

Course Title	Introduction to Physiotherapy				
Course Code	PHYS101				
Course Type	Compulsory				
Level	Bachelor (Level 1)				
Year / Semester	1 st / Fall				
Instructor's Name	Dr Emmanuel Papadopoulos, Dimitris Sokratous				
ECTS	6	Lectures / week	2	Laboratories/week	2
Course Purpose	<p>The aim of the course is to introduce students to the concept of Physiotherapy care and the principles of the philosophical and scientific basis of Physiotherapy. The course covers the development and analysis of the field of Physiotherapy the relationship between theory and practice, Physiotherapy as a science and art, the concept of care and Physiotherapy as a separate scientific entity. At the end of the course, students will be familiar with the physiotherapy process and will be able to apply theoretical physiotherapy models in clinical practice.</p>				
Learning Outcomes	<ul style="list-style-type: none"> • Upon completion of the course, students will: understand the definition and content of the science of physiotherapy and its differentiation from related health sciences • understand the role and importance of physiotherapy in an interdisciplinary environment • understand and better retrieve basic theoretical concepts of anatomy, physiology, kinesiology, etc. • interpret more effectively the findings of their patients' evaluation and extract a safe functional diagnosis • participate with greater clinical interest in the special physiotherapy courses and specialized clinical directions • maneuver and evolve safely and confidently in a clinical physiotherapy environment • have gained early clinical experience in a wide range of clinical cases in view of deepening in science in the following semesters • gain an early clinical orientation and clarify expectations, and better introduction to the subject of physiotherapy 				
Prerequisites	None	Co-requisites	None		
Course Content	<p>Theory</p> <ul style="list-style-type: none"> • Introduction and definition of physiotherapy 				

	<ul style="list-style-type: none"> • Clinical applications of physiotherapy • Introduction to physiotherapeutic assessment • Introduction to musculoskeletal physiotherapy • Introduction to cardio-respiratory physiotherapy • Introduction to neurological physiotherapy • Introduction to pediatric physiotherapy • Introduction to the use of technological equipment in physiotherapy assessment and treatment • Introduction to alternative methods of physiotherapy • Introduction to physiotherapy in other body systems (dermatology, gynecology, ENT, psychology) • Introduction to animal physiotherapy • Introduction to preventive physiotherapy <p>Visits to the clinical frameworks will include:</p> <ul style="list-style-type: none"> • Clinical observation of physiotherapy treatment in a real clinical environment of in various clinics, under the supervision of clinical physiotherapists • Discussions with clinical physiotherapists on the diagnosis, main problems and main objectives of the physiotherapeutic intervention • General recording of the clinical cases and problems under observation • Presentation-discussion of clinical cases • Impressions, general conclusions
<p>Teaching Methodology</p>	<p>Theory</p> <p>The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Clinical observation</p> <p>During clinical observation, students develop their clinical skills at an early stage by attending physiotherapeutic interventions in a real clinical setting, so that they can become familiar with clinical physiotherapy early on and associate theory with clinical practice.</p>
<p>Bibliography</p>	<p><u>Textbooks:</u></p> <p>Robert Herbert & Gro Jamtvedt & Kåre Birger Hagen & Mark R. Elkins (2022) Practical Evidence-Based Physiotherapy, 3rd Edition, Elsevier</p> <p>Porter, S. (2013). Tidy's Physiotherapy E-Book. Elsevier Health Sciences</p> <p>Keynon K. Keynon J. (2018) The Physiotherapist's pocketbook, 3d edition, Essential Facts at your Fingerprints, Elsevier</p> <p>Moffatt F, Bradley B, Loeber I. Physiotherapy Placements : A Pocket Guide</p>

	<p>Lantern Publishing Ltd (2019)</p> <p>References:</p> <p>Malin Sellberg, Alexandra Halvarsson, Malin Nygren-Bonnier, Per J. Palmgren & Riitta Möller (2022) Relationships matter: a qualitative study of physiotherapy students’ experiences of their first clinical placement, <i>Physical Therapy Reviews</i>, DOI: 10.1080/10833196.2022.2106671</p> <p>Susan Stoikov, Lyndal Maxwell, Jane Butler, Kassie Shardlow, Mark Gooding & Suzanne Kuys (2022) The transition from physiotherapy student to new graduate: are they prepared? ,<i>Physiotherapy Theory and Practice</i>, 38:1, 101-111, DOI: 10.1080/09593985.2020.1744206</p> <p>Lisa Amey, Kenneth J Donald, Andrew Teodorczuk. Teaching clinical reasoning to medical students, <i>British Journal of Hospital Medicine</i>, Vol. 78, No.7E Published Online:10 Jul 017 https://doi.org/10.12968/hmed.2017.78.7.399</p>
<p>Assessment</p>	<p><u>Continuous Assessment (40%):</u></p> <p>The assessment may include any combination of the following:</p> <ul style="list-style-type: none"> • Written and/or oral, and it consists of multiple – choice, short answer, open ended questions and/or essay questions, that align with the learning outcomes, in order to assess the theoretical knowledge gained. The questions ensure that students will demonstrate a deep understanding of the subject matter and apply their knowledge to solve problems or analyse scenarios. • Assignments and projects provide opportunities for students to apply their theoretical knowledge in practical ways. The assignments are designed in a way that require critical thinking, research, analysis, and synthesis of information. Projects can be individual, self directed learning or group-based and should align with the learning outcomes. Students are evaluated on the quality of their work, the depth of understanding displayed, and their ability to effectively communicate their ideas. Assignments and projects may be individual or group work. • Use of case studies or problem-solving exercises to assess how students can apply theoretical knowledge to real-life situations. Students are presented with scenarios that require analysis, critical thinking, and the application of theoretical concepts and they are assessed based on their ability to perform verbal presentations, viva voce examinations, identify and evaluate relevant information, propose solutions, and provide justifications for their choices. • Online quizzes or interactive assessments: Online quizzes or interactive assessments, reflective writing can be used through the Moodle platform, to create quizzes with various question formats. These assessments can be self-paced or timed, and immediate feedback can be provided to students. • Classroom discussions and debates: Students engage in classroom discussions and debates to assess their theoretical

	<p>knowledge. Active participation is encouraged to hone their critical thinking skills by posing open-ended questions and facilitating dialogue.</p> <ul style="list-style-type: none"> • Peer and self-assessment: Students are assigned to review and provide feedback on each other's work, encouraging them to critically evaluate their peers' understanding and provide constructive suggestions. <p>Clinical evaluation: (10%). The clinical evaluation includes practical and oral examination of students in physiotherapeutic interventions and techniques according to the content of the course.</p> <p>Final Exam (50%): comprehensive final exam, to assess students' overall theoretical knowledge. These assessments cover a broader range of topics and learning outcomes from the entire program of study, to gauge the students' understanding and integration of knowledge across different areas.</p>
Language	Greek / English