



European Campus
of City-Universities



GLADE - Literacy Lab	EC2U Virtual Institute for Good Health and Well-being (GLADE) -
Name of the module	SMART AGEING AND HEALTHY LIFE Summer School, first Edition.
Course title (L-lecture / W-workshop)	SELF-MASSAGE TECHNIQUES
Course leader/Lecturer Academic title, first and last name Link to an updated CV (EN)	Lecturer PhD. Raluca Mihaela ONOSE Lecturer PhD. Paul LUCACI Teaching Assistant Alexandru CITEA
Language of instruction	English
Course description Maximum 100-120 words	“Self massage techniques” is a course that will help the social worker gain competences regarding the techniques of the self massage therapy. The participants will learn how to apply simple massage manoeuvres in order to relieve tension, improve the peripheral circulation, reduction of stress and improve the general body and mental state.
Tackled concepts 5 to 7 of the topics covered / lecture content	<ul style="list-style-type: none"> • general Relaxation massage • therapeutic massage • relief pain massage • abdominal massage for digestive stimulation • lymphatic drainage massage
Prerequisites	none
Learning methods / Instruction modes Lecture/workshop/practical application /field activity - interactive approach supported by academic articles, case studies, videos, class debates	Lecture and practical application, case studies
Assignments class participation, problem-solving sessions, practical application, case study, group discussions, group assignments/presentations, posters	Class participation, problem solving, sessions with practical applications
Evaluation	The participants will be evaluated at the final Social Impact Conference held at the end of the summer school.
Bibliography/Course material Recommended reading	Jurch, S. (2009) Clinical massage therapy: assessment and treatment of orthopedic conditions, USA Grant J.R. (2002) Massage therapy: the evidence for practice, USA. Atkinson, M. (2005) A Practical Guide to Self Massage, USA

The above mentioned curricular activity is part of the EC2U - GLADE Virtual Institute - SMART AGEING AND HEALTHY LIFE Summer School, first Edition. In order for the participants to be able to sit the final evaluation test, they need a minimum of 70% presence at the curricular and extracurricular activities. A pass/fail grading

system is used in evaluating the participants, the decision on the awarding of the 3 ECTS credits being based on their active participation in classes and on their successfully passing the module final evaluation.