COURSE OUTLINE PHYSICAL CONDITIONING TRAINING FOR THE REINTEGRATION OF INJURED ATHLETES

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C657	**SEMESTER**	5th
COURSE TITLE	PHYSICAL CONDITIONING TRAINING FOR THE REINTEGRATION OF INJURED ATHLETES		

TEACHING ACTIVITIES *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	3	6
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	SCIENTIFIC AREA, SKILL DEVELOPMENT
PREREQUISITES:	NO
TEACHING & EXAMINATION LANGUAGE:	GREEK
COURSE OFFERED TO ERASMUS STUDENTS:	NO
COURSE URL:	

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

After successfully completing the course, participants will be able to:

- evaluate the physical fitness attributes of injured athletes
- design conditioning programs for athletes during their return-to-play phase
- assess the progress of athletes during rehabilitation and reintegration
- design and implement both short-term and long-term training programs
- communicate with other coaching staff and the medical team regarding the progress of athletes

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,
ICT Use
Adaptation to new situations
Decision making
Autonomous work
Teamwork
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas
Project design and management
Equity and Inclusion
Respect for the natural environment
Sustainability
Demonstration of social, professional and moral responsibility and sensitivity to gender issues
Critical thinking
Promoting free, creative and inductive reasoning

- Search, analysis and synthesis of data and information, ICT Use

- Production of new research ideas
- Decision making
- Teamwork

3. COURSE CONTENT

1. Communication Between the Strength and Conditioning Coach and the Coaching & Medical Team
2. Detraining and Its Consequences – Monitoring and Managing Training Load
3. Fitness Assessment During Functional Return-to-Play for Athletes
4. Mobility Training in the Functional Return-to-Play of Athletes
5. Strength Training in the Functional Return-to-Play of Athletes I
6. Strength Training in the Functional Return-to-Play of Athletes II
7. Plyometric Training in the Functional Return-to-Play of Athletes
8. Endurance Training in the Functional Return-to-Play of Athletes I
9. Endurance Training in the Functional Return-to-Play of Athletes II
10. Speed Training in the Functional Return-to-Play of Athletes
11. Agility Training in the Functional Return-to-Play of Athletes
12. Long-Term Training Program Design in the Functional Return-to-Play of Athletes
13. Microcycle and Training Session Design in the Functional Return-to-Play of Athletes

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD
Face to face, Distance learning, etc.

Face-to-face instruction, asynchronous distance learning for document and information exchange, and synchronous distance learning for in-depth sessions beyond the conventional course hours.

USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)
Use of ICT in Teaching, in Laboratory Education, in Communication with students

Use of ICT in Teaching and Communication with Students:
- Digital slides
- Videos
- MS Teams / e-class, webmail

TEACHING ORGANIZATION
The ways and methods of teaching are described in detail.
Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.

The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.

Activity	*Workload/semester*
Lectures	39
Field Exercise	50
Bibliographic research and analysis	58
Exams	3
Total	**150**

STUDENT EVALUATION
Description of the evaluation process

Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others

Please indicate all relevant information about the course assessment and how students are informed

Home assignment (mandatory): 35%
Midterm (distance): 10%
Final written examination: 55%

5. SUGGESTED BIBLIOGRAPHY

1. Gregory Haff, Travis Triplett (2023). Essentials of Strength Training and Conditioning. Konstantaras

Publications. ISBN 9789606081415 (in Greek).
2. David Joyce, Daniel Lewindon (2022). High-Performance Training for Sports. Konstantaras Publications. ISBN 9789606081095 (in Greek).
3. Avery Faigenbaum, Rhodri Lloyd, Jon Oliver (2022). Fundamentals of Strength Training for Children and Adolescents. Konstantaras Publications. ISBN 9789606081033 (in Greek).
4. Gregory Haff (2025). Planning and Guiding Training: From Theory to Practice. Konstantaras Publications. ISBN 9786188620629 (in Greek).

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Athanasios Chatzinikolaou, Professor
Contact details:	achatzin@phyed.duth.gr
Supervisors: (1)	YES
Evaluation methods: (2)	Homework assignment (mandatory): 35% Midterm progress via eClass: 10% Final written exam: 55%
Implementation Instructions: (3)	The written assignment must be submitted via eClass on a specified date. The final examination will be conducted in user subgroups on eClass, depending on the number of students enrolled in the course, on the official exam day as announced in the examination schedule by the Secretariat. The exam will take place via Microsoft Teams. The link will be sent to students via eClass, exclusively to institutional email accounts of those who have registered for the course and have acknowledged the terms of distance learning. Students must connect to the examination room using their institutional account. Otherwise, they will not be allowed to participate. Additionally, students must have their camera turned on throughout the exam. Before the exam begins, students will be required to show their ID to the camera for identification purposes. Each student will be required to answer multiple-choice questions, open-ended essay questions, and critical commentary. Each question will be graded between 0.25 and 1.0 points, depending on the question type.