

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet Course title	Uporaba fitoterapevtskih pripravkov pri terapevtskih masažah Use of Phytotherapeutic Concoctions in Therapeutic Massage s

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fitoterapija / I. stopnja	Ni smeri študija	2. ali 3. letnik	4. ali 6.
Phytotherapy / I st Cycle	No study field	2 nd or 3 rd year	4 th or 6 th

Vrsta predmeta/Course type	izbirni/elective
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Univerzitetna koda predmeta/University course code	FIT_IPF_UN4
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Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
40		30			80	6

Nosilec predmeta/Lecturer:	Petra Kotnik, pred.
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Jeziki/ Languages:	Predavanja/Lectures:	slovenski/slovenian
	Vaje/Tutorial:	slovenski/slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
<ul style="list-style-type: none"> Vpis v drugi ali tretji letnik študijskega programa. Študent mora pred izpitom opraviti kolokvij iz kabinetnih vaj. 	<ul style="list-style-type: none"> The prerequisite for inclusion is enrolment in the second or third year of study. Students have to pass preliminary exam – cabinet work.

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> <i>Filozofija in načela terapevtske masaže:</i> zgodovina masaže, izvor imen tehnik klasične masaže. <i>Biološke osnove:</i> koža, vezivno tkivo, dinamika tekočin. <i>Učinki terapevtske masaže:</i> kontraindikacije. Primerni fitoterapevtski produkti. <i>Uporaba fitoterapevtskih produktov pri terapevtski masaži.</i> 	<ul style="list-style-type: none"> <i>Philosophy and principles of therapeutic massage:</i> history of massage therapy, origins of the names of massage techniques. <i>Biological bases:</i> skin, connective tissue, fluid system dynamics. <i>Effects of therapeutic massage:</i> contraindications. Suitable phytotherapy products. <i>Use of phytotherapy products in massage.</i>

<ul style="list-style-type: none"> • <i>Terminologija in opis tehnik terapevtske masaže</i>: gladenje, gnetenje, vtiranje, udarjanje, tresenje. • <i>Splošna masaža – uporaba</i>: navodila, spodnji ud, zgornji ud, zgornji del prsnega koša, trebuh, hrbet in boki, obraz. 	<ul style="list-style-type: none"> • <i>Terminology and description of the therapeutic massage techniques</i>: gliding, kneading, wringing, tapping, shaking. • <i>General massage – use</i>: instructions, the lower limb, the upper limb, the upper part of the thorax, abdomen, back and hips, face.
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<p>Temeljna literatura in viri/Readings:</p> <p>Temeljna literatura/Basic literature</p> <ul style="list-style-type: none"> • Gaber, G. (2006). <i>Klasična terapevtska masaža</i>. Ljubljana. • Ellsworth, A., Altman, P. (2014). <i>Anatomija masaže: vodnik za popolno masažo</i>. Ljubljana: Mladinska knjiga. • Holey, E. A in Cook E. M. (2003). <i>Evidence-based therapeutic massage: a practical guide for therapists</i>. 2nd ed. Edinburgh: Churshill Livingstone. • Capellini, S. (2019). <i>The complete spa book for massage therapists</i>. New York: Erin O'Connor. • Heinrich, M., Barnes, J., Prieto Garcia, J. M., Gibbons, S., Williamson, E. M., (2018). <i>Fundamentals of pharmacognosy and phytotherapy e - book</i>. Elsevier Limited. Third edition. <p>Priporočljiva literatura/Recommended literature</p> <ul style="list-style-type: none"> • Clay, J. H. in Pounds, D. M. (2008). <i>Basic clinical massage therapy: integrating anatomy and treatment</i>. 2nd ed. Philadelphia. • Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja terapevtskih masaž.
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<p>Cilji in kompetence:</p> <p><i>Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:</i></p> <ul style="list-style-type: none"> • avtonomnost pri strokovnem delu in sprejemanje odločitev, • seznanjenost z novostmi na področju obravnave, • sposobnost specifične uporabe fitoterapevtskih produktov in svetovanja strankam, • razvoj veščin in spretnosti za izvajanje terapevtskih masaž, • razvoj sposobnosti neverbalne komunikacije (pomen dotika, glasu, izraza obraza,...), • razvoj spretnosti za evalvacijo rezultatov pri svojem delu, • sposobnost zavračanja pristopov, ki so strokovno in empirično neutemeljeni, 	<p>Objectives and competences:</p> <p><i>The learning unit mainly contributes to the development of the following general and specific competences:</i></p> <ul style="list-style-type: none"> • autonomy in professional work and decision making, • being familiar with novelties in the field of treatment, • the ability to adequately use and advise phytotherapy products for massage, • development of skills and expertise for performing therapeutic massages, • development of the non-verbal communication ability (the meaning of touch, voice, facial expression...), • development of skills for evaluating work results, • the ability to reject approaches that are professionally and empirically unfounded,
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<ul style="list-style-type: none"> • sposobnost sodelovanja v interdisciplinarnem multidisciplinarnem timu, • sposobnost obnašanja skladno z etičnimi načeli in principi. 	<ul style="list-style-type: none"> • the ability to participate in the interdisciplinary and multidisciplinary team, • the ability to behave in accordance with the ethical principles and codes.
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<p>Predvideni študijski rezultati:</p> <p>Student/šudentka:</p> <ul style="list-style-type: none"> • razume fiziološke temelje in terapevtski učinek, • uporabi teoretično in praktično znanje pri uporabi fitoterapevtskih produktov za izvajanje terapevtske masaže, • prepoznava indikacije, kontraindikacije ter omejitve pri manualni obravnavi mehkih tkiv, • razume opise terapevtske masaže, • pozna in razume tehnike terapevtske masaže, • je sposoben/a uporabe splošne masaže, • usposobi se za samostojno manualno obravnavo mehkih tkiv. 	<p>Intended learning outcomes:</p> <p>Students:</p> <ul style="list-style-type: none"> • understand physiological grounds and the therapeutic effect, • apply the theoretical and practical knowledge in the use of phytotherapy products for therapeutic massage, • identify indications, contraindications and limitations in the manual treatment of soft tissues, • understand the description of therapeutic massage, • know and understand the therapeutic massage techniques, • are able to use the general massage, • are qualified for the independent manual treatment of soft tissues.
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<p>Metode poučevanja in učenja:</p> <ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>kabinetne vaje</i>: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija. 	<p>Learning and teaching methods:</p> <ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>cabinet tutorial</i>: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.
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<p>Načini ocenjevanja:</p> <p>Načini:</p> <ul style="list-style-type: none"> • izpit • kolokvij <p>Ocenjevalna lestvica: ECTS.</p>	<p>Delež (v %) Weight (in %)</p> <p>60 % 40 %</p>	<p>Assessment:</p> <p>Types:</p> <ul style="list-style-type: none"> • exam • preliminary exam <p>Grading scheme: ECTS.</p>
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