MODULE TITLE:

Self- Myofascial Release with Foam Rollers during Health Tourism

RESPONSIBLE FOR THE MODULE:

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CO-INSTRUCTORS	Paraskevi Malliou, Professor	

HOURS *(per week)*:

LANGUAGE OF TEACHING: GREEK [ ] ENGLISH [V]

AIM OF THE MODULE *(content and acquired skills)*

The aim of this module is to analyze the theory and practice of self-myofascial release with foam rollers and other self-massage tools, as these could be used from the part of the fitness instructors/trainers in order to design effective exercise protocols for tourists during health tourism. The topics of this module are an introduction to the theoretical principles of self-myofascial release and the demonstration and practical application of effective self-massage techniques. The students will gain an understanding on how to design and apply full-body protocols with foam rollers in order to enhance the flexibility, correct the muscular imbalances, relieve the muscle spasms and alleviate the myofascial pain of their clients.

MODULE CONTENTS *(outline – titles of lectures)*

1. Definition, aims and effectiveness of Self-Myofascial Release (Theory)
2. Equipment for Self-Myofascial Release (Theory)
3. Foam Rollers for Self-Myofascial Release (Theory)
4. Roller-Massagers for Self-Myofascial Release (Theory)
5. Tennis Balls for Self-Myofascial Release (Theory)
6. Key points for the effective use of Foam Rollers and other Self-Myofascial Release devices (Theory)
7. The technique of rolling (Theory)
8. Contradictions (Theory)
9. Exercises for the lower limbs using Foam Rollers (Theory and Practice)
10. Exercises for the upper limbs using Foam Rollers (Theory and Practice)
11. Exercises for the trunk using Foam Rollers (Theory and Practice)

TEACHING METHOD *(lectures – labs – practice etc)*

Lectures and practical application

LEARNING OUTCOMES

Upon the completion of this module the students will be able to:

1. To understand the characteristics of the various self-myofascial release tools and be able to choose the most adequate according to the desired outcome.
2. To design and apply exercise programs with the appropriate use of self myofascial release equipment in order to provoke specific outcomes as: enhancement of flexibility, relief of muscle spasms, alleviation of myofascial pain and correction of muscular imbalances.
3. To be well informed on the particularities of self-myofascial release treatments in order to provide their clients safe and effective exercise protocols.
   To design and guide exercise programs for the whole body with the use of foam rollers.

LEARNING OUTCOMES - CONTINUED

Learning Outcomes	***Educational Activities***	***Assessment***	***Students Work Load (hours)***
The students will be able to understand the characteristics of the various self-myofascial release tools and to choose the most adequate according to the desired outcome.	Lecture, slides and discussion, study at home	Intermediate control tests and assigments	
The students will be well informed on the particularities of self-myofascial release treatments in order to provide their clients safe and effective exercise protocols.	Lecture, slides and discussion, study at home	Intermediate control tests and assigments	
The students will be able to design and apply exercise programs with the appropriate use of self myofascial release equipment in order to provoke specific outcomes as: enhancement of flexibility, relief of muscle spasms, alleviation of myofascial pain and correction of muscular imbalances.	Lecture, slides, discussion, practical exercise, study at home	Intermediate control tests and assigments	
The students will be able to design and guide exercise programs for the whole body with the use of foam rollers.	Practical exercise, practice in groups and study at home	Intermediate control tests and assigments	
		TOTAL	

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Barnes, M. F. (1997). The basic science of myofascial release : *Journal of Bodywork and Movement Therapies*, *1*(4), 231–238.
2. Beardsley, C., & Skarabot, J. (2015). Effects of self-myofascial release : A systematic review. *Journal of Bodywork & Movement Therapies*, *19*, 747–758.
3. Cagnie, B., Dewitte, V., Coppieters, I., Van Oosterwijck, J., Cools, A., & Danneels, L. (2013). Effect of ischemic compression on trigger points in the neck and shoulder muscles in office workers: A cohort study. *Journal of Manipulative and Physiological Therapeutics*, *36*(8), 482–489.
4. Clark M. A. & Lucett, S. C. (2011). NASM' s essentials of Corrective Exercise Training. *Wolters Kluwer/Lippincott Williams & Wilkins.*
5. Robertson, M. (2008). *Self-Myofascial Release. Purpose, Methods and Techniques,* Robertson Training Systems, http://robertsontrainingsystems.com/downloads/SMR-manual.pdf
6. Schleip, R., & Muller, D. G. (2013). Training principles for fascial connective tissues : Scientific foundation and suggested practical applications. *Journal of Bodywork & Movement Therapies*, *17*, 103–115.
7. Schleip, R. (2003a). Fascial plasticity - a new neurobiological explanation Part 1. *Journal of Bodywork & Movement Therapies*.
8. Schleip, R. (2003b). Fascial plasticity – a new neurobiological explanation Part 2. *Journal of Bodywork & Movement Therapies*, *7*(2), 104–116.