

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: MASSAGE THEORY 1

CODE NO.: MST102

SEMESTER: 1

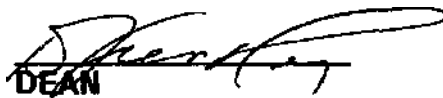
PROGRAM: MASSAGE THERAPY PROGRAM

AUTHOR: RUTH WILSON

DATE: SEPT/97

PREVIOUS OUTLINE DATED: SEPT/96

APPROVED:

  
DEAN

  
DATE

5 ^ 7

TOTAL CREDITS:

PREREQUISITE(S): NONE

LENGTH OF COURSE: 4 HOURS/WEEK

TOTAL CREDIT HOURS: 64 HOURS

**MESSAGE THEORY I**

**MST102**

**COURSE NAME**

**CODE NO**

**COURSE DESCRIPTION:**

This course introduces students to the basic manipulations of Swedish Massage. Students will explore holistic health and healing from a multicultural perspective. Emphasis will be placed on the promotion of caring and nurturing touch within a massage practice. The protection of the client's worth and dignity will be a unifying theme.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of the course, the student will be able to:

**A. Learning Outcomes:**

1. Explain the role of massage therapy in the promotion of health and healing from a multicultural perspective.
2. Develop guidelines to promote nurturing touch within a massage therapy practice for use amongst a diverse population.
3. Develop guidelines to promote the safety and comfort of the client and therapist during a therapeutic massage.
4. Compare and contrast the health and healing role of Swedish massage technique.

**B. Learning Outcomes and Elements of the Performance:**

1. Explain the role of massage therapy in the promotion of health and healing from a multicultural perspective.

***Potential elements of the performance:***

- a) Explain the philosophy of the Massage Therapist Program.
- b) Define massage therapy and its scope of practice.
- c) Determine the role of massage therapy today.
- d) Describe the role of massage therapy in the promotion of holistic health and healing.
- e) Explain the physiological and psychological effects of therapeutic massage at a beginning level.

**MESSAGE THEORY I**

**MST102**

**COURSE NAME**

**CODE NO.**

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:  
(Continued)**

- f] Determine how cultural attitudes and beliefs influence health and healing practices.
  - g) Discuss other factors both internal and external which influence health and healing practices.
  - h) Determine professional guidelines which will assist the massage therapist in performing cross-cultural assessments and treatments.
2. Determine guidelines to promote nurturing touch within massage therapy practice for use amongst diverse populations.

*Potential elements of the performance:*

- a] Discuss the role of touch in a massage therapy practice.
- b] Explain the characteristics of an informed consent relevant to a massage therapy practice.
- c] Explain the client\*s "right to refusal".
- d] Recognize sexual misconduct activities and professional responsibility for reporting.
- e] Determine strategies for maintaining professional boundaries with clients.
- f] Determine guidelines to assist client/therapist to establish personal boundaries for the massage experiences.
- g] Discuss how to diffuse sexual feelings and responses during a massage session.
- h) Determine the role of the massage therapist in maintaining a professional and therapeutic relationship.
- i} Discuss code of ethics for massage therapists. (Awareness Level)
- k) Identify potential dual relationships.

**MESSAGE THEORY I**

**MST102**

**COURSE NAME**

**CODE NO.**

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:  
(Continued)**

3. Develop guidelines to promote the safety and comfort of the client and therapist during a therapeutic massage.

*Potential elements of the performance:*

- a) Discuss the Implications of confidentiality within massage therapy practice.
  - b) Explain universal precautions relevant to a massage therapy practice.
  - c) Design a safe and comfortable environment for a clinical massage.
  - d) Develop personal grounding/centering techniques prior to beginning the massage.
  - e) Develop an outline for orientating a client to the initial massage experience.
  - f) Describe self-care techniques relevant to a massage therapy practice.
  - g) Describe safe posture and body mechanics relevant to a massage therapy practice.
  - h) Discuss Standards of Practice for Massage Therapy. (Awareness Level)
4. Compare and contrast the health and healing role of Swedish massage technique.

*Potential elements of the performance:*

- a) Describe the technique, effect, use and contraindications of the basic manipulations in Swedish Massage.
  - resting position
  - effleurage
  - tapotement
  - shaking/rocking
  - stroking
  - vibration
  - petrissage
  - compression

**MESSAGE THEORY I**

**MST102**

**COURSE NAME**

**CODE NO**

**LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**  
(Continued)

- b) Distinguish between soothing and stimulating effects of each Swedish massage technique.
- c) Classify the massage techniques into mechanical, reflexive or chemical effects.
- d) Evaluate the quality of the touch for each Swedish massage manipulation based on the following criteria:
  - pressure
  - drag
  - direction of movement
  - rate of movement
  - rhythm of movement
  - frequency of movement
  - duration of movement
  - part of therapist's hand/arm used
  - part of the body manipulation is applied to
  - lubricant used
- e) Explain the principles of massage which describe the depth, direction and progression of manipulations.
- f) Organize the various massage manipulations into a cohesive massage routine for the following positions:
  - prone
  - side-lying
  - supine
  - seated

**III. TOPICS:**

1. Scope of Practice/Philosophy
2. Role of Massage Therapy in Holistic Health and Healing
3. Effects of Massage Therapy
4. Multiculturalism in Health Care
5. Meaning of Touch
6. Client's Rights
7. Zero Tolerance Philosophy
8. Professional/Therapeutic Relationship
9. Determining and Maintaining Boundaries
10. Code of Ethics/Standards of Practice
11. Universal Precautions
12. Body Mechanics
13. Safety and Comfort in the Clinical Environment

**MESSAGE THEORY I**

**MST102**

**COURSE NAME**

**CODE NO.**

**III. TOPICS:  
(Continued)**

14. Basic Swedish Massage Techniques:
  - technique
  - effect
  - use
  - contraindications
  - quality of touch
15. Organization of a Massage Routine

**IV. REQUIRED RESOURCES:**

Fritz, S. (1995). Fundamentals of Therapeutic Massage. Mosby Year Book Inc.

Additional Resources:

Tappan, F. (1988). Healing Massage Techniques (2nd ed.). Appelton and Lange.

Rattray, R. (1995). Massage Therapy. Massage Therapy Texts and MAVerick Consultants.

Yates, John (1990). A Physician's Guide to Therapeutic Massage. Massage Therapists' Association of British Columbia.

**V. EVALUATION PROCESS/GRADING SYSTEM:**

**A. Grading**

1. The pass mark for the course is 60%. The letter grades for this course will be assigned in accordance with those established by Sault College
2. Students who miss scheduled tests during the semester will not be allowed to write on another day.
3. If the instructor has been appropriately notified of your absence from the test, the test you miss will count for the same percentage as you receive on the final exam. If you do not notify your instructor you will receive a grade of 0 for the missed test.
4. Students must write the final exam and complete all assignments.
5. There will be no supplemental examination in this course.

**MESSAGE THEORY I**

**MST102**

**COURSE NAME**

**CODE NO.**

**V. EVALUATION PROCESS/GRADING SYSTEM (Continued)**

**B. Evaluation Methods**

Evaluation methods will be determined and discussed with students within the first two weeks of the course.

**VI. SPECIAL NOTES:**

Special Needs

Students with special needs (eg: physical limitations, learning disabilities, visual/hearing impairments) are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office.

The instructor reserves the right to modify the course as deemed necessary to meet the needs of students.

**VII. PRIOR LEARNING ASSESSMENT/ADVANCED CREDIT:**

Students who wish to apply for advanced credit in this course should consult the instructor/coordinator.

