

DESCRIPTION OF THE COURSE OF STUDY

Course code	1012.7.KOS1.F3.MK	
Name of the course in	Polish	Masaż klasyczny
	English	Classical massage

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Cosmetology
1.2. Mode of study	Full-time/ Extramural studies
1.3. Level of study	Bachelor's degree
1.4. Profile of study*	Practical
1.5. Person/s preparing the course description	Dr Monika Michalak
1.6. Contact	monika.michalak@ujk.edu.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Knowledge of issues of human anatomy and physiology

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	e.g. lectures, classes, (including e-learning)	
3.2. Place of classes	Laboratories	
3.3. Form of assessment	Teaching rooms of the UJK	
3.4. Teaching methods	Credit with grade	
3.5. Bibliography	Required reading	1. Kasprzak W. Mańkowska A. Fizjoterapia w kosmetologii i medycynie estetycznej. PZWL, Warszawa 2012. 2. Magiera L. Masaż w kosmetyce i odnowie biologicznej. Wyd. Bio-Styl, Kraków 2007.
	Further reading	1. Romaniuk ., Lewicka-Zelent A. Classicalmassage in the rehabilitation of patients with backpain. disability. Discourses of specaleducation 2015; 18: 176-190. 2. Mika T., Kasprzak W. Fizykoterapia. PZWL, Warszawa 2006.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

<p>4.1. Course objectives (including form of classes)</p> <p>Classes</p> <p><i>C1.</i> Allows to acquire knowledge and skills in the field of massage.</p> <p><i>C2.</i> The subject allows to acquire knowledge and skills in the field of massage types used in cosmetology.</p> <p><i>C3.</i> Transfer of knowledge and skills on the impact of massage on the human body and its effects on individual tissues and systems.</p> <p><i>C4.</i> Acquainting with the techniques and methodology of work in the field of massage forms used in cosmetology.</p>
<p>4.2. Detailed syllabus (including form of classes)</p> <p>Classes</p> <p>1. Types of massage and their role in cosmetology.</p> <p>2. The influence of massage on the organism and the ways of its influence on particular systems in the organism.</p> <p>3. Indications and contraindications for massage.</p> <p>4. Methodology of performing individual techniques of classical massage used for cosmetology.</p>

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	Student has knowledge of massage techniques used in beauty salons, wellness centers and SPA.	KOS1P_W06
W02	Student knows the contraindications to classical massage.	KOS1P_W06

within the scope of ABILITIES:		
U01	Student is able to properly perform a massage for the needs of cosmetology, taking into account indications and contraindications.	KOS1P_U01
U02	Student is able to perform classic body massage.	KOS1P_U02
U03	The student is able to correctly conduct an interview preceding the massage treatment and exclude possible contraindications.	KOS1P_U18
within the scope of SOCIAL COMPETENCE:		
K01	Student shows understanding towards the client's problems.	KOS1P_K06

4.4. Methods of assessment of the intended learning outcomes																								
Teaching outcomes (code)	Method of assessment (+/-)																							
	Exam oral			Test*			Project*			Effort in class*			Self-study*			Group work*			Practical exam					
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes								
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...			
W01	-	+										-	+									-	-	
W02	-	+										-	+									-	-	
U01	-	+										-	+									-	+	
U02	-	+										-	+									-	+	
U03	-	+										-	+									-	+	
K01	-	+										-	+									-	+	

*delete as appropriate

4.5. Criteria of assessment of the intended learning outcomes		
Form of classes	Grade	Criterion of assessment
classes (C)	3	Class attendance in accordance with the study regulations. 61-68% successfully passed the oral test. Multimedia presentation. Student requires supervision, performs activities uncertainly, does not always take into account the individual situation of the client, requires constant guidance and reminders in the scope of performing complex activities, makes contact, but is unable to maintain communication with the patient, and is not always able to assess and analyze their own behavior.
	3,5	Class attendance in accordance with the study regulations. 69-76% successfully passed the oral test. Multimedia presentation. After targeting, student performs activities relatively correctly, sometimes requires support and a sense of certainty, takes into account the client's individual health situation, often requires reminding in the action taken, is able to establish and maintain verbal contact with the patient, makes an effort to assess and analyze his own behavior
	4	Class attendance in accordance with the study regulations. 77-84% successfully passed the oral test. Multimedia presentation. Observes the rules, performs actions correctly, in slow motion, pays attention to the individual situation of the client, achieves the goal, sometimes requires reminding in the action taken, is able to establish and maintain verbal and non-verbal contact, shows awkwardness in the assessment and analysis of own behavior
	4,5	Class attendance in accordance with the study regulations. 85-92% successfully passed the oral test. Multimedia presentation. Follows the rules after initial orientation, technique and sequence of activities without any comments, performs actions confidently, but after a short reflection, shows concern for taking into account the health situation of the patient, sometimes requires reminders and guidance also in the selection of communication methods, shows efforts in the field of evaluation and analysis own conduct.
	5	Class attendance in accordance with the study regulations. 93-100% of successfully passed oral test. Multimedia presentation. Follows the rules, technique and sequence of actions without any comments, performs actions confidently, energetically, takes into account the client's situation and current possibilities to perform these actions, plans and performs actions completely independently, spontaneous, constructive and independent selection of content adequate to the recipient's expectations, is able to evaluate and analyze own behavior, visible identification with the professional role.

5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies

<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	40	35
<i>Participation in laboratories</i>	35	30
<i>Preparation in the oral exam</i>	5	5
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	35	40
<i>Preparation for the laboratories</i>	10	10
<i>Preparation for the oralexam</i>	15	20
<i>Preparation of multimedia presentation</i>	10	10
<i>TOTAL NUMBER OF HOURS</i>	75	75
ECTS credits for the course of study	3	3

**delete as appropriate*

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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