

Subject: Recovery strategies in sport

GENERAL INFORMATION

Organization unit	Faculty of Physical Education
Course name	Field of study: Physical Education, Sport, Physiotherapy
Subject code	Department: Individual Sports
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	II, III
Semester	IV, V
ECTS points	2
Professor	Classes: 15 hours
Studies program in which the subject is realized	Dariusz Boguszewski
Method of realization (stationary/ distance learning)	stationary
Prerequisites	anatomy, physiology

DETAILED INFORMATION

Course aims and objectives

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Main topics

No	Topic
Lectures/classes	
1.	Theoretical basis of recovery strategies in sport.
2.	Sports massage – basic techniques, primary and secondary effects.
3.	Isometric massage – methodology, indications and techniques



4.	Hydrotherapy, thermotherapy, vacuum massage
5.	Vibromassage, foam rolling
6.	Decreasing injury potential. Functional assessment of musculoskeletal system
7.	Project – presentation about chosen form of recovery.

CONDITIONS FOR PASSING CLASSES:

Class attendance at least 75%. Activity during class. Preparing the presentation. Total 55-64% points from final test.

1 ECTS point = hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	22,5
2. Students' preparations of the presentations	8
3. Self study as preparation to the written exam	15
4. Self study as reading text prepared by the teacher	14,5
Total = 60 hours - ECTS points 2	

Author of the class card:	Name, surname and email
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