



UNIVERSITY OF
PATRAS
ΠΑΝΕΠΙΣΤΗΜΙΟ ΠΑΤΡΩΝ



Erasmus+

ERASMUS+ LEAFLET
for
Incoming Mobility



<https://www.upatras.gr/en/international/erasmus/programma-erasmus/>

PHYSIOTHERAPY DEPARTMENT

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Department of
Physiotherapy
UNIVERSITY OF PATRAS



Department of Physiotherapy (Aigio Campus)



Introduction of our Department

The Physiotherapy Department of the University of Patras, is based in city of Aigio. The Department runs with an **Undergraduate Program of Studies**, 4 years duration, 240 credits (ECTS), in line with the requirements of the official Physiotherapy Associations of all European or International developed countries. Additionally, two Master programs are running i) the **"MSc in Therapeutic Exercise"** by the Physiotherapy Department and ii) the inter-departmental **"MSc in Rehabilitation Sciences"**, with Speech Therapy, Nursing, and Physical Therapy routes by the Departments of Speech Therapy, Nursing, and Physiotherapy of the University of Patras. Finally, the **Doctoral (PhD) studies** available, aim to develop modern high quality scientific research, and to prepare scientists with efficient knowledge to contribute to the development of science and research.

❖ **The mission of the Department**

is the promotion, development and transmission of knowledge to the:

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

❖ **The vision of the Department**

consists of five inter-dependent aspects:

- i. To provide high level education in all sectors of Physiotherapy, by following all modern developments and advancements of the science Internationally
- ii. To provide and conduct high level laboratory and clinical research in all sectors of the Department
- iii. To provide high level services for the students
- iv. To run 2nd (post-graduate) and 3rd (doctoral) cycle of studies in Physiotherapy
- v. The connection and co-operation of the Department with local organizations.

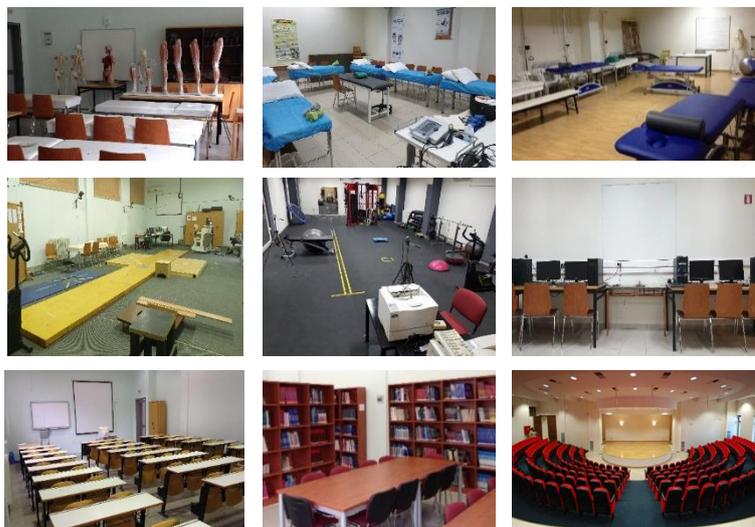
Science And Provisions of the Department

The science of Physiotherapy serves the prevention, improvement and rehabilitation of pathological conditions, congenital or acquired, as well as any injuries/lesions resulting in dysfunctions of the skeletal, muscular, nervous, respiratory and cardiovascular system. Physiotherapists perform an evidence-based assessment of clinical, psychosomatic and functional deficits, and through a clinical reasoning process they hierarchy, organize and implement a targeted rehabilitation. To achieve this, physiotherapists use therapeutic means such as special manipulative approaches and techniques, physical means, therapeutic exercises, and well documented guidelines for patients of all ages.

Facilities of Physiotherapy's Department

The building facilities of the Department are located in the city of Aigio, (6 Psaron Str., Myrtia, Aigio, PC 25100). The facilities consist of:

- 9 laboratory rooms of Physiotherapy education and research
- Computer lab
- 3 lecture rooms
- Two additional institutionalised Clinical Laboratories
- Library
- Amphitheatre "Polykendro"
- Student restaurant, which is located in another building, in the city of Aigio.



