

COURSE OUTLINE

(1) GENERAL

SCHOOL	HEALTH AND CARE SCIENCES		
ACADEMIC UNIT	BIOMEDICAL SCIENCES		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	80121-80122	SEMESTER	8
COURSE TITLE	Plastic surgery and physical activity		
INDEPENDENT TEACHING ACTIVITIES	WEEKLY TEACHING HOURS	CREDITS	
<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>	3(2+1)	5	
<i>Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).</i>			
COURSE TYPE	GENERAL		
<i>general background, special background, specialised general knowledge, skills development</i>			
PREREQUISITE COURSES:			
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	GREEK		
IS THE COURSE OFFERED TO ERASMUS STUDENTS			
COURSE WEBSITE (URL)			

(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>The course learning outcomes is to educate students and familiarize them with the science of Plastic surgery and physical activity.</p> <ul style="list-style-type: none"> • Basic knowledge of plastic and aesthetic surgery. • Basic principles of physical activity and musculoskeletal system. • Fitness programs.

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
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Others...
.....

- Independent work
- Teamwork
- Working in an international environment
- Work in an interdisciplinary environment
- Showing social, professional and ethical responsibility and sensitivity to gender issues

(3) SYLLABUS

Theoretical Part of the Course:

- Recursion of cosmetic surgery.
- Body and cosmetic surgery.
- Parts of plastic surgery (liposuction, cosmetic surgery, cosmetic facial surge laser in cosmetic
- Health – Sports.
- The importance and necessity of exercise.

- Effects of physical activity on the musculature.
- Muscle function and control of physical movement.
- Basal metabolism and muscle activity.
- Mental and physical benefits of exercise.
- Muscle function of the upper and lower limbs.

Laboratory Part of the Course:

- Orthosomy, exercise structure.
- Structure and function of the upper and lower limbs.
- Methods of exercise, applications in various categories of trainees.
- Exercises programs at individual and group level.
- Principles of aerobic exercise.
- Fitness exercises with elastic band and weights, for back, belly fat, abs, shoulders, chest, glutes, legs, triceps, biceps.
- Pilates method, basic exercises.
- Body weight exercises.

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face-to-face	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i>	Teaching laboratory education Communication with students (e-mail, e-class)	
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>	<i>Activity</i>	<i>Semester workload</i>
	LECTURES	30
	LABORATORY	25
	AUTHORSHIP	5
	Course total	60
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>	<p>Theoretical part:</p> <ul style="list-style-type: none"> • Multiple-choice questionnaires • True or False <p>Laboratory part:</p> <ul style="list-style-type: none"> • Oral and practical examination (80%) • Preparation of a paper (20%) 	

(5) ATTACHED BIBLIOGRAPHY

<p>- Suggested bibliography:</p> <p>- Related academic journals:</p> <ul style="list-style-type: none"> • Πλαστική επανορθωτική και χειρουργική. Όθων Ν. Παπαδόπουλος 1996. Εκδότης Broken Hill publishers LTD, Εκδόσεις Πασχαλίδης. • Βασικές αρχές Πλαστικής Χειρουργικής. Ε.Δεμίρης. • Taschen, A(ΕΠΜ) Aesthetic Surgery, Κολωνία: Taschen 2005. • Aesthetic Plastic Surgery 2009, Sherrell J. Aston, Douglas S. Steinbrech, Jennifer L. Walden. • Προπόνηση για ενδυνάμωση και σύσφιξη στις γυναίκες, Frederic Delavier. Επιμέλεια Ελληνικής Έκδοσης Νάτσης Κων/νος – Σκανδαλάκης Παναγιώτης Ιατρικές εκδόσεις Π.Σ Πασχαλίδης. • Κλινική Ανατομική Ι & ΙΙ Αθήνα, Moore K. (1998) Ιατρικές εκδόσεις Πασχαλίδης. • Λειτουργική Ανατομική του Ανθρώπου Ι & ΙΙ Αθήνα Μπαλτόπουλος Π. (1994): Ιατρικές Εκδόσεις Πασχαλίδης. • Γυμναστική – Μια πολύπλευρη προσέγγιση, Κ. Θεοδωράκου (2010) Τελέθριον Αθήνα. • Φυσιολογία του ανθρώπου, Vander A. Και συνεργάτες (2000), Ιατρικές εκδόσεις Πασχαλίδης.

- Συνοπτική Φυσιολογία του ανθρώπου, Mc Geown JG(2000) , Ιατρικές εκδόσεις Πασχαλίδης.
- Θεμελιώδης αρχές Βιο-Μηχανικής- Ισορροπίας, Κίνηση και Παραμόρφωση, OzKaya N. Mordin (2003), 2^η έκδοση, Επιμέλεια Ελληνικής έκδοσης Μπουρντόλος , Ιατρικές εκδόσεις Πασχαλίδης.
- Διατροφή : Ευρωστία, Υγεία και αθλητική επίδοση, Williams M. , Ιατρικές εκδόσεις Πασχαλίδη.