

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

Department of physical rehabilitation, sports medicine, physical training

**Syllabus of the academic discipline
«Therapeutic and sports massage»**

Scope of the academic discipline	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: VII - VIII 4th year of study
Days, time, place of educational discipline	According to the schedule of classes. Department of Physical Rehabilitation, Sports Medicine, Physical Training Odesa, 4-A Olgivivska St., ONMedU Sports Complex, 2nd floor.
Teacher(s)	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.
Contact information	Help by phone: Viktoriya Seredovska, head teacher of the department 0672857552 Viktoriya 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).

ABSTRACT OF THE EDUCATIONAL DISCIPLINE

The subject of the study of the discipline is the study of the techniques of various types of therapeutic and sports massage, which is based on the anatomical, physiological

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and clinical morphological features of the structure, structure and functions of the human body, the selection and preparation of an individual massage program for the patient, taking into account the condition and diagnosis.

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

Prerequisites: a foreign language (for professional purposes), physical education, 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 of knowledge and formation of elements of professional competencies in the field of therapeutic and sports massage and improvement of skills and competencies acquired in the study of previous disciplines. To provide students with knowledge of the physiological effects of massage on the human body, general characteristics and application of sports massage in various sports, features of massage in young athletes, therapeutic massage, general guidelines, and common mistakes in massage.

Tasks of the discipline:

1. To provide students with an idea of the importance of the use of therapeutic massage in the complex treatment of patients;
2. To learn theoretical information about the importance of therapeutic massage and its place in physical rehabilitation.
3. To assimilate theoretical data on the features of therapeutic and sports massage techniques and their application.
4. To familiarize applicants with the general provisions of the application of therapeutic and sports massage.
5. Providing students with theoretical knowledge and formation of practical skills in the application of various techniques of therapeutic and sports massage.
6. Ability to convince the patient of the importance of using non-pharmacological methods of treatment, in particular therapeutic massage for various diseases.
7. Ability to define key concepts and terms of therapeutic and sports massage.
8. Be able to analyze and predict the effect of massage techniques on the human body according to medical control.
9. To be able to choose and apply massage techniques for the treatment and prevention of various diseases and the formation of a healthy lifestyle.
10. Be able to evaluate the effectiveness of massage techniques.

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Expected results:

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

Know:

- The purpose and main tasks of the application of therapeutic and sports massage;
- Basic techniques of therapeutic and sports massage and their effect on the body;
- Mechanism of action of therapeutic and sports massage techniques;
- Indications and contraindications for the use of massage;
- Features of massage application in pre-start conditions;
- Fundamental differences between preliminary, training and recovery massage;
- Peculiarities of massage application in various diseases.

Be able:

- create conditions for therapeutic and sports massage;
- assess the patient's health status, the condition of his organs and systems and factors that affect health;
- assess the effect of massage on the patient by subjective and objective criteria;
- perform therapeutic massage techniques for various diseases;
- perform sports massage before training and after training.

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.

Sports massage

Topic 1. Sports massage and its classification. Characteristics of sports, therapeutic, hygienic and cosmetic massage. Their application in sports organizations, medical and preventive institutions, health centers, etc. The goal of their application.

Topic 2. Pre-start massage. The concept of pre-start massage and its physiological justification. Types of pre-start massage sessions and methods of their implementation: warm-up, calming, toning and warming. Features of pre-start massage depending on the sport. Mastering the skills of pre-start massage (according to the specialization of students).

Topic 3. Recovery massage. The concept of a recovery massage session and its physiological justification. Features of recovery massage in case of physical and mental fatigue. Features of the methodology of the restorative massage session during short rest breaks from 1 to 5 minutes; during breaks from 5 to 20 minutes; during breaks from 20

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minutes to 3 hours; in a multi-day competition system with a single performance per day; restorative massage after the competition. Improving the technique of performing massage techniques, mastering the skills of conducting a recovery massage session.

Topic 4. Training massage. The concept of training massage and its physiological justification. Basic principles of building a training massage session. Features of the massage technique for increasing fitness, improving physical qualities, and maintaining fitness. Features of training massage depending on the sport, the nature of the training and the condition of the athlete. Mastering the skills of conducting a training massage session.

Topic 5. Massage in different sports. Characterization of the features of massage taking into account sports specialization (acrobatics, basketball, boxing, wrestling, volleyball, athletics, skiing, football, cycling, rowing, swimming, gymnastics, rhythmic gymnastics, etc.) Mastering massage skills in relation to specific sports. Massage for sports injuries and certain diseases of the musculoskeletal system.

Content module 2.

Therapeutic massage

Topic 6. Massage for diseases of the cardiovascular system. Massage for heart disease, myocardial dystrophy, angina pectoris, chronic coronary heart disease and its complications, hypertension. Connective tissue massage for heart disease. Segmental massage for heart diseases. **Topic 7.** Prevention and treatment of scoliosis. Complex massage for the treatment of scoliosis.

Topic 8. Prevention and treatment of osteochondrosis. Complex massage for the treatment of osteochondrosis.

Topic 9. Massage for diseases of the respiratory system. Classical massage used for pleurisy, pneumonia, acute bronchitis, pulmonary emphysema. Classical massage used for chronic bronchitis and bronchial asthma. Percussion massage. Bank massage. Segmental massage for diseases of the lungs and pleura.

Topic 10. Etiology and pathogenesis of cellulite. Method of anti-cellulite massage by Sylvie Macke. Thai anti-cellulite massage.

Topic 11. Massage during pregnancy. Self-massage. Massage of the back, abdomen, legs, arms. Massage during childbirth. Massage after childbirth. Abdominal massage. Technique. Massage of feet, thighs, calves, abdomen, back, shoulder girdle, head.

Topic 12. Massage for children under the age of one year. Massage for cerebral palsy. Classical massage for cerebral palsy. Massage to improve respiratory function. Circular trophic massage. Massage for children aged one to seven years.

Topic 13. Massage in the elderly. Methods of acupressure self-massage for the elderly. Methods of acupressure self-massage for various disorders of the cardiovascular system. The technique of acupressure self-massage for pain in the heart area. The technique of acupressure self-massage for calf muscle cramps. The technique of acupressure self-massage for cramps of the muscles of the foot. Acupressure massage technique for knee joint pain. Acupressure massage program for well-being.

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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. The complete guide to modern massage step-by-step massage basics and techniques from around the world (Ryan Jay Hoyme) publisher: Althea Press 27 November, 2018 ISBN: 1641522062 192 English file size: 4.27 mb

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

Grade	Evaluation criteria
«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 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.

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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 practical, has a current average grade of at least 3.0 and has no academic debt.

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

INDEPENDENT WORK OF HIGHER EDUCATION ACQUIRES

Independent work involves preparation for each practical class.

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, 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:

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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.

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.

