

**MINISTRY OF HEALTH CARE OF UKRAINE**  
**ODESA NATIONAL MEDICAL UNIVERSITY**

Department of physical rehabilitation, sports medicine, physical training

**Syllabus of the academic discipline**  
«Cosmetic and anti-age massage»

<b>Scope of the academic discipline</b>	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: IX-X 5th year of study
<b>Days, time, place of educational discipline</b>	According to the schedule of classes. Department of Physical Rehabilitation, Sports Medicine, Physical Training Odesa, 4-A Olgivivska St., ONMedU Sports Complex, 2nd floor.
<b>Teacher(s)</b>	Iushkovska Olga. Head of the Department, Doctor of Medical Sciences, Professor. Plakida Oleksandr. Doctor of Medicine, Professor of the Department. Olena Filonenko. Candidate of Medical Sciences, Associate Professor of the Department. Kravets Svitlana. Assistant of the Department. Semenenko Oleg. Assistant of the Department. Kamo Shakhnazaryan. Assistant of the Department.
<b>Contact information</b>	Help by phone: Viktoriia Seredovska, head teacher of the department 0672857552 Viktoriia Radaeva, laboratory assistant of the department, 0973824140, +380(48) 723-05-68, +380 (48) 728-50-30 E-mail: sportmed@onmedu.edu.ua Face-to-face consultations: from 15.00 to 17.00 every Thursday according to the schedule. Online consultations: from 16.00 to 18.00 every Thursday according to the schedule. A link to an online consultation is provided to each group during classes separately.

**COMMUNICATION**

Communication with applicants will be carried out in the classroom (in person). During distance learning, communication is carried out through the Microsoft Teams platform, as well as through e-mail correspondence, Viber messengers (through groups created in Viber for each group, separately through the group head).

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**ABSTRACT OF THE EDUCATIONAL DISCIPLINE**

*The subject of the discipline is the study of the techniques of various types of cosmetic and anti-age massage, which is based on the anatomical, physiological and clinical morphological features of the structure, structure and functions of the human body.*

*Prerequisites and post-requisites of the discipline (place of the discipline in the educational program):*

*Prerequisites:* foreign language (by professional direction), medical biology, biophysics, biochemistry, ethics, philosophy, ecology, human anatomy, normal and pathological physiology and integrates with these disciplines.

*Post-requisites:* life safety, valeology, physical rehabilitation, sports medicine and formation of skills to apply knowledge of kinesiotaping, further study of all clinical disciplines and in future professional activities.

*The goal of the discipline:* mastering general and special techniques of cosmetic and anti-age massage and providing qualified medical care based on theoretical knowledge and practical skills gained; getting theoretical knowledge, skills, and abilities from all sections of cosmetic massage.

*Tasks of the discipline:*

1. To study the history of the formation of massage as a medical discipline;
2. To give students an idea about the subject of massage, its significance in rehabilitation and disease prevention;
3. Master the theoretical foundations of human anatomy, physiology, and biomechanics;
4. To acquaint students with the methodology for determining indications and contraindications for the therapeutic massage;
5. To acquaint students with the method of dosing massage exposure during therapeutic massage;
6. To study the main characteristics of massage movements (techniques) of the classical therapeutic massage;
7. Familiarize yourself with the age characteristics of massage techniques;
8. Familiarization of students with the basic concepts of the application of cosmetic massage;
9. Formation of competencies in the field of medical rehabilitation, in particular, massage.

*Expected results:*

*As a result of studying the academic discipline, the applicant must:*

*Know:*

- Definition of critical concepts and terms;
- Features of the impact of massage on the processes occurring in the human body;
- General characteristics of the main massage techniques and their physiological effects on different organs;

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- Aids used in massage;
  - Techniques for performing the basic techniques of classical, swedish, and oriental massage;
  - The most common mistakes when performing basic massage techniques and how to eliminate them;
  - Indications and contraindications for massage;
  - Hygiene standards and requirements for a massage session;
  - Healing properties of essential oils and methods of their application in the massage process;
  - Fundamentals of anatomy, physiology, and histology of the skin and its appendages;
  - General signs of skin diseases; features of allergic skin reactions;
  - Age features of the skin;
  - Types of cosmetic massage, indications, and contraindications;
  - Features and sequence of massage techniques when performing plastic, hygienic, hardware massage, spa massage of the skin of the face and (or neck, décolleté zone);
  - Technique for performing plastic, hygienic, hardware massage, spa massage of the skin of the face and (or) neck, décolleté;
  - Fundamentals of the pharmacology of medicines for external use in therapeutic massage
- Be able:*
- Correctly use all kinds of massage techniques;
  - Take into account all recommendations for the use of massage manipulations in practice;
  - Assist with the removal of pain by various physiotherapeutic methods;
  - Give appropriate massage to children of all ages, pregnant women, and the elderly;
  - Perform techniques of self-massage and sports massage;
  - Qualified to carry out a massage that affects blood circulation and the lymphatic system;
  - Perform oriental types of massage (shiatsu, acupressure, thai) to improve health and improve well-being;
  - To carry out psychological and technical self-training and training following the requirements for the activities of a massage therapist
  - Determine the indications and contraindications for the massage procedure;
  - Draw up a plan for the procedure and massage course;
  - Determine the dosage of the massage effect during the therapeutic massage;
  - Use massage movements (techniques) of the classical therapeutic massage;
  - Own the technique of therapeutic massage;
  - Take into account the age characteristics of massage techniques;
  - Master the basics of the pharmacology of drugs for external use in therapeutic Massage.

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**DESCRIPTION OF THE EDUCATIONAL DISCIPLINE**

*Forms and methods of education:*

The discipline will be taught in the form of practical classes (30 class hours); organization of independent work of the applicant (60 hours).

*Teaching methods:* conversation, narration, explanation, demonstration, instruction, training exercises.

*Content of the academic discipline*

**Content module 1.**

**General Basics of Using Massage**

Topic 1. The history of the development of massage. Physiological effects of massage on the body. The range of techniques used in massage and their combinations. Topography of tactile sensitivity of the skin. Mechanisms of massage influence. Skin and its functions. The effect of massage on the skin. The effect of massage on the nervous system. The effect of massage on the circulatory system. The effect of massage on the lymphatic system. The effect of massage on muscles. The effect of massage on the articular apparatus. The effect of massage on gas exchange.

Topic 2. Hygienic bases of massage. Requirements for the premises and equipment of the massage room. Requirements for a massage therapist. Qualities that a massage therapist needs to develop. Working hours of a massage therapist. Hand care of a massage therapist. Hand exercises. Strengthening, developing, and preventing diseases of the massage therapist's hands. Requirements for the patient. Lubricants. Indications and general contraindications for massage.

Topic 3. Massage systems and their classification. European classical massage. Swedish massage system. Finnish massage system. Oriental massage system. Hygienic massage. Therapeutic European classical massage. Reflex-segmental massage. Connective tissue massage. Periosteal massage. Su jock therapy. Finger zhen. Line massage. Do-in Tuino. Japanese acupressure shiatsu massage. Cosmetic massage.

Topic 4. Classification of massage techniques. Techniques of classical massage on the basis of influence on the central nervous system. Techniques of classical massage on the basis of tissue. Classical massage technique. Segmental reflex massage. Acupressure. The mechanism of therapeutic action on biologically active points. Connective tissue massage. Periosteal massage.

**Content module 2.**

**Features of various types of cosmetic massage**

Topic 5. Cosmetic massage. Requirements for cosmetic massage. Neck massage. Facial line massage. Technique for performing cosmetic facial massage using cream. Movement increases venous outflow.

Topic 6. The classic method of cosmetic facial massage. Basic facial massage techniques. Stages of facial massage. Indications and contraindications for cosmetic massage procedure. Japanese anti-aging massage. Jacquet massage.

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Topic 7. Lymphatic drainage facial massage. Indications and contraindications for lymphatic drainage massage. Basic techniques of lymphatic drainage massage. Combination with other procedures. Session requirements, massage course. Stages of the lymphatic drainage procedure.

Topic 8. Myofascial facial massage. The concept of "fascia" in myofascial massage. Fascia's role in the human body. Causes of pain and spasms in the body. The effect of myofascial massage. Indications and contraindications for the procedure. Preparing for a massage. Technique for performing myofascial massage for the face and neck.

Topic 9. Chiropractic massage: history, goals, indications and contraindications for the procedure, technique. Chiropractic face massage. Metabolic massage. Neurosedative massage. Myotensive massage. Hemolymphatic drainage.

Topic 10. Buccal massage. Definition and description of buccal massage. Massage effects. Indications and contraindications. Basic massage movements. Safety and health standards. Method of buccal massage of the mouth, lips, cheeks, and chin. Elaboration of sculptural lines of the chin. Massage of the masticatory and facial muscles through the oral cavity along the entire length from the attachment points.

Topic 11. Guasha massage Indications for massage. Properties and techniques, holding a Guasha massage for the face area. Massage techniques and techniques for Guasha massage of the back zone. Facial massage technique using Guasha technique. Back massage technique in Guasha technique.

