

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Massage Practice I
CODE NO. : MST206 **SEMESTER:** 3
PROGRAM: Massage Therapy
AUTHOR: Lise St. Hilaire, Ruth Wilson
DATE: Sept/03 **PREVIOUS OUTLINE DATED:** Sept/02
APPROVED:

DEAN

DATE

TOTAL CREDITS: 6
PREREQUISITE(S): BIO117, MST112, MST113, MST114, (MST100 in 1998)
HOURS/WEEK: 6

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I. COURSE DESCRIPTION:

The focus of this course is to provide students with opportunities to practice massage therapy in a clinical setting in order to promote holistic health. Students will follow the Standards of Practice and use a problem solving process to formulate complete treatment sessions together with their clients and teacher.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

COMPETENCY

1. Obtain valid consent as appropriate.
 - a) Obtain consent to assessment/reassessment as outlined in the Standards of Practice.
 - b) Obtain consent to treatment as outlined in the Standards of Practice.
 - c) Respect client's legal right both to give valid consent and to refuse or modify treatment.
2. With assistance, use analytical skills to assess and formulate a clinical impression and treatment plan.
 - a) Obtain client information through interview and a comprehensive health and case history.
 - b) Recognize elements which may contraindicate massage or suggest precautions.
 - c) With assistance, perform an assessment and interpret findings to formulate a clinical impression.
 - d) Apply theoretical knowledge to formulate a relevant treatment plan.
3. Provide safe, competent and comprehensive massage treatment as determined by the treatment plan.
 - a) Promote a physically and psychologically safe and comfortable environment for the client.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

- b) Perform basic massage and hydrotherapy techniques in accordance with the treatment plan in a safe and competent manner.
 - c) Adapt treatment to client's needs and expectations.
 - d) Collaborate with client and teacher to formulate an appropriate home care plan which incorporates basic hydrotherapy and lifestyle adaptations.
 - e) Periodically reassess client to determine progress related to treatment goals and self care program.
 - f) Modify treatment plan based on assessment findings.
4. Develop and maintain complete and accurate client records.
- a) Record thorough case history information.
 - b) Obtain written consent from each client.
 - c) Record a comprehensive and relevant treatment plan for each client.
 - d) Utilize SOAP format for ongoing treatment notations.
 - e) Follow Sault College Documentation Guidelines for effective charting.
 - f) Record all necessary information as outlined in the Standards of Practice and the Regulations of the Massage Therapy Act.
 - g) Respect confidentiality of client records.
5. Demonstrate skills involved in organizing, operating and marketing student clinic.
- a) Demonstrate a variety of strategies which promote the image of massage therapy and the student clinic/field placement.
 - b) Demonstrate telephone and reception skills.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

- c) Demonstrate business management skills involved in clinic operation and maintenance of:
 - files and filing system
 - appointment booking system
 - equipment/supplies/linen
 - flow of clientele through clinic
 - basic bookkeeping skills
- d) Project a positive and professional image of massage therapy and student clinic.

COMMUNICATION

- 6. Communicate and collaborate in an effective professional manner.
 - a) Evaluate the effectiveness of a variety of communication skills in a variety of situations.
 - b) Establish a therapeutic relationship with clients which is empathetic, respectful, caring and genuine.
 - c) Clarify and interpret findings to promote client understanding of treatment plan.
 - d) Interact with client to better understand his/her lived experience, needs and expectations.
 - e) Confer with client throughout treatment to determine client comfort.
 - f) Collaborate with teacher and share relevant information in providing massage care.
 - g) Maintain professional boundaries in client and teacher relationships.
 - h) Determine strategies to manage potential dual relationship.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

HEALTH & HEALING PROMOTION

7. Consider the concepts of holistic health and healing within a massage therapy practice.
 - a) Incorporate client's cultural background and belief system into client interactions when planning health and healing strategies.
 - b) Promote health and healing in client education opportunities integrating teaching/learning principles.
 - c) Integrate an understanding of human growth and development into massage therapy practice.
 - d) Encourage client participation and decision making in all aspects of massage care.
 - e) Integrate home-care strategies into massage therapy practice.
 - f) Assume responsibility for personal care strategies.
 - g) Support client autonomy in health and healing.

PROFESSIONALISM

8. Analyze the qualities of a massage professional in a variety of settings and situations.
 - a) Assume responsibility and accountability for massage practice.
 - b) Develop critical thinking and self-evaluation skills.
 - c) Examine moral/ethical questions in massage practice.

III. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Rattray, F. , and Ludwig, L. (2000). Clinical Massage Therapy. Toronto; Talus Incorporated.
2. Approved linens and lubricants.

IV. EVALUATION PROCESS/GRADING SYSTEM

1. The pass mark for this course is “satisfactory”.
2. To achieve a grade of “S” students must:
 - a) follow the Standards of Practice throughout all treatment sessions
 - b) maintain overriding principles of massage therapy program
 - c) develop competencies for learning outcomes described by the four evaluative categories in the course outline
 - d) submit required elements of Critical Thinking Exercise
 - e) participate fully in practicum sessions and maintain appropriate attendance

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
F (Fail)	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 & 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.	
W	Student has withdrawn from the course without academic penalty.	

V. SPECIAL NOTES:

- a) Students are required to complete all necessary health requirements for practicum placement (see student resource guide).
- b) Students are required to have current certification in CPR and First Aid.
- c) Sections and schedules are developed to maximize student learning opportunities and experiences. (These are based on program needs and learning outcomes that are expected of all students.)
- d) Students must bring own linens and lubricants to all practicum experiences. BP cuff, stethoscope, reflex hammer, goniometer and pin wheel must be accessible as required for client assessment.
- e) Attendance at all practicum experiences is mandatory. Students are expected to participate in massage experiences each clinical day as defined by the teacher.
- f) Students will be expected to market student clinic. Business cards and brochures will be provided.
- g) Students will be encouraged to participate in Out Reach events organized by the Program which fall outside of timetable.

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 the Special Needs office 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.

VI. PRIOR LEARNING ASSESSMENT:

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

VII. 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.