

**SPORT MASSAGE
PZTV 655**

Courses optional

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Charakter of subject:

Students will learn the basic various types of massage techniques and they will practically master the full body conditioning massage.

Classwork contents:

1. Regeneration, its interpretation and regeneration tools.
2. Indications and contraindications of massage. Massage tools. Hygiene during a massage.
3. Back and cervical area massage.
4. Chest and abdominal massage.
5. Lower limb massage.
6. Upper limb massage.
7. Self-massage. Pre-competition massage.

Requirements for credit:

Practical mastering of each body part massages

Recommended Literature:

1. Prentic, W.E: Therapeutical Modalities for Sports Medicine and Athletic Training. McGraw - Hill. 5th edition, 2003. ISBN 0072462116
2. Educational VHS/DVD: Masážní hmaty a postupy. FTVS UK Praha 2004