Academic Year

The academic year consists of two academic semesters (winter and spring), with each semester of 13 full weeks of teaching and 4 weeks of examinations. Each academic year starts 1th of September and finishes 31th of August. At the beginning of each academic year the academic calendar is announced in the official website of the Department. Lectures, laboratories, clinics, exercise tutorials and educational countryside exercises are not performed the following dates:

- 28 October
- 17 November
- 30 November
- Christmas Holidays (from 24 December to 6 January)
- 30 January
- Ash Monday
- 25 March
- Easter Holidays
- 1 May
- Holy Spirit Day
- Students elections day

Student Registration

Students registration takes place at the beginning of each semester. When registering, students at the beginning of each semester also choose the courses they will attend during the semester. In the online platform, the student has access to the lesson material and additional material posed by the teacher. The curriculum is implemented at the premises of the Department in Aigio, while the clinical practice courses take place at State Hospitals, Rehabilitation Centers and other Structures (eg KAPI, nursing homes) in the local area. It is possible, with appropriate scheduling, that English courses be held at the central facilities of the University of Patras.

Informing Students

The experienced work staff of the physiotherapy department in Patra's University makes sure the students are properly informed throughout the course of their attendance. That is exactly why the necessary information, and most importantly guidance, for any events concerning the physiotherapy field is provided. Those events consist of workshops and seminars that aim in giving the students a chance to interact with specialized speakers and provide the all-around briefing of facts on work related subjects that may deem interesting to them in the future.

Lastly, the college students are provided an opportunity to interact with their professors outside of the classroom, because a lot of the time they, the professors, themselves attend as speakers in these specific, Greek based, events.

Free mobility Opportunity (Erasmus+)

ERASMUS + is the European Commission's new program for education, training, youth and sport, aiming at strengthening skills and employment, as well as modernizing education, training and youth systems in all areas of Lifelong Learning. Erasmus + promotes the internationalization of Greek education while also promotes dynamic strengthening of the co-operation and diplomacy between Higher Education Institutions. Programme's main objective is to link the academic life with employment needs. Undeniable prospect of the programme is that integrates new practices, enhance innovation and excellence, and promotes equal opportunities.

Within the framework of European student mobility programs between higher education institutions of the European Union members of the Physiotherapy Department, and foreign students can be enrolled as guest students. Guest students have the same rights and obligations with the students of the Department during their studies.

This Erasmus Leaflet of the Physiotherapy Department provides information on students' mobility possibilities while at the same time students can find all the necessary material, useful documents, and information at the Erasmus website of the University of Patras <https://studyinggreece.edu.gr/studying/studies-taught-gr/bsc-msc-phd/>.

For language requirements please visit our site <https://studyinggreece.edu.gr/studying/studies-taught-gr/plan-your-studies/language-requirementsgreek-course/>

Courses Offered for International Students



Physiotherapy Modules for International Students

Winter Semester						
Courses						
COURSE CODE	COURSE TITLE	Theoretical Part	Laboratory	Clinical	Workload	ECTS
PTH_301	GENERAL SURGERY - ORTHOPAEDICS (TH) ¹	4	-	-	170	6
PTH_302	NEUROLOGY (TH)	2	-	-	120	4
PTH_303	PRINCIPLES OF CARDIO-RESPIRATORY PHYSIOTHERAPY (TH)	3	-	-	130	5
PTH_304	KINESIOTHERAPY (TH+L+CL) ²⁺⁴	2	1	1	130	5
PTH_305	CLINICAL PATIENT MANAGEMENT (CL PL) ³	2	-	4	150	6
PTH_306	BIOMECHANICS (TH)	2	-	-	110	4
PTH_501	CLINICAL MUSCULOSKELETAL PHYSIOTHERAPY I (CL PL)	3	-	6	210	8
PTH_502	PRINCIPLES OF NEUROLOGICAL PHYSIOTHERAPY (TH)	3	-	-	130	5
PTH_503	MANIPULATIVE PHYSIOTHERAPY (TH+L+CL)	2	1	1	140	5
PTH_504	PATHOKINESIOLOGY (TH)	2	-	-	110	4
Ϸ71	CLINICAL NEUROLOGICAL PHYSIOTHERAPY II (CL PL)	4	-	9	300	10
Ϸ72	SPORTS PHYSIOTHERAPY (TH+L)	3	2	-	165	6

¹ THEORITICAL

² THEORETICAL AND LABORATORY

³ CLINICAL PLACEMENT IN HOSPITAL

⁴ CLINICAL PLACEMENT IN LABORATORY

73	FUNCTIONAL MANAGEMENT OF MOVEMENT DYSFUNCTIONS (TH)	3	-	-	135	5
74	RESEARCH METHODS IN HEALTH SCIENCES (TH+L)	2	1	-	120	4
75	CLINICAL REASONING AND DECISION-MAKING IN PHYSIOTHERAPY (TH)	2	-	-	90	3
	OPTIONAL WINTER MODULE		-	-		





