

SYLLABUS

SUBJECT BASIS OF MESSAGE

TEACHER PHD GRZEGORZ BIELEC

COURSE DESCRIPTION

Acquaint students with basic notions concerning the theory and practice of massage

LEARNING OUTCOMES

Students have the theoretical knowledge and practical skills of classical massage.

ECTS: 1

GRADING POLICY

explanations, informative lectures, problem lectures, directing discussions, a talk about new information, control talks, revising talks, resources and displaying methods, for instance: movie fragments, slides

TIMETABLE

Program assumptions, bibliography, historical massage. Physiological basis of massage, massage mechanism of action, key concepts, terms and conditions for the exercise. Ethics, work organization, health exercise massage. Effect of massage on the human body, indications and contraindications for massage. Technique and methodology of performance of classical massage each area of the human body (upper limb, lower spine, vertebral area, the area of the neck, chest and abdomen). Types and varieties of massage: sports massage (technique and methodology, massage in some sports), segmental massage, spot, isometric, lymphatic. Physical resources to support wellness massage.

TEXTBOOK AND REQUIRED MATERIALS

Biriukow A. Masaż sportowy, 1974; Grochmal S. Teoria i metodyka ćwiczeń relaksacyjno-koncentrujących, 1992; Jankowiak J. Masaż leczniczy, 1974; Jethon Z. Fizjologiczne podstawy odnowy biologicznej w sporcie, 1987; Magiera L. Klasyczny masaż leczniczy, 1995, 2005; Mika T. Fizyczne środki odnowy biologicznej. Trening 1992/nr 2; Podgórski T. Masaż klasyczny, 1989; Podgórski T. Masaż w rehabilitacji i sporcie, 1989; Prochowicz Z. Podstawy masażu leczniczego, 1980, 1987 i 1991; Storck U. Masaż leczniczy, 1996; Zborowski A. Masaż klasyczny, 1994; Zborowski A. Masaż leczniczy, 1991, 1994; Kasperczyk T., Walaszek R.; Magiera L. Masaż z elementami rehabilitacji.

PREREQUISITES:

Items followed by an examination of medical sciences (at least anatomy, physiology)