

1. Courses title: **The Basics of Classical Massage**
2. Type of class: practical activities
3. Form of evaluation: credit with a grade
4. The proposal number of hours: 20
5. Semester in which classes will be conducted: winter
6. **Syllabus:**

The main aim of the course is to familiarize students with the methodology and principles of classical massage used in preventive health care and in sport.

Theoretical part (2h):

Massage protocol. Principles of a classical massage. Basic techniques used in classic massage. Qualification for a massage treatment. Indications and contraindications for the classic massage treatment. Physiological effects and benefits of massage.

Practical part (18h):

Demonstration and performance of classical massage techniques on selected areas of the body: back massage, spine massage, full back massage, upper back and neck massage, upper and lower limbs massage.

7. Learning outcomes:

Knowledge: The student knows the basic techniques and principles of classical massage used in health care and sports. Is aware of the indications and contraindications for the massage treatment.

Skills: The student is able to perform a methodically correct massage with the use of basic techniques.

Social competence: The student adheres to the guidelines and safety practices for massage therapists, is aware of professional responsibility.

8. Qualifications: first and second degree studies.
9. Organizational unit implementing the course: Department of Biological Regeneration and Posture Correction.
10. Person responsible for the subject: Agata Cebula Phd, PT
11. Terms and conditions of the course: Room with massage tables (matched to the number of participants).
12. Required: sports outfit, massage oils or creams, large bath towels.
13. ECTS: 4
14. 2 h can be run on-line (if necessary).