

USP41

Anatomy and Physiology for Sports Massage

Learning Outcome 13



Learning Outcome 13:

Understand the effects of sports massage on the body systems

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Understand the effects of sports massage on the body systems

At the end of this learning outcome, you will be able to:

- a) Explain the physical effects of sports massage
- b) Explain the physiological and neurological effects of sports massage
- c) Explain the psychological effects of sports massage

The following slides are
presented by section, a-c

a. Explain the physical effects of sports massage



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a. Explain the physical effects of sports massage

Sports massage can provoke several physical effects on the body:

- Tissue permeability
- Stretching of muscle tissue and fascia
- Decreasing excess scar tissue
- Realignment with underlying tissues



b. Explain the physiological and neurological effects of sports massage

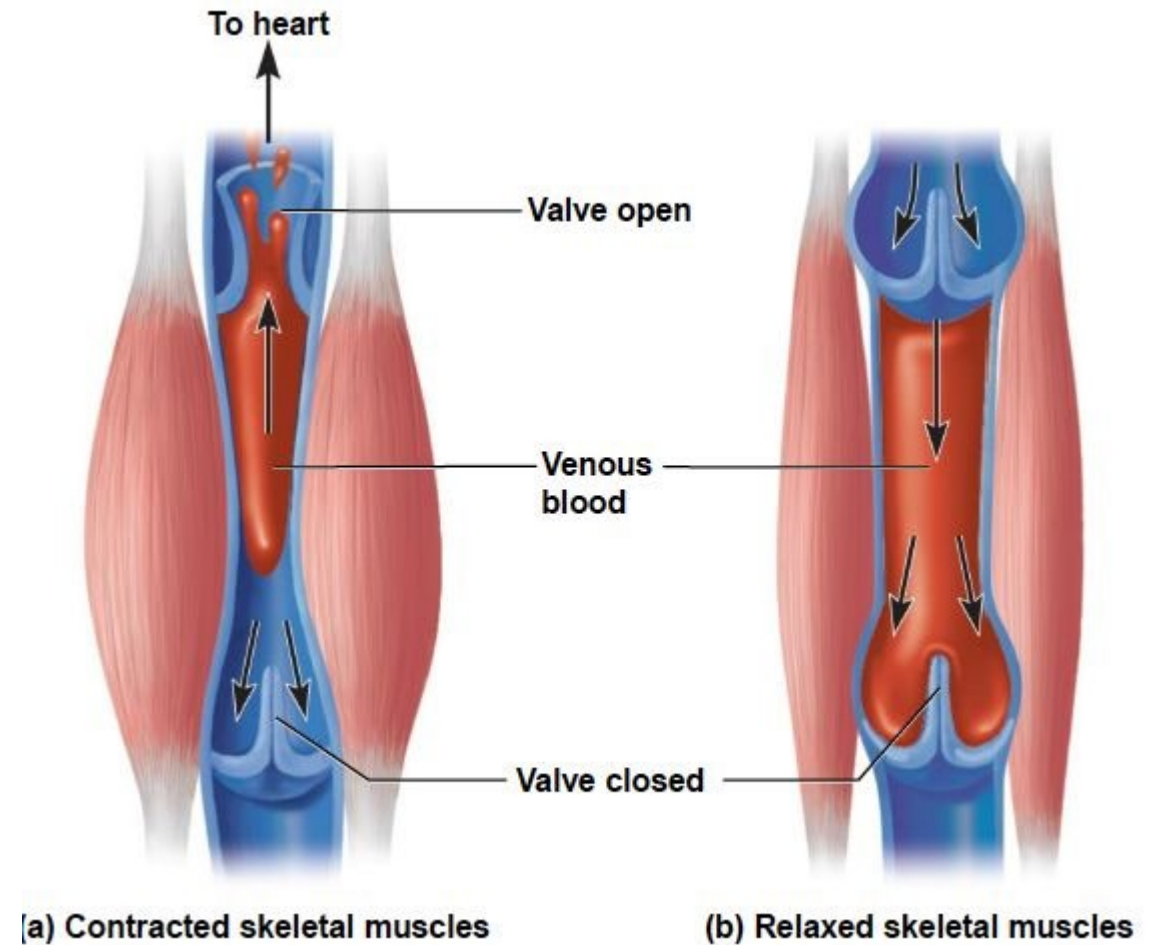


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b. Explain the *physiological* and neurological effects of sports massage

- Increased blood supply
- Vasodilation
- Increased lymph flow
- Waste removal
- Decreased swelling
- Enhanced immune system
- Pain reduction
- Muscle relaxation



b. Explain the physiological and *neurological* effects of sports massage

Stimulation of the nervous system through sports massage may cause the blood vessels to dilate and therefore be a major factor contributing to an increase in blood circulation and temperature, which in turn brings about increased muscle elasticity, and delivers fresh nutrients and oxygen to the muscles.



c. Explain the psychological effects of sports massage



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c. Explain the *psychological* effects of sports massage

- Relaxation
- Invigoration
- Stress and anxiety reduction
- Pre-event preparation
- Post-exercise recovery
- Sports performance



What next?

- **All sections** of learning outcome 13 will be assessed in the end of course examination paper.
- Have a go at the practice examination questions for Learning Outcome 13.
- These can be found on the website in the learners link for each learning outcome.



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