Spring Semester						
Courses of 4th and 6th semester						
COURSE CODE	COURSE TITLE	Theoretical Part	Laboratory	Clinical	Workload	ECTS
PTH_401	CLINICAL CARDIO-RESPIRATORY PHYSIOTHERAPY (CL PL)	2	-	6	160	6
PTH_402	PRINCIPLES OF MUSCULOSKELETAL PHYSIOTHERAPY (TH)	3	-	-	130	5
PTH_403	CLINICAL PHYSIOTHERAPEUTIC ASSESSMENT (TH+L+CL)	3	1	1	180	6
PTH_405	PHYSICAL MODALITIES - CLINICAL ELECTROTHERAPY (TH+L+CL)	2	1	1	130	5
PTH_601	CLINICAL MUSCULOSKELETAL PHYSIOTHERAPY II (CL PL)	3	-	6	210	9
PTH_602	CLINICAL PAEDIATRIC PHYSIOTHERAPY (CL PL)	3	-	6	210	9
PTH_603	THERAPEUTIC EXERCISE FOR MUSCULOSKELETAL PATHOLOGIES - INJURIES (TH)	2	-	-	120	4
PTH_604	PHYSIOTHERAPY FOR SPECIAL POPULATIONS (TH)	2	-	-	120	4
ϕ81	THESIS (FINAL-YEAR DESSERTATION)	-	-	-		20
	OPTIONAL SPRING MODULE	2	-	-	100	4

Optional Modules of the Physiotherapy Program

The Optional Courses (n=16) are divided in two groups: Winter and Spring Optional Courses. All optional courses are credited 4 (ECTS). Students can choose any Optional Course they wish in the winter and spring semester, respectively. An optional module will run only in case of at least 10 applications are registered to it

Optional Winter Modules				
COURSE CODE	COURSE TITLE	Theoretical Part	Workload	ECTS
PTH_W01	SPORTS MEDICINE	2	100	4
PTH_W02	BIOETHICS AND DEONTOLOGY	2	100	4
PTH_W03	BIOSTATISTICS	2	100	4
PTH_W04	SAFETY IN HEALTH CARE	2	100	4
PTH_W05	ERGONOMICS - PREVENTION OF MUSCULOSKELETAL DISORDERS	2	100	4
PTH_W06	SCIENTIFIC WRITING	2	100	4
PTH_W07	HEALTH PSYCHOLOGY	2	100	4

Optional Spring Modules				
COURSE TITLE	Theoretical Part	Workload	ECTS	
PTH_S01	EXERCISE PHYSIOLOGY	2	100	4
PTH_S02	COMPUTER SCIENCE IN HEALTHCARE	2	100	4
PTH_S03	HEALTH INTERPROFESSIONAL EDUCATION AND PRACTICE	2	100	4
PTH_S04	PROSTHETICS-ORTHOTICS	2	100	4
PTH_S05	INTELLIGENT SYSTEMS OF DECISION MAKING	2	100	4
PTH_S06	GROUP-BASED EXERCISE PROGRAMMES	2	100	4
PTH_S07	PHYSIOTHERAPY FOR THE ELDERLY	2	100	4
PTH_S08	ENGLISH LANGUAGE	2	100	4

Overview of the Courses



Courses Overview

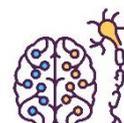
3RD SEMESTER



1. GENERAL SURGERY - ORTHOPEDICS

AIM OF COURSE	This course explores common and important musculoskeletal injuries and introduces students to the principles of orthopedic surgery.
CONTENT OF COURSE:	Fractures, sprains, dislocations. Soft tissue injury. Deformities of spinal column and the extremities. Orthopedic surgery and traumatology. Inflammatory joint disease. Degenerative joint disease. Neurogenic arthropathy. Infective arthropathies. Inositis.
COURSE WEB:	https://eclass.upatras.gr/courses/PT179/

2. NEUROLOGY



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 in relation to movement and sensory disorders, the neuromuscular junction and neuromuscular diseases.
COURSE WEB:	https://eclass.upatras.gr/courses/PT181/

3. PRINCIPLES OF CARDIO-RESPIRATORY PHYSIOTHERAPY



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.
CONTENT OF COURSE:	Respiratory failure. Obstructive & restrictive diseases. Paediatric respiratory physiotherapy. Pre & postoperative physiotherapy. Respiratory physiotherapy in the ICU. Pulmonary rehabilitation. Heart failure. Chronic heart failure. Surgery for cardiovascular diseases. Coronary disease. Hypertension.
COURSE WEB:	https://eclass.upatras.gr/courses/PT105/

