**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| 2.1. Name of the discipline / Code | **Massage Therapy. Complementary techniques** | **RE1119** |
| 2.2. Teaching staff in charge with lectures | **Lecturer Sardaru Dragos, PhD** |
| 2.3. Teaching staff in charge with practical activities | **Lecturer Iustina Condurache, PhD** |
| 2.4. Year of study | **I** | 2.5. Semester | **2** | 2.6. The type of assessment | **Exam, E2** |
| 2.7. Discipline type | **Mandatory** | **Specialty discipline** |

**3. Estimated total time (hours/semester of didactic activity)**

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| 3.1. Number of hours / week: | 3.2. Courses number of hours / week | 3.3. Seminars / practical classes number of hours / week |
| Semester 1 |  |  |  |
| Semester 2 | **2** | **1** | **1** |
| 3.4. Total number of learning hours: | **28** | 3.5. Of which: Courses | **14** | 3.6. Of which: Seminars / practical classes: | **14** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes |  | 5 |
| Supplementary documentation in the library, using specialised platforms via internet and by field work |  | 4 |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays |  | 8 |
| Tutorship |  | 2 |
| Examinations |  | 2 |
| Other activities |  | 5 |
| Total hours of individual study (*without examinations*) |  | **22** |
| 3.8. Total hours per semester |  | **50** |
| 3.9. Number of credits |  | **2** |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Anatomy, Physiology, Physiopathology. |
| 4.2. of competences | Theoretical and methodical bases of physical therapy. |

5. **Conditions (where applicable)**

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| 5.1. for lectures | Video logistics support. |
| 5.2. for seminars / practical classes | Treatment Base, 4th floor, Faculty of Medical Bioengineering.Students will wear protective equipment (Robe, Medical Clogs). |

**6. Specific competences acquired**

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| **Professional competencies** | **C2.1** | Defining the general and local effects of medical massage, describing the main massage techniques for different body regions, with their indications and contraindications. |
| **C2.3** | Application of massage maneuvers appropriate to the pathology and the treated region.Analysis of the use of the parameters of intensity and duration of the massage techniques adapted to the pathology, appreciating the muscle tone, pain sensitivity, before and after the massage. |

7**.** **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| 7.1. General objective | Establishing the place and role of massage in physical-kinetic therapy. |
| 7.2. Specific objectives | Acquiring theoretical and practical knowledge about traditional therapeutic massage techniques and complementary techniques. |

**8. Contents**

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| **8.1. Lectures** | **Teaching methods** | **Observations** |
| 1 | Introductory course. History of massage, importance, effects, areas of application. | Power point presentation | 2 hours |
| 2 | Notions of the structures of the neuromyoarthrokinetic apparatus on which the massage acts. Interactions of the deep circulatory system with the superficial one | 2 hours |
| 3 | Hygiene conditions in the massage room. Behavior of the therapist. Patient behavior. Preparing the therapist's joints. Classic massage: definition, objectives, therapeutic effects, general indications and contraindications | 2 hours |
| 4 | Efleurage: definition, methods of execution, mechanisms of action, effects, indications, contraindications; Superficial petrification: definition, methods of execution, mechanisms of action, effects, indications, contraindications | 2 hours |
| 5 | Friction: definition, methods of execution, mechanisms of action, effects, indications, contraindications; Superficial petrification: definition, methods of execution, mechanisms of action, effects, indications, contraindications | 2 hours |
| 6 | Crushing: definition, methods of execution, mechanisms of action, effects, indications, contraindications; Percussion: definition, methods of execution, mechanisms of action, effects, indications, contraindications. | 2 hours |
| 7 | Tapotamen. Vibrations: definition, methods of execution, mechanisms of action, effects, indications, contraindications; Vibration: definition, methods of execution, mechanisms of action, effects, indications, contraindications. | 2 hours |

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| **8.2. Practical activities - practical class**  | **Teaching methods** | **Observations** |
| 1 | Hygiene conditions in the massage room; obligations of the masseur; preparing the masseur's joints for massage. Classic massage: definition, objectives, therapeutic effects, general indications and contraindications. | Practical application | 2 hours |
| 2 | Efleurage: methods of execution, mechanisms of action, effects, indications, contraindications. | 2 hours |
| 3 | Friction: methods of execution, mechanisms of action, effects, indications, contraindications | 2 hours |
| 4 | Stone crushing: definition, methods of execution, mechanisms of action, effects, indications, contraindications. | 2 hours |
| 5 | Tapotament: methods of execution, mechanisms of action, effects, indications, contraindications. | 2 hours |
| 6 | Vibrations: methods of execution, mechanisms of action, effects, indications, contraindications. | 2 hours |
| 7 | Secondary massage maneuvers: methods of execution, mechanisms of action, effects, indications, contraindications. | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:***1. *Course and practical support displayed on the e-learning platform*.
2. Hoyme J.R. Modern Massage: Step-By-Step Massage Basics and Techniques from Around the World. Paperback, 2018.
3. Diaconu A., Manual de tehnica a masajului terapeutic si kinetoterapia complementara, Vol. I + II, a XIII-a editie a lucrarii, revizuita si completata, [Editura Universitaria](https://www.librarie.net/cautare-rezultate.php?editura_id=235" \o "Editura Universitaria), Bucuresti 2017.
4. Werner R. A Massage Therapist's Guide to Pathology, 5th Edition 2012.
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| ***Elective:***1. Susan G. Salvo, Massage Therapy: Principles and Practice, 4e, Elsevier-Saunders, 2011.
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**9. *Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field***

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

**10. Evaluation**

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| Type of activity | Assessment criteria | Evaluation methods | Contribution to the final grade |
| Lectures | Acquiring theoretical notions and presented in the course | Written exam. MCQ Examination | 80 % |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | Admitted/ Rejected |
| Individual study | Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays.Individual study using coursebook materials, bibliography and hand notes, documentation in the library, using specialised platforms via internet and by field work. | Tests during the semester | 20 % |
| Minimal performance standard:* Knowledge of massage techniques and methods, methods of execution, mechanisms of action, effects, indications, contraindications.
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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 9.09.2024 | Lecturer Sardaru Dragos, PhD  | Lecturer Iust**ina** Condurache, PhD |
| Date of approval in the Department Council/Teaching Council,  |
| 19.09.2024 |  | Department director / signature, |
|  |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |