



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	044	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

General and Therapeutic Massage

Prerequisites

Informacija ruošiamą

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	To be able to assess patients or athletics for therapeutic and sport massage	Exercise classes, Formal lecture, Scientific paper analysis, Simulation (engineering, technology or process simulation), Small group tutorials	Case analysis (study), Reporting for practice work, Scientific paper (text) analysis
2	To be able to plan and perform a massage' procedure and to develop massage action (treatment) plan for the various movements and musculoskeletal system disorders, injuries of peripheral and central nervous system, cardiovascular and respiratory diseases, peripheral circulatory disorder	Case analysis (Case study), Exercise classes, Formal lecture, Practical exercises (tasks), Scientific paper analysis, Small group tutorials	Case analysis (study), Oral presentation, Reporting for practice work
3	To be able to plan and perform a massage' procedure and to develop massage action (supporting or treatment) plan for the assisting the athlete in achieving and maintaining peak performance and supporting healing of injuries.	Case analysis (Case study), Problem-based learning, Scientific paper analysis	Case analysis (study), Problem-solving task, Scientific paper (text) analysis
4	Critically evaluate (to assess) sport massage or therapeutic massage procedure and massage the entire course of treatment in aspects of safety, expediency and efficiency	Case analysis (Case study), Simulation of real-life (world) situations	Case analysis (study), Scientific paper (text) analysis

Main aim

The aim - to develop the student's ability to assess, interpret and perform a massage procedure as the tool of passive rehabilitation techniques as well as to plan the massage' sessions program for treatment or achievement of the goals of sport massage

Summary

Students in theoretically familiarized with various types of massage systems, basics of health massage and effects of massage on human body. During practice students master and learn main and supporting massage methods and are able to do health massage for whole body and different parts. Rehabilitation studies students will be able to perform segmental and therapeutic massage in cases of different acute and chronic illnesses, functional and physical disabilities and coaching studies students – to perform massage in case of the goals of the massage and sport injuries during training sessions and athletics' events.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas

(treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Massage therapy for locomotors and joint trauma, injuries and diseases	57 doc. dr. Jūratė Požėrienė
2.	Massage therapy for respiratory and digestive system	325 doc. dr. Diana Rėklaitienė
3.	Massage therapy for cardiovascular diseases	325 doc. dr. Diana Rėklaitienė
4.	Massage therapy for patients with neurological diseases	57 doc. dr. Jūratė Požėrienė
5.	sport massage (pre- and post- event massage)	57 doc. dr. Jūratė Požėrienė

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Valužienė, K., Ostasevičienė V., Požėrienė J., Rėklaitienė D., ir kt. (2013). Ligoniu ir neįgaliuju masazas. Kaunas: LSU		150	No	
2.	Findlay S. (2010).Sports Massage. Human Kinetics			No	1
3.	Fritz S. (2013). Sports & Exercise Massage: Comprehensive Care for Athletics, Fitness, & Rehabilitation. Elsevier Mosby		1	No	
4.	E. F. Fernandez (2006). Massage Treatment: A Handbook of Neuromuscular Therapy. Mosby, Inc.		1	No	
5.	J.Brummitt (2010). The role of Massage in Sports performance and Rehabilitation: Current Evidence and Future Directions. North American Journal of Sports Physical Therapy, 3 (1), pp. 4-18			No	
6.	Hart J.M., Swanik, C.B., Tierney R.T. (2005). Effects of sport massage on limb girth and discomfort associated with eccentric exercise. Journal Of Athletic Training, Vol. 40 (3), pp. 181-5.			No	
7.	Huang, S.Y., et al. (2010) Short-duration massage at the hamstrings musculotendinous junction induces greater range of motion. Journal of Strength and Conditioning Research, Vol. 24 (7), pp. 1917-24.			No	
8.	R. Chunco (2011). The effect of massage on pain. Stiffness and fatigue levels asociated with ankylosing spondylitis: a case study. International Journal of Therapeutic Massage and Bodywork. 13, pp. 266-275			No	

Additional literature

№.	Title
1.	R. Chunco (2011). The effect of massage on pain. Stiffness and fatigue levels asociated with ankylosing spondylitis: a case study. International Journal of Therapeutic Massage and Bodywork. 13, pp. 266-275
2.	P. Dolder, P. Ferreire, K. Refshauge (2010) Is soft tissue massage an effective treatment for mechanical shoulder pain: A study protocol. Journal of Manual and Manipulation Therapy18 (1) pp. 50-54
3.	G. McKechnie, W.B. Young, D.G. Behm (2007) Acute effects of two massage techniques on ankle flexibility and power of plants flexors. Journal of Sport Science and Medicine6, pp. 498 – 504
5.	Best, T.M., Hunter, R., Wilcox, A., Haq, F. (2008). Effectiveness of sports massage for recovery of skeletal muscle from strenuous exercise. Clinical Journal of Sport Medicine, Vol. 18 (5), pp. 446-60.
6.	Huang, S.Y., et al. (2010) Short-duration massage at the hamstrings musculotendinous junction induces greater range of motion. Journal of Strength and Conditioning Research, Vol. 24 (7), pp. 1917-24.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Jūratė Požėrienė	57

