

Subject Card

Part 1

General information about the item			
1. Field of study: physiotherapy		2. Level of study: Long-cycle Master's degree / general academic profile	
4. Year: V/ 2023-2028		3. Form of study: Full-time studies	
6. Subject Name: Specialized Massage: Deep Tissue Massage		5. Semester: IX	
7. Subject status: optional			
<p>8. Subject objective(s) Familiarizing students with the theoretical foundations of deep tissue massage (principles, techniques, tools, indications, contraindications)</p> <p>Familiarizing students with the examination required for deep tissue massage (patient interview, physical examination)</p> <p>Familiarizing students with the methodology of deep tissue massage (application of deep tissue massage in specific clinical settings)</p> <p>Learning outcomes/reference to learning outcomes included in (underline as appropriate): education standards (Regulation of the Minister of Science and Higher Education)/SUM Senate Resolution (provide definitions included in the education standards/symbols of outcomes approved by the SUM Senate Resolution)</p> <p>in terms of knowledge, the student knows and understands: CW_4, CW_5, CW_7, CW_8</p> <p>in terms of skills, the student is able to: CU_8, CU_10</p> <p>in terms of social competences, the student: K_09</p>			
9. Number of hours per subject	32	10. Number of ECTS points for the course	2
11. Form of passing the course: passing with a grade			
12. Methods of verifying and assessing learning outcomes			
Learning outcomes	Verification methods	Assessment methods*/passing	
In terms of knowledge	Multiple Choice Question (MCQ)	*	
In terms of skills	Observing a student demonstrating a skill under standardized conditions	*	
In the scope of competence	Observation	*	

* in the case of a graded exam/assessment, the grade is assumed to be:

Very good (5.0) - the expected learning outcomes have been achieved and significantly exceed the required level

Above good (4.5) - the expected learning outcomes have been achieved and slightly exceed the required level

Good (4.0) - the expected learning outcomes have been achieved at the required level

Fairly good (3.5) - the expected learning outcomes have been achieved at the average required level

Sufficient (3.0) - the expected learning outcomes have been achieved at the minimum required level

Insufficient (2.0) - the expected learning outcomes have not been achieved.

Subject Card Part 2

Other useful information about the item		
13. Unit offering the course, address, e-mail: Department of Balneoclimatology and Biological Regeneration, Department of Physiotherapy, Medical University of Silesia, ul. Medyków 12, 40-752 Katowice, jtiffert-tlok@sum.edu.pl, tnowacki@sum.edu.pl		
14. Name and surname of the person responsible for the course implementation/course coordinator: mgr Tomasz Nowacki,		
15. Prerequisite knowledge, skills and other competencies: Knowledge of normal anatomy, classical massage, lymphatic drainage and manual therapy		
16. Group size	In accordance with the Order of the Rector of SUM	
17. Class materials/teaching aids	Multimedia presentations, Script intended for the subject 'Deep Tissue Massage'	
18. Location of classes	Room: 107, 108 SUM Educational Center	
19. Place and time of consultation	Pok. 513 WNoZ SUM	
20. Learning outcomes		
Subject learning outcome number	Subject-specific learning outcomes	Reference to the learning outcomes included in (underline as appropriate): education standards/ approved by the Senate of the Silesian Medical University
P_W1	Knows the principles of assessing structural and functional disorders caused by disease or injury for the purposes of deep tissue massage.	CW_4
P_W2	Knows the principles of correct clinical reasoning in order to qualify a patient for deep tissue massage treatments.	CW_5
P_W3	Knows the theoretical and practical aspects of deep tissue massage	CW_7
P_W4	Knows the indications and contraindications for deep tissue massage	CW_8
P_U1	Possesses the ability to plan, select and perform deep tissue massage techniques.	CU_8
P_U2	Possesses advanced manual skills enabling the use of proper deep tissue massage techniques.	CU_10
21. Forms and topics of classes		Number of hours
21.2 Seminars		16h
1. Theoretical foundations of deep tissue massage, theoretical foundations of knowledge about fascia, indications and contraindications to the use of deep tissue massage.		4h
2. Palpation and functional diagnosis of myofascial structures in the lower limb.		4h
3. Palpation and functional diagnosis of myofascial structures in the upper limb.		4h
4. Palpation and functional diagnosis of myofascial structures in the trunk.		4h
21.3 Exercises		16h
1. Deep tissue massage of the pelvis and lower limbs – basic techniques		4h
2. Deep tissue massage of the trunk and upper limb – basic techniques		4h
3. Deep tissue massage of the pelvis and lower limbs – advanced techniques		4h

4. Deep tissue massage of the trunk and upper limb – advanced techniques	4h
22. Literature	
<ol style="list-style-type: none"> 1. Leon Chaitow „Metody terapii manualnej w leczeniu dysfunkcji powięziowych.” 2. Art. Riggs „Masaż tkanek głębokich. Wirtualny przewodnik po technikach.” 3. Marcin Wytrążek „Masaż tkanek głębokich. Materiały pomocnicze do ćwiczeń.” 4. James Earls, Thomas Myears „Rozluźnianie mięśniowo-powięziowe dla integracji strukturalnej”. 5. Serge Tixa ‘Atlas anatomii palpacyjnej : badanie manualne powłok : szyja, tułów, kończyna górna, kończyna dolna 6. Anna Gawryszewska ‘Atlas anatomii palpacyjnej’ 	
23. Evaluation criteria – details	
<p>In accordance with the recommendations of the supervisory authorities. Course completion - the student has achieved the expected learning outcomes. Detailed criteria for passing and grading the course are included in the course regulations.</p>	