

SPORT MESSAGE

1	Course Title:	SPORT MESSAGE
2	Course Code:	AEB0038
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	5.00
8	Theoretical (hour/week):	3.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr.Gör. AYGÜL AKÇA
15	Course Lecturers:	Günaydın Kırıcı
16	Contact information of the Course Coordinator:	aakca@uludag.edu.tr aygulakca@hotmail.com 0224 294 06 97
17	Website:	
18	Objective of the Course:	Students are generally related to massage course will have theoretical knowledge, will gain the ability to apply the basic techniques of massage.
19	Contribution of the Course to Professional Development:	Sports massage is one of the topics that should be learned professionally. It is important for athletes in training, competition and rest periods.
20	Learning Outcomes:	
	1	To explain the historical development of massage
	2	To understand the classification of Massage
	3	To understand the anatomy of Massage
	4	To apply the basic techniques of classical massage
	5	To understand the techniques of deep tissue massage and sports massage
	6	To be able to apply regional massage techniques and durations
	7	To be able to apply general massage techniques and durations
	8	Being able to comprehend who is massage applied and who cannot
	9	To be able to understand the skills of developing and applying the manipulations used in massage.
	10	To be able to interpret the techniques used in massage by using their creativity.
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice

1	Massage is the historical background, is a classic massage, partner's hospital classification of positions, standing positions masseurs Massage is the historical background, is a classic massage, partner's hospital classification of positions, standing positions masseurs			
2	Sense organs, Nerve system, circulatory system, the uro genital system implementation methods of Movements Movement system, their effects and the use of			
3	The anatomy of Massage Movements application methods, and uses the effects of			
4	Basic movements of classical massage movements application methods, and uses the effects of			
5	Pat - Effleurage (stroking), Print - Compression-A-Kneading - kneading (Petrissage) * Pinching-pinching * Compression-Wringing * B-Roll-Rolling Friction Motions application methods, and uses the effects of			
6	Bumping-A-3-Hitting-Percussion Tapotement * Hacking (cut) * Clapping (hand inside the dome) * Slapping (smack it with palms) * Tapping (finger tip) * Beating (half a fist) * Bounding (full fist) * Vibration Vibration *			
Activites		Number	Duration (hour)	Total Work Load (hour)
8	Theoretical Course Review and Midterm exam	14	3.00	42.00
Practicals/Labs		0	0.00	0.00
10	Self study and preparation Arm massage pain relief massage	14	4.00	56.00
Homeworks		3	10.00	30.00
12	Projects When used in massage facial massage	0	0.00	0.00
Field Studies		0	0.00	0.00
14	Midterm exams Deep tissue massage	1	10.00	10.00
Others		0	0.00	0.00
22	Final Exams Textbooks, References and/or Other Materials: -Karabir, O.:Klasikmasaj, EkinKitapevi, Bursa 1998 -Hazır M.:snormasajı BafurdanYayımevi Ankara 2001 -	4	12.00	48.00
Total Work Load				160.00
23	Total work load 30 hr			5.00
ECTS Credit of the Course				5.00
		Number		
Midterm Exam		1	40.00	
Quiz		0	0.00	
Home work-project		0	0.00	
Final Exam		1	60.00	
Total		2	100.00	
Contribution of Term (Year) Learning Activities to Success Grade		40.00		
Contribution of Final Exam to Success Grade		60.00		
Total		100.00		
Measurement and Evaluation Techniques Used in the Course		classic exam		

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	5	2	2	2	3	3	3	3	3	3	0	0	0	0	0	0
ÖK2	3	3	3	3	4	4	4	3	3	3	0	0	0	0	0	0
ÖK3	4	3	3	3	4	4	4	3	3	3	0	0	0	0	0	0
ÖK4	5	5	4	4	4	3	3	3	3	3	0	0	0	0	0	0
ÖK5	3	3	3	4	4	4	2	2	2	2	0	0	0	0	0	0
ÖK6	4	5	5	2	2	2	2	4	4	4	0	0	0	0	0	0
ÖK7	4	4	4	4	4	3	3	3	3	3	0	0	0	0	0	0
ÖK8	5	5	5	5	4	4	4	3	3	3	0	0	0	0	0	0
ÖK9	4	2	2	2	2	2	3	3	3	3	0	0	0	0	0	0
ÖK10	3	3	3	3	3	3	2	2	2	2	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			