



**I. COURSE DESCRIPTION:**

This course provides the student with an introduction to the practical aspects of massage therapy within a lab setting. The focus of the course will be on the demonstration and practice of the basic Swedish massage techniques and communication skills as outlined in the Code of Ethics and Standards of Practice. Students will have the opportunity to practice and experience nurturing communication and touch with each other. Students will also explore strategies to promote learning and success in a college setting.

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

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

**Communication**

1. Demonstrate effective interpersonal skills in relation to peers and teachers.

***Elements of the performance:***

- a) Practices effective interpersonal skills:
  - warmth
  - empathy
  - listening
  - genuineness
  - assertiveness
  - specificity
  - conflict resolution
- b) Demonstrates respect for the worth and dignity of individuals of all cultures, ages and belief systems.
- c) Practices caring behaviours when interacting with others:
- d) With assistance, recognizes potential dual relationships.
- e) With guidance, maintains professional boundaries when relating to peers and teacher.
- f) Shares relevant information with peers and teacher.
- g) With guidance, identifies and responds appropriately to peer's perspective during massage experience.

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

**Competency**

2. Demonstrate caring behaviours which promote the safety and comfort of the individual being massaged.

***Elements of the performance:***

- a) Demonstrate universal precautions during massage practice.
  - b) Provides adequate explanation and instruction prior to commencing massage experience.
  - c) Obtains informed consent.
  - d) Competently positions and drapes peer throughout massage experience.
  - e) Demonstrate competent use of massage equipment and supplies.
  - f) Maintains a safe and comfortable physical environment throughout the massage experience.
  - g) Maintains appropriate personal hygiene and grooming.
  - h) Demonstrate a beginning awareness of moral-ethical dilemmas in massage therapy practice.
3. Organize and demonstrate the progression of basic Swedish massage techniques.

***Elements of the performance:***

- a) Demonstrate safe and effective technique for the following Swedish massage manipulations:
  - effleurage
  - tapotement
  - shaking/rocking
  - stroking
  - vibration
  - petrissage
  - superficial frictions (circular, transverse and longitudinal)

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

### Competency

- b) Organize the various massage manipulations into a cohesive massage routine for the following positions:
    - prone
    - supine
    - side-lying
    - seated (robed)
  - c) Organize the various manipulations into a cohesive massage routine for the following parts of the body
    - upper limb
    - back
    - head, neck and shoulders
    - feet
    - abdomen
    - posterior lower limb
    - anterior lower limb
    - medial thigh
    - gluteal
  - d) Applies the principles of massage during the massage routine.
4. Describe the application of Swedish massage techniques and explain the effects of the techniques on the systems of the body.

### Health and Healing

5. Demonstrate behaviours which promote personal safety and comfort during massage practice.

#### ***Elements of the performance:***

- a) Practice effective body mechanics during massage practice.
- b) Practice preventative measures to avoid repetitive action syndrome.
- c) Practice personal-care techniques before and after massage practice.

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

### Professionalism

6. Demonstrate personal responsibility and accountability for learning, practicing and evaluating massage therapy techniques.

#### *Elements of the performance:*

- a) Evaluates the quality of touch as well as the subjective and objective effects of massaging a peer.
- b) Evaluates the quality of touch as well as the subjective and objective effects of receiving a massage.
- c) Utilizes feed back from peers and teachers in a constructive manner to improve massage practice.
- d) Projects self professionally (ie. dress code, demeanour, lab preparation).
- e) applies relevant theoretical knowledge base in lab environment.

## III. TOPICS:

1. Program Philosophy and Goals
2. Client Safety and Comfort
  - how to obtain informed consent
  - universal precautions
  - draping
  - positioning
  - client explanation of massage routine, informed consent and routine modification
  - use of equipment and supplies
  - personal hygiene
  - environmental safety
3. Personal Safety
  - body mechanics
  - techniques to avoid repetitive action syndrome
  - centering and grounding techniques
  - self-care techniques
6. Standards of Practice
4. Swedish Massage Techniques and Effects
5. Organization of a Massage Routine
6. Evaluating the Massage Experience
7. Principles of Massage

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

- a) Code of Ethics and Standards of Practice. College of Massage Therapists. (1999).
- c) Uniforms:
  - 2 polo shirts as per policy
  - 1 pair clean, professional shoes as per policy
  - 1 pair black, tailored professional pants as per policy
- d) Professional Supplies:
  - 1 holster
  - 2 plastic flip top bottles
  - appropriate lubricants
  - Linen:
    - 1 flannel fitted sheet
    - 3 white, 50/50 cotton, flat, single sheets
    - 4 white, 50/50 cotton, pillow cases
    - 1 white, cotton, thermal blanket
    - 2 white medium bath towels
    - 2 white, hand towels
    - 2 head cradle covers
    - 2 cotton cloth for table maintenance

**V. EVALUATION PROCESS/GRADING SYSTEM**

1. The pass mark for this course will be a "Satisfactory".

**VI. EVALUATION PROCESS/GRADING SYSTEM**

2. To achieve a grade of "S" students must:

- a) follow program policies as outlined in Student Resource Guide.
- b) maintain overriding principles of massage therapy program.
- c) develop competency in all learning outcomes described by the four evaluative categories in this course outline.
- d) successfully complete oral/practical testing.
- e) submit all homework assignments requested by teacher.
- f) attend and collaborate during all meetings as indicated by the teacher.

***The following semester grades will be assigned to students in postsecondary courses:***

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual – Deferred Grades and Make-up</i> ).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.	

**VI. SPECIAL NOTES:**

1. Attendance at all Lab experiences is mandatory.
2. Students will be responsible for laundering personal linens. Students must follow dress code policy for all labs.
3. Sections and schedules are developed to maximize student learning opportunities and experiences. These are based on needs and learning outcomes that are expected of all students.
4. Students are required to have current CPR and First Aid prior to massaging their peers.
5. Students will be required to have two massages, either at the Student Clinic or by a Registered Massage Therapist, as indicated by the teacher.
6. Students are required to sign a Statement of Confidentiality.

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.



**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the teacher. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.