

SYLLABUS

SUBJECT

THERAPEUTIC MASSAGE

TEACHER

JUSTYNA PODGÓRSKA

COURSE DESCRIPTION

The course is focused on the following issues :

- History of therapeutic massage
- Sanitary and safety practices, equipments and products
- Classical massage – theory and practice
- Lymph massage – theory and practice
- Segmental massage – theory and practice
- Optional: massage in medicine – theory and practice
- Optional: sports massage – theory and practice

LEARNING OUTCOMES

By the end of the course students are expected to :

- Explain theoretical basis of therapeutic massage
- Demonstrate the steps in preparing a room and client for a massage session
- Can give and adjust dosage of: classical massage, lymph massage, segmental massage (optional: massage in medicine, sports massage)

GRADING POLICY

- Short oral exam + practical exam
- Attendance and active participation in both theoretical and practical part of the course

TIMETABLE

2 hours 15 minutes per week. Exact timetable will be given at the first meeting.

TEXTBOOK AND REQUIRED MATERIALS

- Beck M.: *Theory and practice of therapeutic massage*, 5th edition, Cengage Learning 2010
- Additional materials will be provided by the instructor

PREREQUISITES:

Knowledge of human anatomy, especially: muscular system, nervous system, lymphatic system.