4. KINESIOTHERAPY



AIM OF COURSE	The application of motion to the rehabilitation of musculoskeletal injuries and the planning of kinesiotherapy programs.
CONTENT OF COURSE:	Passive, assisted, active motion as therapeutic tools. Open and closed kinetic chain. Plyometrics. Static, dynamic, ballistic stretching. Flexibility. Proprioception training.
COURSE WEB:	https://eclass.upatras.gr/courses/PT172/

5. CLINICAL PATIENT MANAGEMENT



AIM OF COURSE	Identify and solve common problems related to in-patient and out-patient care, know any safety rules of the various clinical environments. Communicate with the patient and his/her family. Follow suggested approaches for weight management, and patients' transfer, collect the history.
CONTENT OF COURSE:	Includes theoretical and practical part, discussions about management of the patient, basic ethics rules and contemporary tools of assessment. The students are visiting various state or private clinics
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=5864

6. BIOMECHANICS



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, center of gravity, posture, balance and gait, analysis of reflexes. Methods of monitoring musculoskeletal function such as EMG, motion analysis system etc.
COURSE WEB:	https://eclass.upatras.gr/courses/PT117/

4TH SEMESTER



1. CLINICAL CARDIO-RESPIRATORY PHYSIOTHERAPY

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.
COURSE WEB:	https://eclass.upatras.gr/courses/PT148/



2. PRINCIPLES OF MUSCULOSKELETAL PHYSIOTHERAPY

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.
COURSE WEB:	https://eclass.upatras.gr/courses/PT156/



3. CLINICAL PHYSIOTHERAPEUTIC ASSESSMENT

AIM OF COURSE	Assess patients choosing the appropriate and safe approach for recording the subjective and objective findings, acknowledge red flags, organize physiotherapy treatment, adapting the plan on each patients' stage of healing and severity of pathology, use efficiently the proper clinical and functional tests..
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
COURSE WEB:	https://eclass.upatras.gr/courses/PT151/



4. PHYSICAL MODALITIES - CLINICAL ELECTROTHERAPY

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
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
COURSE WEB:	https://eclass.upatras.gr/courses/PT143/

5TH SEMESTER



1. CLINICAL MUSCULOSKELETAL PHYSIOTHERAPY I

AIM OF COURSE	Diagnose, manage and treat acute and chronic musculoskeletal injuries- both conservatively and post-surgically for the upper and lower limbs.
CONTENT OF COURSE:	Physiotherapeutic assessment and intervention for degenerative osteoarthritis, rheumatological diseases, autoimmune diseases, chronic syndromes, pre- and postoperative (knee arthroplasty, hip arthroplasty, etc) and peripheral nerve injuries.
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=7263



2. PRINCIPLES OF NEUROLOGICAL PHYSIOTHERAPY

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 based on plastic changes of the brain.
CONTENT OF COURSE:	Clinical and laboratory tools of neurological assessment. Popular rehabilitation approaches for the neurological patient (upper & lower motor neuron syndrome, extrapyramidal syndromes, somatosensory deficits, perceptive & cognitive deficits).
COURSE WEB:	https://eclass.upatras.gr/courses/PT123/



3. MANIPULATIVE PHYSIOTHERAPY

AIM OF COURSE	Basic principles for the differential clinical diagnosis and rehabilitation of the articular system through the use of mobilization and manipulation techniques for phyiotherapists. Clinical reasoning for deciding the optimal therapeutic mobilization technique for specific musculoskeletal dysfunctions.
CONTENT OF COURSE:	Differential diagnosis of tissues, Basic principles of osteokinematics and artrokinematics. Basic kinds of joint mobilization and their application. Introduction to various manipulative therapy concepts.
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=5402



4. PATHOKINESIOLOGY

AIM OF COURSE	Basics of neurophysiology of human motion, possible causes for common deviations from normal motion, recognise the pathokinesiologiical consequences of a local deficit to the total bio-kinetic chain, select the appropriate method for treating pathokinesiologiology.
CONTENT OF COURSE:	Neuromechanical basis of human kinesiology, of analysis of muscle synergies for common activities like throwing, grasping, climbing, walking, running and other functional activities.
COURSE WEB:	https://eclass.upatras.gr/courses/PT178/

6TH SEMESTER



1. CLINICAL MUSCULOSKELETAL PHYSIOTHERAPY II

AIM OF COURSE	This module prepares students to evaluate, manage and treat with safety and effectiveness musculoskeletal deformities and disorders of spine. It mainly concentrates on the newly developed functional rehabilitation concepts for spinal conditions and injuries (both, treated conservatively and surgically).
CONTENT OF COURSE:	Assessment of human spinal deformities and musculoskeletal syndromes and disorders. Treatment of auto-immune and metabolic diseases of spine, chronic spinal conditions and pathologies, osteoarthritis, rheumatoid arthritis as well as post surgical conditions.
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=6074