Topic 12. Kobido massage Definition and description of Kobido massage. Massage effect. Indications and contraindications. Basic massage movements. Safety and hygiene standards. The basic anatomy of the face and head is necessary to perform a massage. Exercises for the development of sensitivity in the fingers and hands. Kobido massage practice for the face, front of the neck, and décolleté. Skill development. Practicing Kobido massage on the back of the neck and scalp parts of the head. Skill development.

*List of recommended literature:*

*Basic:*

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

*Additional*

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p.
- Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p.
1. Joseph E. Muscolino. The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching. 3rd Edition. 2022. 598 pages.
2. Neal's Yard Remedie. Complete Massage: All the Techniques, Disciplines, and Skills you need to Massage for Wellness Hardcover. 2019 . 256 pages

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3. Cindy Black. Meridian Massage: Opening Pathways to Vitality. 2016. 290 pages
4. [Maureen Abson](#). Healing Massage: An A-Z Guide for More than Forty Medical Conditions: For Professional and Home Use. 2016. 264 pages
5. James H. Clay, Laura Allen, David M. Pounds. Basic Clinical Massage Therapy: Integrating Anatomy and Treatment. Third Edition. 2016. 464 pages

**ASSESSMENT**

*Forms and methods of current control:* oral (questionnaire), theoretical testing, evaluation of test performance, evaluation of activity in the classroom.

*Criteria for current assessment in practical classes*

<b>Grade</b>	<b>Evaluation criteria</b>
«5»	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, was able to successfully complete the tasks provided for by the program, mastered the content of basic and additional literature, realized the relationship between individual sections of the discipline, their importance for the future profession, revealed creative abilities in the mind using educational and program material that has shown the ability to i update and replenish knowledge dependently.
«4»	The applicant has revealed full knowledge of the educational and program material, successfully fulfills the tasks stipulated by the program, mastered the basic literature recommended by the program, showed a sufficient level of knowledge in the discipline and can independently update and update them in the course of further education and professional activity.
«3»	The applicant has shown knowledge of the main educational and program material to the extent necessary for further education and subsequent work in the profession, copes with the tasks provided for by the program, made some mistakes in the answers to the exam and when performing test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance of a scientific and pedagogical worker.
«2»	The applicant did not reveal sufficient knowledge of the main educational and program material, made fundamental mistakes in implementing the tasks provided for by the program, could not use knowledge in further training without the help of a teacher, and could not master the skills of independent work.

*Forms and methods of final control:* a credit is given to an applicant who has completed all sections of the educational program of the elective discipline, actively participated in seminars, has a current average grade of at least 3.0 and has no academic debt.



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*Possibility and conditions for receiving additional (bonus) points: not provided.*

**INDEPENDENT WORK OF HIGHER EDUCATION ACQUIRES**

Independent work involves preparation for each practical session.

**EDUCATIONAL DISCIPLINE POLICY**

*Deadlines and Rescheduling Policy:*

Absences of classes for non-respectable reasons are made up according to the schedule of the teacher on duty.

Absences due to valid reasons are processed according to an individual schedule with the permission of the dean's office.

*Policy on academic integrity:*

- It is mandatory for applicants to observe academic integrity, namely:
- independent performance of all types of work, tasks, forms of control provided for by the work program of this academic discipline;
- references to sources of information in the case of using ideas, developments, statements, information;
- compliance with the legislation on copyright and related rights;
- provision of reliable information about the results of one's own educational (scientific) activity, used research methods and sources of information.

*The following are unacceptable in educational activities for participants of the educational process:*

- using family or official ties to obtain a positive or higher grade during any form of control of learning results or advantages in scientific work;
- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, Smartphone's, tablets, etc.) during control measures;
- passing procedures for control of training results by fake persons.

*For violation of academic integrity, students may be held to the following academic responsibility:*

- a decrease in the results of assessment of control work, assessment in class, credit, etc.;
- repeated evaluation (test, credit, etc.);
- appointment of additional control measures (additional individual tasks, control works, tests, etc.);
- additional inspection of other works authored by the violator.

*Attendance and Tardiness Policy:*

*Uniform:* a medical gown that completely covers the outer clothing, or medical pajamas, a cap, a mask, and a change of shoes.

*Equipment:* notebook, pen.

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*State of health:* applicants suffering from acute infectious diseases, including respiratory diseases, are not allowed to attend classes.

A student who is late for class can attend it, but if the teacher has put "abs" in the journal, he must complete it in the general order.

*Use of mobile devices:*

Students with the permission of the instructor may use mobile devices if they are needed to complete the assignment.

*Behavior in the audience:*

The behavior of applicants and teachers in the classrooms should be working and calm, strictly comply with the rules established in accordance with the Code of Academic Ethics and Relations of the University Community of Odesa National Medical University.



