

CLASS CARD

Recovery strategies in Sport

Basic classes	Code in the study plan	ECTS
Recovery strategies in Sport	SDII_28	2

Education profile	
Faculty and field of study	Faculty of Physical Education Field of study: Physical Education, Sport, Physiotherapy Department: Individual Sports
Studies program in which the subject is realized	Sport
Professor's name	Dariusz Boguszewski
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	II, III (IV, V sem.)
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	Classes: 15 hours
Form of passing classes	Test
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	anatomy, physiology

DETAILED INFORMATION**Course aims and objectives**

A1	Extended knowledge allowing for conducting recovery process in training
A2	Enhancing competences of evaluating body's reaction for physical effort

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W01 Acquired extended knowledge concerning the physicochemical and	Knowledge of biomedical basis of human functioning and body's reaction for physical effort. Influence of physical and kinesiotherapeutical means for human.

biological basis of the functioning of a human body in connection with undertaken physical efforts in sports.	
K_W03 Acquired extended knowledge concerning consequences of doing sports, rules of rational nutrition and hygiene of the training process and sports facilities.	Extended knowledge about consequences of training, nutrition and recovery.
K_W11 Acquired extended knowledge concerning sports sciences (concepts, theories, methods and concepts pertaining to training).	Knows mutual relations between subsystems of training, competitions and recovery.
SKILLS	
K_U11 Ability to plan training work depending on the sports level and the training period and to cooperate in planning and implementation of research tasks.	Plans recovery treatment as an integral part of training process.
K_U06 Ability to conduct scientific studies and to execute measurements and analyses indispensable in sports with the use of specialist appliances.	Design system of control for monitoring effects of recovery.
K_U04 Ability to deploy advanced methods, forms and means of sports education in different environment and for persons with diversified needs.	Conduct activities for enhance the post exercise recovery.
SOCIAL COMPETENCES	

K_K05 Ability to take up cooperation with other entities aimed at implementing objectives arising from various forms of sports activity.	Cooperate with athletes as well as with other specialists to realize aims of recovery program.
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SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
Lecture	Theoretical basis of recovery strategies in sport.	
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
Exercises	Sports massage – basic techniques, primary and secondary effects	
Exercises	Isometric massage – methodology, indications and techniques	
Exercises	Vibromassage, foam rolling	
Exercises	Taping, kinesiotaping flossing	
Exercises	Decreasing injury potential. Functional assessment of musculoskeletal system	
Exercises	Recovery strategies after high-intensity interval training	
	Project / test	

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Theoretical basis of recovery strategies in sport.	Lecture
Sports massage – basic techniques, primary and secondary effects.	Lecture + practical exercises
Isometric massage – methodology, indications and techniques	Lecture + practical exercises
Hydrotherapy, thermotherapy, vacuum massage	Lecture + practical exercises
Vibromassage, foam rolling	

Decreasing injury potential. Functional assessment of musculoskeletal system	Lecture + practical exercises
Project – presentation about chosen form of recovery.	Lecture
Final test.	
Teaching resources:	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
Skills and knowledge about recovery, various types of massage and other treatment.	Final test. Preparing the presentation.

CONDITIONS FOR PASSING CLASSES:

Local grade	Grade	Criteria
5	A	Class attendance at least 75%. Activity during class. Preparing the presentation. Minimum 90% points from final test.
4,5	B	Class attendance at least 75%. Activity during class. Preparing the presentation. Total 82-89% points from final test.
4	C	Class attendance at least 75%. Activity during class. Preparing the presentation. Total 75-81% points from final test.
3,5	D	Class attendance at least 75%. Activity during class. Preparing the presentation. Total 65-74% points from final test.
3	E	Class attendance at least 75%. Activity during class. Preparing the presentation. Total 55-64% points from final test.
2	F	Class attendance at least 75%. Activity during class. Less than 55% from final test.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

ENGLISH BIBLIOGRAPHY

Basic	1. Benjamin P.J., Lamp S.P. Understanding Sports Massage. Champaign, IL: Human Kinetics, 2013. 2. Hausswirth C., Mujika I., eds. Recovery for Performance in Sport. Champaign, IL: Human Kinetics, 2013.
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Additional	<p>3. Lehmann M., Foster C., Gastmann U., Keizer H., Steinacker J.M. Overload, Performance Incompetence, and Regeneration in Sport. US: Springer, 2007.</p> <p>4. Armiger P., Martyn MA. Stretching for Functional Flexibility. Philadelphia, PA: Lippincott Williams & Wilkins, 2010.</p> <p>5. Kellmann M. Underrecovery and overtraining: Different concepts—similar impact? In: Enhancing Recovery. Kellmann M., ed. Champaign, IL: Human Kinetics, 2002. pp. 3–24.</p> <p>6. Nelson A., Kokkonen J. Stretching Anatomy 2nd Edition. Champaign, IL: Human Kinetics, 2014.</p>
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SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
22,5	1	With direct contact with tutor (total)
22,5	x	Lectures / exercises
-	x	Other contact hours, consultations
37,5	1	Other forms of classes / gaining effects of education
10	x	Literature analysis
3	x	Collecting of materials to the project
2	x	Preparation of presentation
-	x	Studying of didactic materials
15	x	Developing of personal skills
7,5	x	Preparation to the exam
60	2	Number of hours / Total ECTS Points

Number of ECTS points that a student obtains in classes developing practical skills: 2

Author of the class card:	Name, surname and email
Date: 28.02.2025	Dariusz Boguszewski, dariusz.boguszewski@awf.edu.pl