

**MODULE TITLE:**

Spine dysfunctions: what where why and how ? –The exercise aspect

RESPONSIBLE FOR THE MODULE:

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HOURS (per week):

LANGUAGE OF TEACHING:

GREEK []

ENGLISH [✓]

AIM OF THE MODULE (content and acquired skills)

This lecture aims in the anatomy of the spine, presenting the spinal muscles and their categories and also discusses the most recent concepts on functional movement and its integration in an exercise program for the prevention and the rehabilitation of spine dysfunctions. It presents and analyzes the local musculature system, the local muscle system dysfunctions, the core stabilizers and the global muscles. It also includes an intervention program for a functional spine designed for the “Go Fit” project in order to provide the exercise trainers with a protocol suitable to be applied in tourists who are on vacation

MODULE CONTENTS (outline – titles of lectures)

1. the anatomy of the spine,
2. the spinal muscles
3. the local musculature system,
4. the local muscle system dysfunctions,
5. the core stabilizers and the global muscles.

TEACHING METHOD (lectures – labs – practice etc)

Lectures and practical application

LEARNING OUTCOMES

Upon the completion of this module the student will be able to:

1. To understand the anatomy of the spine
2. To know the spinal muscles
3. the local musculature system
4. To design and apply exercise programs for the core stabilizers and the global muscles



To know the spinal muscles
the local musculature system
To design and apply exercise programs for the core stabilizers and the global muscles

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
The students will be able to understand the anatomy of the spine	Lectures, slides and videos show and discussion, study at home	Intermediate control tests and assignments	
The students will be able to know the spinal muscles and the local musculature system	Practical exercise, practice in groups and study at home	Intermediate control tests and assignments	
The students will be able to design and apply exercise programs for the core stabilizers and the global muscles	Practical exercise, practice in groups and study at home	Intermediate control tests and assignments	

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

Beneka A., Malliou P., Gioftsidou A.	Neck pain and office workers. An Exercise Program for the Workplace	ACSM's Health & Fitness Journal, 18(3), 18-24.	2014
Beneka A., Malliou P., Kouli O., Gioftsidou A., Papadopoulou M., Bebetos E., Godolias G.	Evaluating the emotions of patients with chronic low back pain. A preliminary examination	Sport Science for Health, 6(1), 17-22.	2010
Malliou P, Gioftsidou A, Beneka A, Godolias G.	Measurements and evaluations in low back pain patients	Scandinavian Journal of Medicine and Science in Sports, 16, 219-230.	20