

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE:       MESSAGE LAB 1

CODE NO.:           MST103

SEMESTER:    1

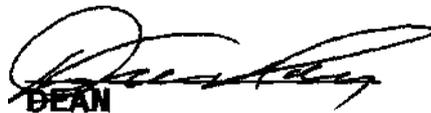
PROGRAM:         MESSAGE THERAPY PROGRAM

AUTHOR:          RUTH WILSON

DATE:             SEPT/97

PREVIOUS OUTLINE DATED:   SEPT/96

APPROVED:

  
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TOTAL CREDITS:

PREREQUISITE(S):        NONE

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 and comfort 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.
5. Demonstrate personal responsibility and accountability for learning, practising and evaluating massage therapy techniques.
6. Demonstrate 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 and comfort 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/grounding techniques prior to giving a massage.
- d) Practice self-care techniques before and after massage practice.

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) Explains to peer client the right of refusal, right to modify the mass.j. experience and obtains informed consent.
- d) Competently positions and drapes peer throughout massage experien.
- e) Demonstrate competent use of massage equipment and supplies.
- f) Maintains a safe and comfortable physical environment throughout • massage experience.
- g) Maintains appropriate personal hygiene and grooming.
- h) Demonstrate a beginning awareness of moral-ethical dilemmas in massage therapy practice.

4. Organize and demonstrate the progression of basic Swedish massage techno:

*Potential elements of the performance:*

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

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

- resting position
- effleurage
- tapotement
- shaking/rocking
- " stroking
- vibration
- petrissage
- compression

b) Organize the various massage manipulations into a cohesive massage routine for the following positions:

- prone
- supine
- side-lying
- seated

c) Applies the principles of massage during the massage routine.

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 feedback from peers and instructors in a constructive manner to improve massage practice.

6. Demonstrate 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:  
- 6 c's of caring

**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
  - how to obtain informed consent
  - universal precautions
  - draping
  - positioning
  - client explanation of massage routine, right of refusal and routine modification
  - use of equipment and supplies
  - personal hygiene
  - environmental safety
6. Personal Safety
  - body mechanics
  - techniques to avoid repetitive action syndrome
  - centering and grounding techniques
  - self-care techniques
7. Swedish Massage Techniques and Effects
8. Organization of a Massage Routine
9. Evaluating the Massage Experience
10. Principles of Massage

**IV. REQUIRED RESOURCES:**

- a) Fritz, S. (1995). Fundamentals of Therapeutic Massage. Mosby Year Book, Inc.
- b) UnifQrm?:
- 2 polo shirts as per policy
  - 1 pair clean, professional shoes as per policy
  - 1 pair black, professional pants as per policy
  - 1 name tag as per policy
  - 1 black, buckle belt as per policy

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#### **IV. REQUIRED RESOURCES (Continued)**

c) Professional Supplies:

- 1] 1/2 gal Biotone massage oil
- 2) 1 holster
- 3) 4 plastic flip top bottles
- 4) Linen:
  - 4 white, 50/50 cotton, flat, single sheets
  - 2 white, 50/50 cotton, pillow cases
  - 1 white, cotton, thermal blanket
  - 2 white, hand towels
  - 3 head cradle covers
  - 2 cotton cloth for table maintenance
- 5) 1 Skin Scrib Pen

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

1. The pass mark for this course will be a "Satisfactory"
2. To achieve a grade of "S" students must:
  - a) maintain overriding principles of massage therapy program
  - b) develop competencies for learning outcomes described by the four evaluative categories in Interactive Review Process and Lab course outline
  - c) successfully complete written/practical testing
  - d) submit all written assignments requested by instructor
  - e) follow program policies as outlined in Student Resource Guide

#### **VL 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.

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**VI. SPECIAL NOTES (Continued)**

5. Students will be required to have two massages, either at Student Clinic or by a Registered Massage Therapist, by mid-semester.

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.

