



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sports Massage							
Course Code		SYB359		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	2	Practice	0	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							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)		Ins. Necmettin PARLAK							

### Prerequisites & Co-requisites

ECTS Requisite 3

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Kanbir,O.:Klasik masaj,Ekin Kitapevi,Bursa 1998
2	Hazır,M.:spor masajı,Bağırgan Yayimevi,Ankara 2001

Week	Weekly Detailed Course Contents	
1	Theoretical	Historical background of massage, what is classical massage, classification
2	Theoretical	Sensory organs, Nervous system Digestive system, Circulatory system Respiratory system, Urogenital system Movement system
3	Theoretical	Anatomy of massage
4	Theoretical	Basic movements in classical massage
5	Practice	Stroking, Stroking, Compression A- Kneading (Petrissage) * Pinching * Compression-Wringing * Rolling B-Friction
6	Practice	Hitting-Percussion 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
7	Theoretical	Principles of classical massage
8	Intermediate Exam	midterm
9	Theoretical	Effects of classical massage on organism
10	Theoretical	Pain treatment with massage
11	Theoretical	When massage is used
12	Theoretical	Cases where massage is not used
13	Practice	What is Shiatsu massage
14	Practice	Deep tissue massage
15	Final Exam	Final examination

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	10	2	2	40
Lecture - Practice	4	2	2	16
Individual Work	1	10	1	11
Midterm Examination	1	3	1	4



Final Examination	1	3	1	4
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3
*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 (Sports Management)

1	1. To be able to explain the elements of management and organization and to apply the functions of management in sports organizations
2	2. To be able to understand the interdisciplinary and the multidisciplinary nature of the field of sport management.
3	3. To be able to comprehend the knowledge, skills and values related to the management of the general business areas in addition to sports industry at the top-level.
4	4. To be able to define and explain internal and external factors that shape and influence the sports in our country and the World.
5	5. To be able to comprehend and interpret the technical strategies and the managerial skills of the branch of sports chosen.
6	The skill of creating, applying and interpreting the plans of project and program
7	7. To be able to develop strategies financially for the sports organizations, to evaluate the budgets, the sources of income and the expenses
8	8. To be able to comprehend and interpret how the ethical principles influence the process of financial, marketing and administrative decision-making at the sports organizations
9	9. To be able to know the basic principles and methods of the sports marketing at the national and international level
10	10. To be able to understand the qualitative and quantitative analysis and be able to use them effectively

