



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Professional Studies, Sport**

Study Module (if applicable)

Course title

Sports massage

Level of study

Bachelor academic  
 Bachelor professional     Master's     Doctoral

Type of course

Obligatory     Elective

Semester

Autumn     Spring

Year of study

Third

Number of ECTS allocated

6

Name of lecturer/lecturers

Ivana Mladenović-Čirić, Ph.D, associate professor

Teaching mode

Lectures     Group tutorials     Individual tutorials  
 Laboratory work     Project work     Seminar  
 Distance learning     Blended learning     Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Gaining knowledge about the theoretical and practical value of massage in sports and physical education. Students have basic knowledge and are trained to master the theoretical and practical skills related to the use of massage in sports and physical education.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

**The division massages, equipment and organization of work of the Cabinet in the Cabinet for massage. Physiology massages, idikacije and contraindications, preparation for massage, massage means, psychological aspects of massage. Massage grips, division and indication fields. General massage, rehabilitation massage, sports massage. Types of sports massage: relaxing massage, refleksoterapijska massage, special body parts, self-massage. Sports massage (massage children and pregnant women athletes). The equipment of the workplace and means of massage. Preparing for massage massage grips. Practical training and implementation of various types of massages.**

## LANGUAGE OF INSTRUCTION

Serbian (complete course)     English (complete course)     Other \_\_\_\_\_ (complete course)

Serbian with English mentoring    Serbian with other mentoring \_\_\_\_\_

#### ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory + practicals	10	Practical examination	10
Teaching colloquia (theory) 1	15	Theory examination	20
Teaching colloquia 2	15		
Seminar paper / Test	5		
Activity during lectures	25	OVERALL SUM	100

\*Final examination mark is formed in accordance with the Institutional documents