

COURSE OUTLINE

(1) GENERAL

SCHOOL	of HEALTH and CARE SCIENCES		
ACADEMIC UNIT	BIOMEDICAL SCIENCES		
DIVISION	AESTHETICS AND COSMETIC SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	7021-7022	SEMESTER	7
COURSE TITLE	Non-invasive treatment of obesity		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
	Lectures	4	7
	Laboratory	2	
<i>Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).</i>			
COURSE TYPE <i>general background, special background, specialised general knowledge, skills development</i>	SBC		
PREREQUISITE COURSES:	..		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	GREEK		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	...		
COURSE WEBSITE (URL)	https://eclass.uniwa.gr/courses/BISC260/		

(2) LEARNING OUTCOMES

<p>Learning outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> • <i>Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area</i> • <i>Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B</i> • <i>Guidelines for writing Learning Outcomes</i>
<p>Aim and objective of the course:</p> <p>Students should understand that obesity is a complex multifactorial chronic disease and an important risk factor for our health.</p> <p>Acquisition of knowledge for the application of scientific massage and obesity-cellulite treatments in a healthy body, use of the appropriate treatment after evaluation of the individual, application of obesity-cellulite massage manipulations in combination with knowledge from courses related to anatomy, dermatology, physiology.</p> <p>Learning results:</p> <p>Incident assessment</p> <p>Training of Aesthetic Intervention programs in Obesity</p> <p>Preparation of Aesthetic Intervention programs in Cellulite</p> <p>Treatment protocols for obesity and cellulite</p> <p>Lymphatic drainage</p> <p>Combination of appropriate methods for the treatment of obesity and cellulite</p>

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology
Adapting to new situations
Decision-making
Working independently
Team work
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas

Project planning and management
Respect for difference and multiculturalism
Respect for the natural environment
Showing social, professional and ethical responsibility and sensitivity to gender issues
Criticism and self-criticism
Production of free, creative and inductive thinking
.....
Others...
.....

- Autonomous work,
- Teamwork,
- Work in an interdisciplinary environment,
- Work in an international environment

(3) SYLLABUS

Theoretical part

1. Obesity. Etiology of obesity - Complications.
2. Adipose tissue. Fat cell. Physiology - Metabolism of adipose tissue.
3. Determination of obesity - Measurement of body fat
4. Types and forms of obesity. Methods for determining obesity
5. Lymph. Lymph biology.
6. Structures of the Lymphatic System. Lymph nodes
7. Principles of lymphatic drainage
8. Introduction to cellulite. Pathogenesis - Pathology.
9. Etiology of cellulite: causes and triggers or aggravating factors of cellulite
10. Defining cellulite Detection of body fat in cellulite
11. Differential diagnosis of cellulite. Steatomas. Skin filtration due to vascular and lymphatic circulation disorders.
12. Treatment of obesity & cellulite with applications of Dermoaesthetics.
13. Pharmacological and surgical treatment of obesity-cellulite.

Laboratory Part

1. Health and safety rules
2. Massage manipulations - Features
3. Manipulation analysis: pressures - application - efficiency
4. Manipulation analysis: boredom - application - efficiency
5. Manipulation analysis: vibrations - application - efficiency
6. Lymphatic drainage manipulations. Basic principles - Pressure, direction, rhythm, succession.
7. Massage manipulation combinations (classical-lymphatic)
8. Technical errors during obesity-cellulite massage.

9. Protocol of body aesthetic treatments for the treatment of obesity - cellulite
 10. Use of preparations for the treatment of obesity-cellulite. Ingredients - Properties - Efficiency
 11. Tightening treatment protocols. Application of preparations. Combination therapies.
 12. Application of alternative therapies. Special massage techniques.
 13. Evaluation of cases and choice of method or methods. Efficiency assessment

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face to face in the classroom	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i>	<ul style="list-style-type: none"> • Use of ICT in teaching • Use of the e-mail and the website (eclass) for communication with the students 	
TEACHING METHODS <i>The manner and methods of teaching are described in detail. 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. The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS</i>	Activity	Semester workload
	Lectures	90
	Study-Essay writing	60
	Laboratory practice	60
	Course total	210
STUDENT PERFORMANCE EVALUATION <i>Description of the evaluation procedure Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i>	LANGUAGE: GREEK EVALUATION METHODS 1. Theoretical part 70% Written Assessment (Multiple Choice Test, Short Answer Questions) 30% Essay 2. Laboratory 50% Written Assessment (Multiple Choice Test, Short Answer Questions) 50% Practice	

(5) ATTACHED BIBLIOGRAPHY

GREEK

1. Πλέσσας Σ. - Κίντζιου Ε., Παχυσαρκία και Κυτταρίτιδα, Εκδόσεις Φάρμακον-Τύπος, Αθήνα, 2007.
2. Αρχοντάκης Σ., Παχυσαρκία και Κυτταρίτιδα: Οι συμπληγάδες της ομορφιάς, Εκδόσεις Αδελφοί Βλάσση, Αθήνα 2003.
3. Καφάτος Α., Παχυσαρκία: Πρόληψη και Αντιμετώπιση, Εκδόσεις Ελληνικά Γράμματα, Αθήνα, 2002.
4. Πλέσσας Σ., Διαιτητική του Ανθρώπου, Εκδόσεις Φάρμακον-Τύπος, Αθήνα, 1998.
5. Πλέσσας Σ., Φυσιολογία του Ανθρώπου: Φυσιολογία του Κυττάρου, Εκδόσεις Φάρμακον- Τύπος, Αθήνα, 1994.

FOREIGN

1. Ian Campell, David Haslam: *Obesity*. Churchill Livingstone, London, 2005.
2. Blanchemaison P. et al.: *La Cellulite*. Privat, Paris, 1999.
3. Murat Howard: *The cellulite Solution*. Library of Congress Cataloging-In-Publication, New York, 2005.