

ILLINOIS VALLEY COMMUNITY COLLEGE

Course Syllabus

Division: Health Professions

**Course: THM 1200 Introduction to Therapeutic
Massage**

Date: 2006
Semester Hours: 1
Lecture hours per week: .5
Lab hours per week: 1
Seminar hours per week: 0
Prerequisite: NONE
Semester Offered: Spring/Summer/Fall
Instructor(s): Cherie Monterastelli
Phone Number: (815)-224-0507
Roxanne Curtain
Phone Number: (815)-488-7778

I. CATALOG DESCRIPTION:

This course serves as an introduction to the basic principles and techniques of therapeutic massage. Students learn basic Swedish massage techniques and how to apply them to the back, arms, and legs and will disrobe and practice on each other each of the six classes. Basic anatomy and physiology of the major muscle groups, basic bones, benefits and contraindications of massage, professional ethics and body mechanics are taught. The student also learns about self-care practices.

II. EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

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

1. Explain how to communicate intent to the client.
2. Demonstrate several centering techniques.
3. Explain and demonstrate six Swedish massage techniques: effleurage, petrissage, compression, friction, tapotement, and vibration. Develop massage sequence.
4. Demonstrate proper body mechanics when giving a massage.
5. Identify the basic bones of the areas being massaged.
6. Identify and massage the major muscle groups of the back, arms, and legs.
7. Demonstrate proper ethics including draping techniques and infection control procedures.
8. Demonstrate self-care behaviors.

III. COURSE CONTENT:

THM 1200 Course Outline (Subject to Change)

Week One

\$

Centering

Home work:

\$

Introductions
Study notes for quiz.

\$

Review Syllabus & Book

Practice draping.

\$

Definitions & History of Massage
Practice body mechanics.

\$

Infection Control

\$

Fill in Bone Sheets

Introduction of Table

\$

Practice 6 Swedish
massage

Body
Mechanics

\$

Massage Oils

techniques.

2 feedback forms

\$

due week 2.

Draping

Reading

\$

Basic 21 Bones

\$

Demonstration of Swedish Massage Techniques

\$

Student Exchanges

Week Two

\$ Centering
 \$ Homework:
 \$ Quiz
 \$ Study notes for
 \$ quiz.
 X Hand in Bone Sheets Practice back sequence
 \$ Review & Hand in Feedback
 \$ Forms 2 feedback forms
 \$ due week 3
 \$ Benefits of Massage
 \$ Reading
 \$ Contraindications
 \$ Endangerment Sites
 \$ Muscles & Bones of Back
 \$ Back Massage Sequence Demo
 \$ Student Exchanges
 \$
 \$

Week Three

\$ Centering
 \$ Homework:
 \$ Quiz
 \$ Study notes for
 \$ quiz.
 \$ Review & Hand in Feedback
 \$ Forms Client interview
 \$ form
 \$ Requirements for Massage
 \$ Therapists Practice
 \$ posterior leg sequence.
 \$ Preparation for Massage Session
 \$ 2 feedback forms
 \$ due week 4.
 \$ Basic Client Interview
 \$ Reading
 \$ Muscles & Bones of Posterior Leg
 \$ Posterior Leg Demos
 \$ Student Exchanges
 \$
 \$

Week Four

\$ Centering
 \$ Homework:

\$ Quiz
 \$ Study for quiz
 \$ Hand in Client Interview Form
 \$ Practice breathing techniques.
 \$ Review & Hand in Feedback Forms Practice anterior leg sequence.
 \$ Breath & Breathing
 \$ 2 feedback forms due week 5.
 \$ Quality of Touch
 \$ Reading
 \$ Pain Cycle
 \$ Muscles & Bones of Anterior Leg
 \$ Demonstration of Anterior Leg Sequence
 \$ Student Exchanges
 \$

Week Five

\$ Centering
 \$ Homework:
 \$ Quiz
 \$ Study for final exam.
 \$ Review & hand in feedback forms
 \$ Practice for skills testing
 \$ Self Care
 \$ Journal
 \$ Muscles & Bones of the Arm
 \$ Practice arm sequence.
 \$ Demonstration of Arm Sequence.
 \$ 2 feedback forms due week 6.
 \$ Student Exchange.
 \$

Week Six

\$ Centering
 \$ Congratulations
 \$ Review Journal
 \$ Review & Hand in Feedback Forms
 \$ Seated Massage Demo
 \$ **Skills Testing**
 \$ Student Exchanges
 \$ **Written Exam**
 \$

§ Course Evaluation

IV. INSTRUCTIONAL METHOD:

Lecture	Demonstrations
Lab	Return Demonstrations
Group Discussion	

V. INSTRUCTIONAL MATERIALS:

Notebook	Lab supplies
Transparencies	Charts

VI. STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

1. Client feedback forms	10 @ 5 pts. each	50 pts.
2. Quizzes	4 @ 15 pts. each	60 pts.
3. Skills testing		
a. Effleurage	5 pts.	
b. Petrissage	5 pts.	
c. Compression	5 pts.	
d. Friction	5 pts.	
e. Vibration	5 pts.	
f. Tapotement	5 pts.	
g. Body mechanics	10 pts.	
h. Draping	5 pts.	
i. Professionalism	<u>5 pts.</u>	
Total		50 pts.
4. Homework		
a. Bones Form	3 pts.	
b. Client Interview Form	5 pts.	
c. Journal	<u>3 pts.</u>	
		11 pts.
5. In Class:		
Professionalism/Ethics	2 pts.	
Attendance/Cooperation	<u>2 pts.</u>	
		4 pts.
6. Written exam		<u>75 pts.</u>
TOTAL		250 pts. (100%)

Student Requirements Grading System

93- 100% = A

235- 250 points= A

86- 92%	=	B	220- 234 points=	B
78- 85%	=	C	202- 219 points=	C
70- 77%	=	D	187- 201 points=	D
Below 70%	=	F	Below 187 points=	F

VII. REFERENCES:

Required Notebook

VIII. EMERGENCY PROCEDURES/SEVERE WEATHER

- A. Class cancellation due to inclement weather will be announced on local radio stations.
- B. Class cancellation due to instructor absences will be posted on classroom doors.

IX. COLLEGE WITHDRAWAL POLICY:

It is the responsibility of the student to officially withdraw from class according to the procedures described in the college catalog. Any student who does not officially withdraw by the withdrawal deadline will receive a letter grade.

X. INCOMPLETE

All course requirements must be completed by the end date for the course. If there are extenuating circumstances which merits granting a student more time to finish course requirements, an incomplete grade (AI@) may be given. To receive an incomplete, an Incomplete Grade Contract Form must be completed and approved. If the requirements are not completed, the AI@ may revert to an AF@. Students should discuss the incomplete contract with the instructor.

XI. ATTENDANCE POLICY

ATTENDANCE AT ALL CLASSES IS EXPECTED due to the participatory nature of this course. It is also expected that you arrive on time and remain for the entire class since assignments, skills testing, interactive experiences and other activities often occur near the beginning or the ending of class. Students not present for these activities may not make them up. Quizzes also may not be made up. If students miss more than one class, the instructor reserves the right to withdraw them from the course.

XII. OTHER REQUIREMENTS

- A. Students need to wear comfortable, but professional pants with a short sleeve shirt. Pants should be khaki and cover the umbilical area; pant legs should not touch the floor. Pants must be loose enough to move around comfortably. Shirts

must be long enough to cover entire waist area or tucked in. Shirts must be plain with no pictures or writing on it.

No blue jeans, nylon pants, leggings, tank tops, or t-shirts with unprofessional sayings or pictures. Shoes should be comfortable with flat soles and cover the whole foot. White tennis shoes are recommended.

- B. Students must be clean and well groomed. Hair is to be pulled back away from face. Facial hair must be short and neatly trimmed.
- C. Hands must be clean with fingernails trimmed to the end of fingers. No colored fingernail polish is allowed.
- D. No jewelry or body piercing is to be worn in labs. Gum chewing and baseball caps are not allowed. Body art must be covered. Students must be free of odors such as smoke, perfume, scented oils or lotion, etc.
- E. Students must clean and replace all massage equipment after each use.

SUPPLIES NEEDED

1. One twin size fitted bed sheet.
2. One twin size flat sheet.
3. One pillow case.
4. One light blanket.
5. One hand towel.
6. Pens and Paper.
7. Required books.
8. Optional: Plastic sheet protectors (available at any office supply store.)