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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty**  | **Faculty of Sport and Physical Education** |
| **GENERAL INFORMATION** |
| Study program  | **Basic Professional studies, Sport – distance learning** |
| Study Module (if applicable) |  |
| Course title | Sports massage |
| Level of study | [x] Bachelor professional [ ]  Master’s [ ]  Doctoral |
| Type of course | [ ]  Obligatory [x]  Elective |
| Semester  | [x]  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 [x] 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** |
| [x] Serbian (complete course) [x]  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** |