



Health and Sports Science Module Handbook
Faculty of Sports Science Universitas Negeri Makassar

Module designation		<i>Sports Massage</i>				
Semester(s) in which the module is taught		5				
Person responsible for the module		Darul Husnul, S.Or., M.Kes.				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 3 hours x 14 weeks 2) Practical class: 3 hours x 14 weeks				
Workload	Total workload	196 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	42	10	10	4	66
	Practical class	42	42	42	4	130
	Total					196
Credit points		3 credits				
Required and recommended prerequisites for joining the module		Anatomy, Physiology, Sport Physiology				
Module objectives / intended learning outcomes		<p>By the conclusion of this course, students are able to:</p> <ol style="list-style-type: none"> 1. Understand the nature of sports massage, its theoretical and scientific underpinnings, and its varied applications. 2. Understand and describe massage outcomes based on known and theoretical physiologic mechanisms. 3. Practice several sports massage techniques. 4. Explain the finer points of organizing a session. 5. Explain how sports massage specialists cooperate with other sport and health professionals to provide the best possible care for athletes. 				
Content		<ul style="list-style-type: none"> • Theory and Science of Sports Massage (Definition of sports massage, the many uses of massage in sports, sports massage and athletic performance, contraindications, and cautions). • Techniques and Basic Skills (Physiologic mechanisms of massage benefits, building blocks of sports massage, 				



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	<p>hand and finger positions, basic massage techniques, basic joint movement techniques).</p> <ul style="list-style-type: none"> • Sports Massage at Athletic Events (Event sports massage, pre-event sports massage, interevent sports massage, post-event sports massage). • Planning and Giving Sports Massage (Sports massage sessions, planning a session). • Implementing a Sports Massage Program (Sports massage programs, athletic organizations, private sports massage practices).
<p>Exams and assessment formats</p>	<p>Research Article Analysis</p> <p>Students will be assigned to a group of four to six students. Each group should find an article from international reputable journals that relates to Sports Massage. Students will write a short report analysis (800-word limit) which includes the following:</p> <ul style="list-style-type: none"> • Summary of the article. • How it relates to the topic in the course. • Students' own critical analysis regarding the findings and ideas discussed in the article. • A copy of the original article in appendix. <p>Weight: 50%</p> <p>Mid and Final Exams</p> <p>There will be two exams during the course. Everything discussed in class and in the assigned readings may appear on the exam. The exams will consist of matching, multiple-choice, true-false, and/or essay questions.</p> <p>Weight: 75%</p>
<p>Study and examination requirements</p>	<p>Students are expected to attend all classes. Final grading will be based on students' attendance, their participation in completing the research article, and their scores in mid and final semester exams.</p>
<p>Reading list</p>	<p>Benjamin, P. J., & Lamp, S. P. (2005). Understanding Sports Massage, 2nd Edition. Human Kinetics.</p> <p>Fritz, S. (2005). Sports & Exercise Massage: Comprehensive Care in Athletics, Fitness & Rehabilitation. Elsevier Mosby.</p>