

5th International Student Olympiad

Massage skills 2021

REGULATION

1. Goals and objectives of the Olympiad

- 1.1. Comprehensively examine students' theoretical knowledge and practical skills;
- 1.2. Develop independent cognitive skills;
- 1.3. Give the opportunity for students to acknowledge the practical skills

2. Organizer: Riga Medical College of the University of Latvia

3. Target audience: students who have had tuition/training in massage.

4. Olympiad language: English

5. Conduct of the Olympiad*:

- 5.1. The Olympiad takes place on **27-28 May, 2021** in **online format** via Microsoft Teams platform.
- 5.2. Educational institutions can nominate 1 - 2 student contestants and teachers as evaluators/judges (one teacher per one or two students);
 - 5.2.1. Participants need to fill in Application form which can be found in this olympiad description: [5th International Student Olympiad "Massage Skills 2021" | Riga Medical College of the University of Latvia : Riga Medical College of the University of Latvia \(lu.lv\)](#)
 - 5.2.2. Supporters also are invited to participate at the Olympiad. Please note the number of supporters at the Application form;
- 5.3. Procedure of the Olympiad will be specified after receiving the participants' applications;
- 5.4. Procedure of the Olympiad may vary depending on the number of participants.

6. Olympiad evaluation procedure

- 6.1. Olympiad consists of 3 parts:
 - 6.1.1. Theory – anatomy and basics of classical massage. N.B. theoretical part should also be performed in English;
 - 6.1.2. Practical skills examination: Mandatory programme - Classical Back massage (30 min.);
 - 6.1.3. Practical skills examination: Free programme – Elective massage technique (45 min.) (please provide a description of the Free programme);
- 6.2. The Olympiad will be judged by the teaching staff members of the participating educational institutions;
- 6.3. The Olympiad contestants will be judged according to pre-selected evaluation forms.

7. Winners and awards

- 7.1. Three students with the highest score shall receive awards;
- 7.2. Contestants are judged in other categories, such as "The most aesthetic design", "The Best in Classical Massage", "The Best in Elective Massage", "The Best in Theory", "Award of the audience";
- 7.3. All participants shall receive a certificate of participation.

Technical directions:

1. To participate in the Olympiad, two video capable devices running Microsoft Teams are required (laptops/ smartphones are acceptable).
2. Tripods for placing cameras in a stable position are recommended.
3. Placement of the cameras:
 - Camera 1 - for classical and elective massage: distance from the table to the camera in 135' angle from the short side, measured at a distance of 1.3 m from the corner and at a height of 1.7 m.
 - Camera 2 in a classic massage should be in 45' angle from the short side. Measured at this angle at a distance of 1.3 m from the other corner and at a height of 1.7 m
 - Camera 2 in the elective massage should be free-moving, following directions and movements of the masseur.

Visual representation of the camera placement (marked with x):