2. CLINICAL PAEDIATRIC PHYSIOTHERAPY

AIM OF COURSE	Know in depth the main disorders due to lesions of the Central and Peripheral Nervous System of babies and children, know in depth the main disorders due to musculoskeletal lesions, assess the various sensory, motor and functional impairments or disabilities, know in depth the typical development, select and apply reliable and valid outcome measures and apply exercises.
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.
COURSE WEB:	https://eclass.upatras.gr/courses/PT137/



3. THERAPEUTIC EXERCISE FOR MUSCULOSKELETAL PATHOLOGIES -INJURIES

AIM OF COURSE	Understand the mechanical loads distributed and applied to the musculoskeletal system of the human body during the performance of various activities, know in detail the types, characteristics, the equipment used and the progression techniques of the therapeutic exercises, design evidence-based therapeutic exercise programs.
CONTENT OF COURSE:	Therapeutic exercise for the rehabilitation or enhancement of joint mobility and of the muscle strength, endurance and muscle power production, tissue elasticity-flexibility, mobility of cervical spine etc.
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=6423



4. PHYSIOTHERAPY FOR SPECIAL POPULATIONS

AIM OF COURSE	This course focuses on the needs of special populations, the physiotherapy assessment and the design of safe and effective exercise programs.
CONTENT OF COURSE:	Assess and train specific patient groups such as children with special mental difficulties, pregnant and post-partum women, elderly patients, patients with sensory impairments, cardiorespiratory problems and mental retardation with physiotherapy principles.
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=6073

7TH SEMESTER



1. ADULTS CLINICAL NEUROLOGICAL PHYSIOTHERAPY

AIM OF COURSE	Clinical management of neurological patients with movement and functional deficits. Application of assessment tools and planning of therapeutic interventions based on the clinical symptoms and functional goals. Critical thinking and reasoning for the selection of the optimal intervention.
CONTENT OF COURSE:	Importance of the reorganization of the cortex for the rehabilitation of neurological patients. Changes in the kinematic characteristics of functional activities. Therapeutic interventions for spinal cord lesions, cerebellar lesions, upper motor neuron syndrome, extrapyramidal lesions, traumatic brain injury. Analysis of the perceptual-cognitive deficits and somatosensory deficits.
COURSE WEB:	https://eclass.upatras.gr/courses/PT124/

2. SPORTS PHYSIOTHERAPY



AIM OF COURSE	Assessment and rehabilitation of sports injuries and prevention through the rehabilitation of predisposing intrinsic and extrinsic factors. Therapeutic approach in the rehabilitation of sports injuries. Planning of rehabilitation programs for sports injuries.
CONTENT OF COURSE:	Characteristics of sports injuries and etiology of sports injuries. Physiotherapy assessment of the sports injuries. Prevention of sports and rehabilitation techniques for sports injuries.
COURSE WEB:	https://eclass.upatras.gr/courses/PT171/

3. FUNCTIONAL MANAGEMENT OF MOVEMENT DYSFUNCTIONS



AIM OF COURSE	Functional rehabilitation of movement disorders with emphasis on rehabilitation of central nervous lesions. Basic principles of postoperative rehabilitation of diseases and lesions of the central nervous system.
CONTENT OF COURSE:	Functional rehabilitation for a) diseases 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.
COURSE WEB:	https://eclass.upatras.gr/courses/PT118/



4. RESEARCH METHODS IN HEALTH SCIENCES

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 patient groups such as children with special mental difficulties, pregnant and post-partum women, elderly patients, patients with sensory impairments, cardiorespiratory problems and mental retardation with physiotherapy principles.
COURSE WEB:	https://eclass.upatras.gr/modules/auth/opencourses.php?fc=134



5. CLINICAL REASONING AND DECISION-MAKING IN PHYSIOTHERAPY

AIM OF COURSE	Basic principles of research methodology and scientific information queries. Perform a literature review, test research protocols, statistical results. Research methods applied to answer clinical questions in physiotherapy.
CONTENT OF COURSE:	The role of research, the scientific method and its prerequisites, research in the Internet. Research planning, sampling methods, types of research, basic and applied research. Variables and statistical data. Descriptive research, correlations, parametric and non parametric research, multivariate analysis.
COURSE WEB:	https://eclass.upatras.gr/courses/PT119/

