**Syllabus**

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| I. GENERAL INFORMATION | |
| **THE WITELON STATE UNIVERSITY OF APPLIED SCIENCES IN LEGNICA**  **DEPARTMENT of Health Sciences and Physical Culture** | |
| **Field of study**  **Physiotherapy** | Nursing  **Dietetics** |
| **Module title** | Relaxing massage |
| **Language of lecture** | English |
| **ECTS points** | 2 points |
| **Preliminary conditions:** | Basic knowledge of biology and techniques massage |
| II. Education aims | |
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| **Upon completion, the student acquires the ability to describe techniques of relaxing massage.** | |
| III. Education outcomes | |
| **Student knows and understands the basic techniques of relaxing massage, basic knowledge of anatomy, massage and relaxation techniques .** | |
| IV. EDUCATIONAL METHODS | |
| **Assessment method: pass a subject** | |
| **Student workload: 50 hours** | |
| V. MODULE TYPE AND CONTENTS | |
| Lecture and practical classes:  History of massage.  Basics of anatomy: muscle attachments, main muscle groups, physiology of muscle  Ergonomics of work when performing massage.  Basics of relaxing back massage. Learning basic techniques of massage.  Basics of relaxing head and neck massage. Learning basic techniques of massage.  The effect of massage on skin tissue, muscle tissue.  The effect of massage on body: the muscular system, the nervous system, the respiratory system, the circulatory system. | |

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| VII. ECTS POINT BALANCE SHEET - STUDENT'S WORKLOAD | |
| **Category** | **Student’s workload** |
| ***Contact hours*** |  |
| Participation in lectures | 30  **5**  **20** |
| Participation in classes, workshops | 14 |
| Pass a subject | 1  **30** |
| ***Independent student’s work*** |  |
| Preparation for the lecture | 10 |
| Preparation for the classes, workshops | 10 |
| Preparation for the pass subject | 10 |
| ***Total number of hours*** | **50** |
| ***ECTS points: 2*** |  |
| VIII. Recommended literature | |
| 1. Wilk I. The effectiveness of therapeutic massage in lumbar and cervical spine pain syndrome – case study, Uniwersytet Opolski, Instytut Nauk o Zdrowiu 2015. 2. Wilk I. The effectiveness of massage in headache, Uniwersytet Opolski, Instytut Nauk o Zdrowiu 2013. | |
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