



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and 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-Ćirić, 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