

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Sport injuries – Counseling in rehabilitation

COURSE CODE:

N541

E.C.T.S. CREDITS

6

RESPONSIBLE FOR THE COURSE:

NAME	Anastasia Beneka, Asimena Gioftsidou		
POSITION	Associate Professor, Lecturer		
SECTOR	Exercise and Health		
OFFICE	Therapeutic Exercise and Rehabilitation Laboratory		
TEL. / E-MAIL	25310 - 39662	agioftsi@phyed.duth.gr , ampeneka@phyed.duth.gr	
CO-INSTRUCTORS	Vivian Malliou		

SEMESTER:

1 st	<input type="checkbox"/>	2 nd	<input type="checkbox"/>	3 rd	<input type="checkbox"/>	4 th	<input type="checkbox"/>
5 th	<input checked="" type="checkbox"/>	6 th	<input type="checkbox"/>	7 th	<input type="checkbox"/>	8 th	<input type="checkbox"/>

COURSE TYPE:

Obligatory	<input type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input checked="" type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective (<i>open</i>)	<input type="checkbox"/>

HOURS (*per week*):

6

DIRECTION (*only for 3rd & 4th year courses*):

Exercise and Special Populations	
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SPECIALIZATION (*only for 3rd & 4th year courses*):

Athletic Training and Rehabilitation

LANGUAGE OF TEACHING:

Greek

English

AIM OF THE COURSE (*content and acquired skills*):

The aim of the course is to present to the students: 1) the most common sports injuries, 2) the methods and contents of counseling applied to rehabilitation, 3) the mechanism of injury, 4) the causes, the symptoms and treatment options for each injury, 5) simple counseling techniques for enhancing education and communication with the athlete and for improvement of their motivation during rehabilitation and 6) how to handle the most common injuries in sport and what expectations should they have from the rehabilitation program.

COURSE CONTENTS (*outline – titles of lectures*):

1. Ankle sprain (anatomy, epidemiology, mechanism of injury).
2. Ankle sprain (clinical examination, clinical symptoms – cases, therapeutic opportunities).
3. Knee ligament injuries (ACL, anatomy, epidemiology, mechanism of injury, therapeutic opportunities).
4. Knee ligament injuries (PCL, anatomy, epidemiology, mechanism of injury, therapeutic opportunities).
5. Knee ligament injuries (MCL, LCL, clinical examination, cases, clinical symptoms, therapeutic opportunities).
6. Meniscus injuries in athletes (anatomy, epidemiology, mechanism of injury).
7. Meniscus injuries in athletes (clinical examination, cases, clinical symptoms, therapeutic opportunities).
8. Anterior knee pain in athletes (anatomy, epidemiology, mechanism of injury).
9. Anterior knee pain in athletes (clinical examination, cases, clinical symptoms, therapeutic opportunities).
10. Cartilage damage injuries (clinical examination, therapeutic opportunities).
11. Injuries in the connective tissue - Classification of pathology in tendons and ligaments.
12. Tendons injuries in sports - Application to the Achilles tendon.
13. Muscle injuries in sports (anatomy, epidemiology, muscle injuries categories).
14. Muscle injuries mechanisms (clinical examination, healing process, therapeutic opportunities).
15. Shoulder impingement syndrome (anatomy, epidemiology, mechanism of injury).
16. Shoulder impingement syndrome (clinical examination, cases, clinical symptoms, therapeutic opportunities).
17. Shoulder injuries in athletes (anatomy, epidemiology, mechanism of injury).
18. Shoulder injuries (clinical examination, cases, clinical symptoms, therapeutic opportunities).
19. Elbow epicondylitis (anatomy, epidemiology, mechanism of injury).
20. Elbow epicondylitis and healing (clinical examination, cases, clinical symptoms, therapeutic opportunities).
21. Fracture in sports (epidemiology, mechanism of fracture on sports, specificities of bone tissue).
22. Fracture in sports (clinical examination, cases, clinical symptoms, therapeutic opportunities).
23. Fatigue fracture in sports (anatomy, epidemiology, mechanism of injury).
24. Fatigue fracture in sports (clinical examination, cases, clinical symptoms, therapeutic opportunities).
25. Groin pain (anatomy, epidemiology, mechanism of injury).

26. Groin pain (clinical examination, cases, clinical symptoms, therapeutic opportunities).
27. Counseling in rehabilitation (introduction).
28. Psychological reactions of the injured athlete.
29. Assessment of the injured athlete.
30. Role of the counseling specialists during rehabilitation.
31. Counseling for enhancing adherence during rehabilitation.
32. Effective interaction between the specialist and the athlete during rehabilitation.
33. Information techniques of the injured athlete.
34. Coping with pain during rehabilitation.
35. Relaxation techniques and imagery during rehabilitation.
36. Goal setting and self talk in injury rehabilitation.
37. Application of different intervention techniques during rehabilitation.
38. Injury prevention and psychosocial predisposing factors for injury.

TEACHING METHOD(S) (*lectures – labs – practice etc.*):

Lectures

ASSESSMENT METHOD(S):

Active participation in class	(10%)
Mid term exams	(30%)
Paper presentation	(30%)
Final exams	(30%)

LEARNING OUTCOMES:

Upon the completion of this course the student will be able to: 1) understand the symptoms and pathophysiology of the most common sports injuries, 2) understand the potential and the expectations from the rehabilitation program based on the severity of the injury and 3) apply simple counseling techniques aiming to improve the motivation and effectiveness of the injured athlete during rehabilitation.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Understanding the symptoms appeared with an athletic injury.	Lectures, demonstration and discussion of digital material, home study.	Mid term exams, problem solving project.	60
Knowledge of the exercise progressiveness which should be used for coping with specific symptoms	Presentation and practical application from the students.	Mid term exams, problem solving project.	60
Ability to adapt appropriate counseling techniques on injured athletes in order to improve motivation	Practical exercise, practice in groups, home study.	Mid term exams, problem solving project.	30
Understanding of the potential and the expectations	Lectures, slides / video shows, discussion, home	Mid term exams, problem solving	30

from the rehabilitation program based on the severity of the injury	study.	project.	
		TOTAL	180

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Houglum P.A. (2001). Therapeutic Exercises for Athletic Injuries. Human Kinetics, Champaign IL.
2. Irvin R., Iversen D., Roy S. (2003). Sports Medicine: Prevention, Assessment, Management, and Rehabilitation of Athletic Injuries. Boston, MA: McGraw-Hill
3. Canavan P.K. (1998). Rehabilitation in Sports Medicine. A comprehensive guide. Appleto & Lange.
4. Prentice W.E (2007). Rehabilitation Techniques in Sports Medicine and Athletic Training. 5th ed. McGraw-Hill
5. Ray R., Wiese-Bjornstal D. (1999). Counseling in Sports Medicine. Human Kinetics Publishers
6. Crossman J. (2001). Coping with sports injuries: Psychological strategies for rehabilitation. Oxford University Press Inc., New York
7. Heil J.(1993). Psychology of sport injury. Human Kinetics Publishers
8. Taylor J., Taylor S. (1997). Psychological Approaches to sports injury rehabilitation. Aspen Publishers, Inc. Gaithersburg, Maryland.
9. Pargman D. (1993). Psychological Bases of Sport Injuries. Fitness Information Technology, Inc.