



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Massage							
Course Code		REKB216		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Students will have general theoretical knowledge about massage course and will be able to apply the basic techniques of massage.							
Course Content		human anatomy, massage movements, application methods and methods of learning							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)		Ins. Necmettin PARLAK, Ins. Nermin GÜRBÜZ							

### Prerequisites & Co-requisites

Equivalent Course	REKB316
ECTS Requisite	45

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Ders notları
2	Kanbir, O.: Klasik masaj, Ekin Kitapevi, Bursa 1998 - Hazır, M.: spor masajı, Bağırhan Yayınları, Ankara 2001 - Tuna, N.: masaj, Nobel Tıp Kitabevi, 3. Baskı, İstanbul 1986

Week	Weekly Detailed Course Contents	
1	Practice	Historical background of massage, what is classic massage, classification of the partner's lying positions, the position of the masseur's posture
2	Practice	Sensory organs, Nervous system, Digestive system, Circulatory system, Respiratory system, Uro genital system Movement system Application methods, effects and application areas of movements
3	Practice	Anatomy of massage The application methods, effects and application areas of movements
4	Practice	Basic movements in classical massage, application methods, effects and usage areas of movements
5	Practice	A-Kneading (Petrissage) * Pinch-Pinching * Wringing * Rounding-Rolling B-Friction Application methods, effects and application areas of movements
6	Practice	Hitting-Perkussion A-Bumping-Tapotement * Hacking * Clapping (hand dome) Slapping (with finger and hand) * Tapping (with fingertip) * Beating (half punch) * Pounding (full punch) B - Vibration-Vibration * Shaking-Shaking Application methods, effects and application areas of movements
7	Practice	Principles of classical massage
8	Intermediate Exam	midterm
9	Practice	Effects of classical massage on organism leg massage
10	Theoretical	Pain relief arm massage
11	Practice	When massage is used abdominal massage
12	Practice	Facial massage
13	Practice	Deep tissue massage
14	Final Exam	Review of the topic
15	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56



Lecture - Practice	14	1	2	42
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	To be able to explain the historical development of massage
2	To understand the classification of massage
3	To understand the anatomy of massage
4	To be able to apply the basic techniques of classical massage
5	To be able to comprehend deep tissue massage and sports massage techniques

### Programme Outcomes (Recreation)

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfil responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfil scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

