

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: MESSAGE PRACTICE I

CODE NO.: MST 206

SEMESTER: 3

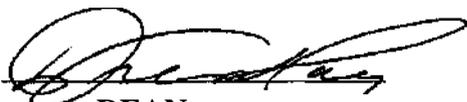
PROGRAM: MESSAGE THERAPY PROGRAM

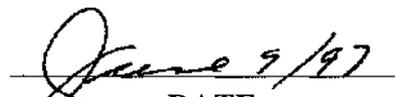
AUTHOR: RUTH WILSON

DATE: SEPT./97

PREVIOUS OUTLINE DATED: N/A

APPROVED:


DEAN


DATE

TOTAL CREDITS: 6

PREREQUISITE(S): MST 112, MST 113, MST 114, BIO 117 (MST 100 IN 1998)

LENGTH OF COURSE: 6 HRAVK

TOTAL CREDIT HOURS: 96 HOURS

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I. COURSE DESCRIPTION:

The focus of this course is to provide students with opportunities to practice massage therapy on healthy adults in a clinical setting in order to promote holistic health. The clientele for the clinic will be healthy Sault College employees, students, as well as the healthy public. Specialized clinics/field placement will be organized for students to gain experience with healthy elderly clients. Students will use a problem solving process to formulate treatment plans together with their clients.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

A. Learning Outcomes

Upon successful completion of this course the student will demonstrate the ability to:

1. With assistance use analytical skills to assess and formulate a clinical impression and treatment plan on healthy adult clients and seniors.
2. Provide safe, competent and comprehensive massage treatments as determined by the treatment plan.
3. Develop and maintain complete and accurate client records.
4. Communicate and collaborate in an effective professional manner.
5. Demonstrate small business skills involved in organizing, marketing and operating of student clinic/field placement.
6. Students will develop and demonstrate achievement of their own learning outcomes through the development of a personal portfolio.

B. Elements of Performance

1. With assistance use analytical skills to assess and formulate a clinical impression and treatment plan on healthy adult clients and seniors.
 - a) obtain a comprehensive health and case history

n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE
(Continued)

- b) investigates and respects the health and healing practices of clients from culture and belief systems which differ from own
 - c) with assistance, interprets findings to formulate a clinical impression
 - d) applies relevant theoretical knowledge to formulate a relevant treatment plan in conjunction with client
 - e) obtains a written/verbal informed consent
 - f) keeps a weekly journal which illustrates critical thinking development
2. Provide safe, competent and comprehensive massage treatment as determined by the treatment plan
- a) promotes a physically and psychologically safe and comfortable environment for the client
 - b) performs selected modalities and techniques in accordance with treatment plan in a safe and competent manner
 - c) adapts treatment to client's need and expectations
 - d) educates and encourages client regarding self-care regimen which promotes holistic health and healing
 - e) analyses reassessment findings to determine client progress related to treatment goals
 - f) determines client's compliance to self-care program
 - g) modifies treatment plan based on assessment findings
 - h) practise through role play safe and competent massage techniques for x^r athlete:

n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE
(Continued)

- 1) pre-event
 - 2) intra-event
 - 3) post-event
 - 4) include gluteal massage
 - 5) include frictions
3. Develop and maintain complete and accurate client records
 - a) records thorough case history information
 - b) obtains written consent for each client
 - c) records a comprehensive and relevant treatment plan for each client
 - d) utilizes SOAP format for ongoing treatment notations
 - e) follows guidelines for effective charting
 - f) respects confidentiality of client records
 4. Communicate and collaborate in an effective professional manner
 - a) compares and contrasts results of a variety of communication skills and barriers
 - b) establishes a helping relationship with clients
 - c) clarifies and interprets findings to promote client understanding of treatment plan
 - d) confers with client throughout treatment to determine client comfort
 - e) consults appropriately with clinic supervisor regarding each client
 5. Demonstrate small business skills involved in organizing, operating and market student clinic

n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE
(Continued)

- a) demonstrates variety of marketing strategies which promotes the image of massage therapy and the student clinic/field placement
 - development and distribution of promotional material
 - public speaking
 - open house/events
- b) demonstrate basic accounting skills involved with student clinic operation
- c) demonstrate organizational skills involved in clinic/field placement operation
 - maintain files and filing system
 - maintain appointment booking system
 - maintain equipment/supplies/linen
 - maintain flow of clientele through clinic
- d) projects a positive and professional image of massage therapy and student clinic

Students will develop and demonstrate achievement of their own learning outcomes through the development of a professional portfolio

- a) identifies personal goals/learning outcomes
- b) designs a specific plan to meet identified learning outcomes
- c) includes portfolio submissions which support identified plan
- d) includes a log of all learning outcomes completed to date
- e) includes a log of all supervised massage treatments

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m. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Rattray, F. (1995). Massage Therapy: An Approach to Treatments (2nd Edition). Toronto; Massage Therapy Texts and MAVerick Consuhants.
2. Biotone Massage Oil (KYBB)

rv. EVALUATION PROCESS/GRADING SYSTEM

1. The pass mark for this course is "satisfactory".
2. To achieve a grade of "S" students must:
 - a) maintain overriding principles of message therapy program
 - b) develop competencies for learning outcomes described by the four evaluative categories in Interactive Review Process and course outline
 - c) successfully complete written/practical testing
 - d) submit required elements of Professional PortfoUo
 - e) develop weekly written journal which demonstrates critical thinking skills
 - f) submit all written assignments requested by instructor

V. SPECIAL NOTES:

- a) Students are required to complete all necessary heahh requirements for practicum placement (see student resource guide).
- b) Students are required to have current certification in CPR, First Aid and WHMIS training.
- c) 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.
- d) Students must bring own oil and hand towel to all practicum experiences. The type of oil will be specified by the instructor.
- e) Attendance at all practicum experiences is mandatory.

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SPECIAL NOTES (Continued)

- f) Students will be expected to actively market student clinic and secure clientele. Business cards will be provided.
- g) Students will be required to participate in Out Reach events organized by the Program which fall outside of timetable. Students will receive time back for participation at the end of the semester.

