyond the “delivered knowledge” that is provided through the curriculum and looks into the current perception on an issue relative to the science he/she serves, as it is ‘expressed’ by research evidence.

Summarised, the undergraduate thesis gives the student the opportunity to:

i) Formulate specific questions on subjects that interest him/her,

ii) Get trained in looking for any scientific sources,

iii) Evaluate and organize the thesis material,

iv) Classify the findings of his/her review,

v) Criticise and choose valid information,

vi) Decode the clinical “message” that lies behind the findings,

vii) Become an excellent connoisseur of the scientific field that he/she has processed,

viii) Have discipline in the time schedule set for the elaboration of the thesis,

ix) Develop personal evaluation criteria on the scientificity of projects and announcements,

x) Present and possibly publish his/her thesis, always abiding by standards

**Thesis Assignment Procedure:** A tutor from the academic staff is allocated to each student in order to guide the student’s dissertation moves.

**Preconditions for application:** The students that can submit an application for Thesis assignment are the ones that are experiencing the 8th semester of their studies. An essential prerequisite for the assignment is that the student has been successfully examined in the 2/3 of the summary of the modules included in the curriculum. Students that are in an earlier semester can submit and elaborate a thesis, provided that they have been successfully examined in all the specialty courses of the curriculum.

**Thesis Elaboration Procedure:** During the time schedule for the Thesis, the student is obliged to meet/communicate with his/her supervisor, at least once every month, in order to be checked for his progress. If this does not happen, the supervising professor takes under serious consideration the student’s cooperation for the final assessment of the Thesis.

**Thesis Assessment Procedure:** The assessment of Theses is organised on request from the interested students. Students fill in a request form that must be signed by the supervising professor, in order to ensure the approval of the Thesis for examination. At the same time, the student has to deliver to the Department 3 copies of the Thesis (one for each member of the inquiry committee). In a short time period from submitting the request for examination, the person responsible for the Thesis sets the inquiry committee, which is consisted by the supervising professor and 2 more examiners (teachers of
the Department. The members of the inquiry committee are approved by the TEI’s Board after suggestion from the Physiotherapy Department. The examination of the Theses is coordinated by the supervising professor and is scheduled on specific dates. The examination procedure includes the presentation of the Thesis from the student with Power Point projection, 10 minutes in duration. Then, questions follow from the committee. The presentation and examination procedure is open for every student and professor that is interested to attend.

The Thesis’ grade from each examiner is the average of individual ratings in:

i) Bibliography sufficiency,

ii) Form & Structure,

iii) Presentation & Support.

iv) For research Theses, methodology is rated in addition.

A detailed Guidance for the Thesis writing and procedures has been developed and forwarded to all students eligible as well as being in the library (available for all students). It has also been uploaded to ecall electronic database (e-class) available to all students enrolled to Physiotherapy Department.

Name of subject: **PRACTICAL PLACEMENT**

**Module Code:** H1

**Module Category:** Specialty-based Module

**Teaching Period:** 8\(^{th}\) semester

**Module Context:** The Practical Placement takes place after the 7\(^{th}\) semester of studies and only if the student has been successfully examined in all specialty modules. The Practical Placement aims to bridge theory and practice, by helping the student to apply what has being learnt in the theoretical modules. Furthermore, the student learns to follow and behave according to hierarchy, as well as to abide by the ethical (moral) rules as stated by the Greek Society of Physical Therapists.

The student can choose up to 3 public or private hospitals, which cooperate with the TEI, in order of priority. After that, he/she has to wait for the results. Once the hiring from the hospital is completed, the TEI designates a Supervising academic, who is responsible for the student, consulting for his/her daily performance and makes a monthly report on his/her progress.
The student is obliged to fill in the Practical Placement Book as a diary and report his/her daily programme. Additionally, he/she must report weekly and monthly references on his/her progress in the Practice Book as well as the knowledge he/she has obtained through the Practical Placement at the end of it. In parallel with the Practical Placement Book, the student has to complete the Technical Report.

The Technical Report is a project that follows the same concept as the Thesis. It has to do with the detailed description of the hospital’s services, the knowledge the student has gained through the whole experience of the Practical Placement. Also, any possible problems and insufficiencies of the hospital can be reported in the Technical Report, as well as provide recommendations for improvement.

The student must follow the moral rules and regulations of the hospital, fully cooperate with his/her coworkers and behave properly. If the student does not follow the ethical guidelines, this could result in immediate interruption of the Practical Placement. If the student considers that the Employment Provider does not meet with the standards the TEI requires, he/she can denounce the contract to the TEI and be immediately transferred to a different hospital of his/her preference.

The student has to submit the Practice Book, which is evaluated by the Supervising academic, as well as the Technical Report to the TEI and present it in public in a respective conference organised by the TEI. In this presentation, the student demonstrates the experiences he/she has acquired during the Practical Placement and the subject he/she has analysed in the Technical Report. The presense of the Supervising academic is obligatory, since the validation of the Practical Placement relies also on the evaluation of the student’s presentation (where another supervisor on site is also ‘looking’ and evaluating the student). Finally, the Supervising academic writes the Supervisor’s Practical Placement Report according to a respective model and the final approval of the Practical Placement is given by the Head of the Department. The ECTS credits awarded for successfully completing the Practical Placement are 20.