8TH SEMESTER



1. THESIS

AIM OF COURSE	The students, through Bachelor Thesis process, is trained to complete a scientifically substantiated text by deepening their knowledge in a special scientific field of Physiotherapy. It seeks to stimulate critical thinking and develop the analytical and synthetic ability of the student to develop a study.
CONTENT OF COURSE:	Through the Bachelor Thesis students are given the opportunity to carry out a self-contained scientific search of a creative character which will be a result of critical and analytical thinking on a subject of physiotherapy science through the proven research using the set of theoretical and practical knowledge gained from their studies.
COURSE WEB:	https://eclass.upatras.gr/courses/PT126/

OPTIONAL WINTER MODULES



1. SPORTS MEDICINE

AIM OF COURSE	Understanding the pathophysiology of adaptations of the cardiorespiratory system, explain the development of pathological adaptations, know the types of examinations, recognize the causative factors of lesions, apply emergency response techniques. Understand issues related to the nutrition of the exercised, nutritional supplements, drugs etc.
CONTENT OF COURSE:	Physiopathology of exercise, applied hygiene in exercise, acute and chronic sports injuries, first aid to the sports injuries, doping - toxicology, exercise cardiology - exercise pulmonology, craniocerebral injuries in exercise, facial and eye injuries, effect of exercise on children, obesity and exercise and sudden death in sports.
COURSE WEB:	https://eclass.upatras.gr/modules/auth/opencourses.php?fc=134



2. BIOETHICS AND DEONTOLOGY

AIM OF COURSE	Be aware of the rules of Ethics and Deontology that govern the scientific and professional field of Physiotherapy. Understand the prospects as a graduate physiotherapist in order to make the best possible choices. Be aware of the current legal framework governing the profession of Physiotherapist.
CONTENT OF COURSE:	Be aware of the rules of Ethics and Deontology and understand the prospects he has as a graduate physiotherapist in order to make the best possible choices. Be aware of the current legal framework governing the profession of Physiotherapist. Be aware of his / her obligations and rights.
COURSE WEB:	https://eclass.upatras.gr/modules/auth/opencourses.php?fc=134

3. BIOSTATISTICS



AIM OF COURSE	Utilize the applied statistical analysis techniques. Study: a) descriptive statistical methods b) methods of statistical correlations c) specialized techniques of statistical analysis of data in the field of Physiotherapy, d) the use of computers in statistical analysis of data.
CONTENT OF COURSE:	Basic concepts, types of data, distribution, research design, types of health related research, sampling, descriptive statistics, comparisons, correlations, analysis of variance.
COURSE WEB:	https://eclass.upatras.gr/courses/PT132/



4. SAFETY IN HEALTH CARE

AIM OF COURSE	Provide the foundation for acquiring knowledge on the recognition and assessment of the risks posed to health and safety in a workplace and the role of physiotherapy in promoting health and prevention in different settings.
CONTENT OF COURSE:	Basic principles of Hygiene and of Occupational Risk Assessment with examples in the main areas of occupational activity. Measure physical, chemical, biological risk factors in the workplace. Ergonomics and accident prevention. Main occupational diseases as listed in national legislation.
COURSE WEB:	https://eclass.upatras.gr/courses/PT111/

5. ERGONOMICS - PREVENTION OF MUSCULOSKELETAL DISORDERS



AIM OF COURSE	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.
COURSE WEB:	https://eclass.upatras.gr/courses/PT149/

6. SCIENTIFIC WRITING



AIM OF COURSE	Educate students in the scientific writing and presentation of a scientific paper. Learn the fundamental elements of effective scientific writing and how to write and present effectively, concisely and clearly a true scientific text.
CONTENT OF COURSE:	Students will be trained in ways to search for literature / bibliography through scientific databases (PubMed, ScienceDirect, Google Scholar, etc.), to organize and understand the material appropriately, to quote sources, to avoid plagiarism, to use proper academic writing and oral expression.
COURSE WEB:	https://eclass.upatras.gr/courses/PT120/



7. HEALTH PSYCHOLOGY

AIM OF COURSE	Achieve the concept of psychological terms, as well as different psychological theories. Understand the role of the illness in the individual's mental health, the value of interpersonal relationships and achieve the ability to distinguish pathological behavior, as well as the ability to control crisis situations.
CONTENT OF COURSE:	Learn about the science of psychology, health and behavior, the relationship between individual differences and health behaviors, chronic illness and disability.
COURSE WEB:	https://eclass.upatras.gr/modules/auth/opencourses.php?fc=134

OPTIONAL SPRING MODULES



1. EXERCISE PHYSIOLOGY

AIM OF COURSE	Adaptations that different types of exercise bring to the human body and plan the most efficient exercise for any intended goal. Recognize both the immediate and long-term results the implementation of an exercise program brings and be aware of the burdens each type of exercise brings on the various systems.
CONTENT OF COURSE:	Introduction to physical fitness, ways of operating the muscular system during exercise, characteristics of different types of muscle fibers, energy sources used by the organism and different types of metabolism. Nutritional ingredients associated with performance in a structured exercise program
COURSE WEB:	https://eclass.upatras.gr/modules/auth/opencourses.php?fc=134



