Course title	**Musculoskeletal Injuries**				
Course code	**MEDI200**				
Course type	**Lectures**				
Level	**Diploma**				
Year / Semester	**2nd Year / 3rd Semester**				
Teacher's name	**Antonis Polyviou**				
ECTS	6	**Lectures / week**	3	**Laboratories / week**	
Course purpose and objectives	The aim of the course is to equip students with the necessary knowledge as it relates to the main musculoskeletal disorders and knowledge on the most common musculoskeletal injuries. The course will emphasise on the mechanisms, causes, and symptoms of such injuries.				
Learning outcomes	Upon the completion of the course, the students are expected to: **Knowledge** 1. **Recognise** the main characteristics of musculoskeletal disorders (lordosis, kyphosis, scoliosis, cervical syndrome, etc.) 2. **Recognise** the first signs and symptoms of musculoskeletal problems in trainees 3. **Explain** the main sport injuries of the upper and lower extremities 4. **Mention** the symptoms that the trainees exhibit after an injury 5. **Explain** the basic principles of designing a rehabilitation programme for any sports injury or condition **Skills** 6. **Classify** the musculoskeletal problems into categories aiming towards the functional rehabilitation of the trainee and the reduction of symptoms **Competences** 7. **Design and adjust** mobility reintegration programmes.				
Prerequisites	**Anatomy of Movement MEDI126** **Physiology of Exercise TRAN118**	**Required**			
Course content	• Musculoskeletal problems - prevention and exercise • Immediate consequences of sports injuries				

	• Muscle injuries. • Tendinosis and myotendinous injuries. • Common ligament injuries • Meniscus injury. • • Fractures • Phases – stages and objectives of rehabilitation programmes • Designing re-integration programmes
Teaching methodology	The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions. The practical part of the course is carried out in an accredited gym centre.
Bibliography	**Greek Bibliography** • Μάλλιου, Π. et al. (2015). *Αθλητικοί τραυματισμοί και αποκατάσταση [Sport injuries and rehabilitation]*. Kallipos, Open Academic Editions. https://hdl.handle.net/11419/207 **English Bibliography** • Silva, Andreia C., Bastos, João H. (2012). *Athlete Performance and Injuries*. Nova Science Publishers, Inc. **EBSCOHost**. • Woude, L. H. V. van der (2010). R*ehabilitation, Mobility, Exercise and Sports : 4th International State-of-the-art Congress*. **EBSCOHOst**. • Se Won Lee, MD (2017). *Musculoskeletal Injuries and Conditions: Assessment and Management*. New York : Demos Medical. **EBSCOHost**.
Assessment	• Attendance and class participation: 10% • Intermediary written examination: 30% • Tests: 20% • Final written examination: 50%
Language	Greek or English