

Course unit title	MASSAGE
Course unit code	KT(SK)/2-3.4
Type of course unit	Compulsory
Level of course unit	First cycle
Year of study (if applicable)	First year
Semester/	Spring semester
Number of ECTS credits allocated	3 ECTS
Learning outcomes of the course unit	Upon completion of the course unit, students will be able to: LO1. Explain the effects of massage on the human body. LO2. Identify indications and contraindications for massage. LO3. Apply hygiene requirements and ergonomic principles during massage procedures. LO4. Perform basic classical massage techniques, including stroking, rubbing, kneading and vibration. LO5. Select and apply appropriate massage techniques in different practical situations. LO6. Demonstrate a complete sequence of classical massage movements safely and effectively.
Mode of delivery	Blended learning
Prerequisites and co-requisites	Completion of the Professional Environment and Biomedical Sciences modules is recommended.
Course contents	Fundamentals of massage: ergonomics and hygiene requirements. Effects of classical massage on physical health. Rubbing techniques. Kneading techniques. Stroking techniques. Vibration techniques. Application and sequencing of classical massage movements.
Planned learning activities and teaching methods	Practical training sessions; demonstration and supervised practice; skills development exercises; self-directed learning; analysis of professional literature; practical performance of massage techniques; consultation sessions.
Assessment	The final grade for the course unit consists of: practical training (practical skills assessment) – 80%; oral examination – 20%.
Language of instruction.	English
Work placement(s)	Utenos kolegija Higher Education Institution Faculty of Medicine