2. COMPUTER SCIENCE IN HEALTH CARE

AIM OF COURSE	Familiarize with basic principles of information technology in health focusing on Biomedical Technology systems and to understand contribution to health and rehabilitation and, more specifically, their use in diagnosis, treatment and improvement of quality of life.
CONTENT OF COURSE:	Basic principles of biomedical technology and of computer use. Information systems, health information systems, artificial intelligence and medicine. Virtual reality systems, medical imaging systems, telemedicine, medical technology systems in the field of physiotherapy and safety of biomedical technology systems.
COURSE WEB:	https://eclass.upatras.gr/courses/PT141/



3. HEALTH INTERPROFESSIONAL EDUCATION AND PRACTICE

AIM OF COURSE	Provide a basis for making clinical decisions in a Health Sciences group environment, integrating the theories of Interdisciplinary Education and Practice. Incorporating documented theories and practices offers students the opportunity to be trained using the knowledge and skills of each Health Scientist.
CONTENT OF COURSE:	Identify the limitations of each health scientist's skills and knowledge, the role and responsibility of each member of the team, the details of an appropriate treatment plan. Identify and implement appropriate methods of communication between health sciences and between health sciences and patients, careers.
COURSE WEB:	https://eclass.upatras.gr/modules/auth/opencourses.php?fc=134



5. PROSTHETICS-ORTHOTICS

AIM OF COURSE	Focuses on supporting and restoring body parts through special orthotic and prosthetic equipment. Basic principles of rehabilitation through orthotics of particular musculoskeletal disorders, of prosthetic restoration in cases of amputations and genetic abnormalities. Learn ways of re-training the functionality of the patients.
CONTENT OF COURSE:	General principles of orthotics and biomechanics of formation, corrective restoration equipment, therapeutic approach through orthotics, upper and lower limb replacement in patients with amputation or genetic abnormality, advanced methods of recovery and new technologies in orthotics and prosthetics.
COURSE WEB:	https://eclass.upatras.gr/courses/PT135/

6. INTELLIGENT SYSTEMS OF DECISION MAKING

AIM OF COURSE	Introduce to Artificial Intelligence and deepen the use of its key applied technologies aimed at improving the quality of life and facilitating the provision of health services.
CONTENT OF COURSE:	Introduction to Artificial Intelligence, representation of knowledge and reasoning, mechanical learning, neural Networks, genetic algorithms, intelligent decision-making systems and their application to medical practice, artificial intelligence applications in Health and Physiotherapy.
COURSE WEB:	https://eclass.upatras.gr/modules/auth/opencourses.php?fc=134

7. GROUP-BASED EXERCISE PROGRAMMS



AIM OF COURSE	Learn how to structure and organize a group-based exercise program according to the needs of patients, basic principles of planning a group-based exercise program, know the equipment as well as progressive techniques of therapeutic exercises.
CONTENT OF COURSE:	Structure and content (warming-up, selection of motor activities, recovery). Planning group-based exercises aiming at improving aerobic capacity, muscle strength and endurance, improvement of mobility, neuromuscular junction and speed.
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=6362



8. PHYSIOTHERAPY FOR THE ELDERLY

AIM OF COURSE	Learn the therapeutic approach of the most common problems of elderly people: musculoskeletal problems (e.g. osteoporosis, fracture.), mental and cognitive disorders, cardiac problems (heart failure, hypertension), neurological problems, special conditions (e.g. incontinence, abuse, social isolation, polypharmacy).
CONTENT OF COURSE:	Physical therapy approach and evidence-based application of the most appropriate methods for the rehabilitation of the elderly in the short and long term. The interventions will be designed in order to improve activities of daily living, and quality of life, reduce falls, increase muscle strength and muscle mass and improve balance.
COURSE WEB:	https://eclass.upatras.gr/modules/contact/index.php?course_id=5921

9. ENGLISH LANGUAGE



AIM OF COURSE	Deepen the English-speaking terminology regarding the operation and the malfunctions of the human body. They Informed about the research for modern developments in their areas of interest, as well as new approaches to the subject of physiotherapy.
CONTENT OF COURSE:	Texts, audio and visual material that relate to physical therapy (ranging form anatomy to physical disabilities) as well as developing presentation skills, taking medical histories, and doing patient consultations are areas covered in the course.
COURSE WEB:	https://eclass.upatras.gr/courses/PT130/

GREEK COURSES

These courses are extra of the Physiotherapy Program, are offered free of charge to all Erasmus students, but should be included to LA. These are:

- *Greek Language Course - Modern Greek I (6 ECTS)*. It is a language course providing basic knowledge of Greek for communicative purposes. No prior knowledge of Greek is required.

- *Introduction to Greek Civilization & Culture (3 ECTS)*. It is a series of lectures introducing students to some landmarks of Greek civilization in ancient and modern times and in relation to the history of Patras.

Further information about these courses and ways of registration you could find to the following link: <http://greeklab.upatras.gr/>

TEACHING METHODS

The teaching methods of all subjects include:

Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.



STUDENT PERFORMANCE EVALUATION

The performance of the students is evaluated by:

During the semester performance, quizzes, written assignments, oral exams, practical exams, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other.

University of Patras permits European Credit transfer system and uses a local grading scale for performance in courses, given, range from zero (0) to ten (10), with increments of an integer or half a unit. Successive grades are 5 or over. By successfully passing the theoretical and laboratory part of the course, students are awarded with the ECTS of corresponding course. Examination of the theoretical part of the course requires to successfully have passed the Laboratory Exercise Examination or Clinical Practice Examination.

Here is the description of the local grades for individual courses

Local Grades	ECTS Grades	Definition
10-9	A	EXCELLENT
8	B	VERY GOOD
7	C	GOOD
6	D	SATISFACTORY
5	E	SUFFICIENT (PASSING GRADE)
4-0	F	FAIL

TRANSPORTATION

From Athens to Aigio:

There are available flights to the International Airport of Athens "Eleftherios Venizelos" (<http://www.aia.gr/>), which is located in Spata, east of Athens. Aigio is easily accessible by train, bus or car.

From Athens to Patras and Patras to the University Campus in Patras:

Information are given on the following website:

<https://www.upatras.gr/en/international/erasmus/programma-erasmus/information/>



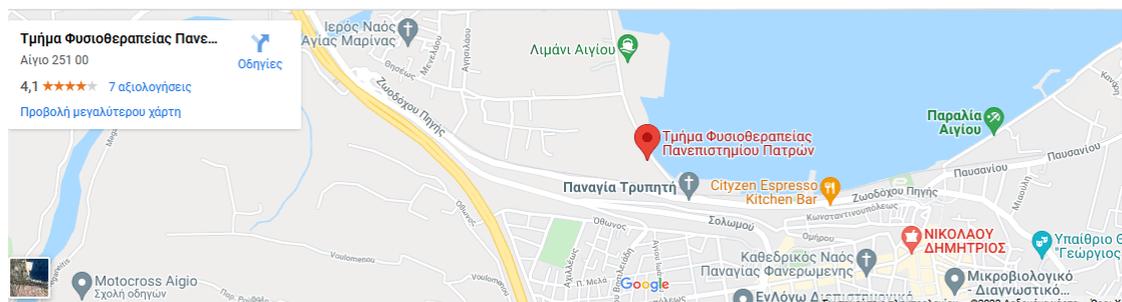
From Patras to Aigio:

In order to transport from Patras to Aigio either bus or a car can be used. The address of the bus station "Ktel Achaias" in Patras, is Zaimi 2. The address of the bus station "Ktel Aigion" in Aigio is Kleomenous Oikonomou 52-58.

From Aigio to the University Campus in Aigio:

In order to move from the bus station "Ktel Aigion" in Aigio to the University Campus, local bus or a car can be used.

For further information about the schedule, you can visit the site of the bus station: <https://www.astikoaigiou.gr/>



CONTACT AS

Full details about the Erasmus experience in University of Patras, application deadlines and procedures, nominations, insurance, academic counselling, Greek language courses, Erasmus Student Network University of Patras (ESN UOPA) you can find in the **Erasmus website** at

<https://www.upatras.gr/en/international/erasmus/programma-erasmus/>

and at the **International Students** website at

<https://studyinggreece.edu.gr/studying/studies-taught-gr/bsc-msc-phd/>

Additionally, you can communicate with the **Erasmus+ group** of the University of Patras and find information about transportation to Patras and to University Campus at

<https://www.upatras.gr/en/international/erasmus/programma-erasmus/information/>

For the **Physiotherapy Department** (based in Aigio) you can find more info at the website

<https://physio.upatras.gr/en/department/>

Further help regarding the studies for International Students at the Physiotherapy Department could be given through the **Erasmus Coordinator**

Dr Sofia Lampropoulou, MSc, PhD

Assist. Professor of Physiotherapy

Erasmus Coordinator for the Physiotherapy Department

Email. lampropoulou@upatras.gr

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