

Information sheet for the course Massage I.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>Mas1/d</i>	Course unit title: <i>Massage I.</i>
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 1 hour weekly/13 hours per semester of study; full-time</i> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: <i>2</i>	
Recommended semester: <i>2nd semester in the 1st year (full-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>Muscle test I.</i>	
Assessment methods: <i>A student scores 50 points per semester.</i> <i>To obtain A, a student must score at least 47, to obtain B, a student must score at least 43, to obtain C, a student must score at least 39 and more, to obtain D, a student must score 35 and more, and to obtain E, a student must score at least 30. The credits are not granted to the students whose grade point average is 29 or lower.</i>	
Learning outcomes of the course unit: <i>By the completion of the course Massage I a student acquires knowledge of mechanotherapy, knows basic concepts explaining the nature and use of mechanical power during the massage and types of massage. Is acquainted with the mechanism of the classical massage and reflex massage and knows the physiological and pathophysiological effects of individual types of massage on the human body and their indications or contraindications for a particular kinds of massage. A student learns proper technique and application principles, knows the strokes and compositions that are used in classic and sports massage, and can apply them in practice.</i>	
Course contents:	
Lectures	
<ol style="list-style-type: none"> 1. <i>Mechanotherapy</i> 2. <i>The physical nature, the distribution of mechanical stimuli, types of massage, historical perspective.</i> 3. <i>The physiological effects of massage (local, remote, overall).</i> 4. <i>Classical massage.</i> 5. <i>Characteristics, the objective, effects, conditions to implement massage, patient preparation, massage devices.</i> 6. <i>Principles of application – dosage, intensity, duration of total and partial massage, massage method (upward, downward), the direction of the efficient massage strokes.</i> 7. <i>Indications and contraindications of classical massage.</i> 8. <i>The massage strokes according to the mechanism of action: friction, wiping and grinding, kneading, beating, shaking, modified strokes.</i> 9. <i>The application techniques and individual units (lower extremity, upper extremity, back, chest, abdomen, neck and shoulders, head, face).</i> 10. <i>Hygiene measures. Psychological and ethical aspects in the performance of massage.</i> 11. <i>Sports massage.</i> 12. <i>Characteristics, use, distribution according to the objective, application techniques.</i> 	
Exercises:	
<ol style="list-style-type: none"> 1. <i>Particular massage strokes:</i> <ul style="list-style-type: none"> • <i>friction, wiping, grinding,</i> 	

- *kneading, beating, shaking,*
- *modified strokes.*

2. *The application techniques and different sets/units:*

- *lower limb,*
- *upper limb,*
- *back,*
- *chest and abdomen,*
- *neck and shoulders,*
- *head and face.*
- *Sports massage.*

Recommended of required reading:

1. *PLAČKOVÁ, M.: 2009. Liečebná masáž. Martin: Osveta, 2009, ISBN 9788080633196.*
2. *GÚTH, A. et al.: 2005. Liečebné metodiky v rehabilitácii pre fyzioterapeutov. Bratislava: Liečreh Gúth, 2005, ISBN 8088932165.*
3. *ČELKO, J.: 1996. História a súčasnosť fyzikálnej liečby. 1996. In: Lekárske listy. - Roč.1, č.9(1996),s.1-2,4 ISSN 0006-9248.*
4. *KOMAČEKOVÁ, D. a kol: 2003. Fyzikálna terapia. Martin: Osveta, 2003, ISBN 80-7029-030-7.*
5. *HUPKA, J.: 1993. Fyzikálna medicína. Martin: Osveta, 1993.ISBN 80-217-0568-X.*

Language: *Slovak*

Remarks: -

Evaluation history: *Number of evaluated students*

A	C	D	E	FX

Lectures: *Mgr. Miroslav Černický, Mgr. Ján Kotyra, PhD.*

Exercises: *Mgr. Miroslav Černický*

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Supervisor: *doc. MUDr. Juraj Čelko, PhD.*