

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

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COURSE TITLE: MESSAGE LAB 1

CODE NO.: MST103

SEMESTER: 1

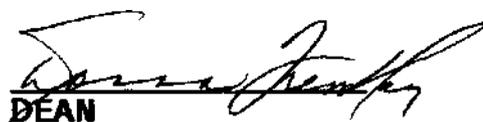
PROGRAM: MESSAGE THERAPY PROGRAM

AUTHOR: RUTH WILSON

DATE: SEPT/96

PREVIOUS OUTLINE DATED: N/A

APPROVED:

  
DEAN

DATE

TOTAL CREDITS:

*in*

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OCT 08 1996

PREREQUISITE(S): NONE

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LENGTH OF COURSE: 6 HOURS/WEEK

TOTAL CREDIT HOURS: 96 HOURS



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**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. Students will have the opportunity to practice and experience nurturing touch with each other. Students will also explore strategies to promote learning and success in a college setting.

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

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

**A. Learning Outcomes:**

1. Design personal strategies to promote learning and success at college.
2. Demonstrate behaviours which promote personal safety during massage practice.
3. Demonstrate caring behaviours which promote the comfort and safety of the individual being massaged.
4. Organize and demonstrate the progression of basic Swedish massage techniques within a full body massage with some assistance.
5. Demonstrate personal responsibility and accountability for learning, practising and evaluating massage therapy techniques.
6. Demonstrate an awareness of effective interpersonal skills in relation to peers and instructors.

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

Design personal strategies to promote learning and success at college.

*Potential elements of the performance:*

- a) Design personal management and time management strategies.
- b) Assess personal assumptions about learning.
- c) Determine personal learning style.
- d) Determine personal roles and responsibilities of self as learner.
- e) Apply selected approaches to learning using analytical thinking skills.

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

2. Demonstrate behaviours which promote personal safety during massage practice.

*Potential elements of the performance:*

- a) Practice effective body mechanics during massage practice.
- b) Practice preventative measures to avoid repetitive action syndrome.
- c) Practice centering techniques prior to giving a massage.

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

*Potential elements of the performance:*

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

4. Organize and demonstrate the progression of basic Swedish massage techniques within a full body massage with some assistance.

*Potential elements of the performance:*

- a) Demonstrate safe and effective technique for the following Swedish massage manipulations:

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

- resting position
- effleurage
- tapotement
- shaking/rocking
- stroking
- vibration
- friction
- petrissage
- compression/pressure points

b] Organize the various massage manipulations into a cohesive pattern for a full body massage for the following positions:

- prone
- supine
- lateral
- seated

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

*Potential 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 instructors in a constructive manner to improve massage practice.

6. Demonstrate an awareness of effective interpersonal skills in relation to peers and instructors.

*Potential elements of the performance:*

- a) Practices effective interpersonal skills:
  - warmth
  - empathy
  - listening
  - genuineness
  - assertiveness
  - specificity
  - conflict resolution

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

- b) Practices caring behaviours when interacting with others.

**III. TOPICS:**

1. Personal and Time Management Skills
2. Learning Styles/Teaching Styles
3. Learner Accountability
4. Program Philosophy and Goals
5. Client Safety and Comfort
  - universal precautions
  - draping
  - positioning
  - client explanation
  - use of equipment and supplies
  - personal hygiene
  - environmental safety
6. Personal Safety
  - body mechanics
  - techniques to avoid repetitive action syndrome
  - centering techniques
7. Swedish Massage Techniques
8. Organization of a Full Body Massage
9. Evaluating the Massage Experience

**IV. REQUIRED RESOURCES:**

- a) Fritz, S. (1995). Fundamentals of Therapeutic Massage. Mosby Year Book, Inc.
- b) 2 uniforms as per policy
- c) 1 name tag as per policy
- d) Massage oil
- e) Linen: 4 sheets (100" X 60") (white)  
2 pillow cases  
1 thermal blanket  
2 hand towels (white)

**V. EVALUATION PROCESS/GRADING SYSTEM**

1. The pass mark for this course will be a "Satisfactory"
2. The evaluation methods will be determined and discussed with students within the first two weeks of the course.

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**VI SPECIAL NOTES:**

Students will be responsible for laundering personal linens. Students will follow dress code policy for all labs.

**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.

