

ILLINOIS VALLEY COMMUNITY COLLEGE



Course Syllabus

Division: Health Professions

Course: THM 1204

Therapeutic Massage Techniques I

Date:	Fall 2002
Semester Hours:	5
Lecture hours per week:	3
Labs hours per week:	4
Seminar hours per week:	0
Other hours:	0
Prerequisite:	THM 1200
Semester Offered:	Fall
Instructor(s):	Cherie Monterastelli Email: cherie_Monterastelli@ivcc.edu Office: A218 Office: 815-224-0507 Home: 815-434-0973 Office Hours: T: 1-5 PM W: 5-6:30 PM TR: 5-6 PM S: 12:00-1:00 PM

I. CATALOG DESCRIPTION:

This course serves as the beginning and foundation of three core message courses in the Therapeutic Massage Certificate Program. Students learn holistic self-care techniques, the benefits and contraindications of massage, and infection control and safety practices. Swedish massage techniques with variations are taught, demonstrated and developed into a sequence for a full body therapeutic massage for healthy adults including basic client stretching and range of motion, as well as appropriate and safe body mechanics for the student. Use and care of equipment and supplies are instructed and demonstrated. Pathology of body systems is studied and client assessment and interview is introduced. Additionally, all students are certified in seated chair massage.

II. EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

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

1. Understand and utilize holistic self-care techniques.
2. Demonstrate appropriate body mechanics.
3. Understand the basic theories of therapeutic massage.
4. Understand pathology as it relates to therapeutic massage.
5. Explain the importance of infection control and safety practices as they relate to massage therapy.
6. Demonstrate a full body Swedish massage to include client interview, stretching, range of motion, proper draping, body mechanics and professional ethics.
7. Demonstrate knowledge and care of all equipment and supplies.
8. Complete a weekend certificate program in seated chair massage.

IV. INSTRUCTIONAL METHOD:

Lecture	Audio-Visual Aids
Demonstrations	Laboratory Practice and Evaluation
Return Demonstrations	Community Outreach Experience
Discussions/Group Work	Guest Speakers

V. INSTRUCTIONAL MATERIALS:

Required Texts	Models/Charts	Massage Equipment/Supplies
Transparencies	Audio Visuals	Handouts

V. STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

A. Quizzes (5 @ 10 pts. each)	50 points
B. Feedback Forms (15 x 2 = 30 @ 2 pts. each)	60 points
C. Four exams at 75 pts. Each	300 points
D. Lab Exams	200 points
E. Attendance, professionalism, ethics, participation	50 points
F. Homework: Community Outreach	25 points
Journal	25 points
Paper	25 points
G. Professional Full Body Massage (3 @ 20 pts. Each)	<u>60 points</u>
Total Points	800 points

Student Requirements Grading System

93 - 100%	=	A
86 - 92%	=	B
78 - 85%	=	C
70 - 77%	=	D
Below 70%	=	F

All students must maintain a minimum of a C (78%) to remain in the program.

- A. Five quizzes will occur at the beginning of class sessions and will be worth 10 points each. Quizzes will be over the material to be read for that day. Quiz points will be worth a total of 50 points. Quizzes may or may not be announced. Quizzes may not be made up.
- B. Two client feedback forms will be due at the beginning of each class session. Students are required to massage two different clients per week, utilizing the techniques learned in the previous class. The client is required to complete, sign and date the top of the form and the student is required to complete, sign and date the bottom of the form. Feedback forms will be worth 2 points each for a total of 60 points. Total number of feedback forms due for the class will be 30. Students are required to log all out of class massages on the appropriate log sheet and submit the log at the end of the semester.
- C. Four exams will be given for a total of 300 points. If an exam is missed, students must make arrangements within 24 hours of the exam for a make-up exam with the instructor.

- D. Lab exams will consist of client interview/intake, massage demonstrations, community outreach and instructor massage.
- E. Students will also receive additional points for being present for the entire class, for participating in class and for both professionalism and ethical behavior during class. Points are deducted for being absent, late, leaving early and for unprofessional and unethical behavior.
- F. Homework assignments require students to complete a journal, to turn in a paper, and to participate in community outreach events.
- G. A critical piece of learning therapeutic massage is to experience massage for oneself. Students are required to receive (3) full body professional massages from three different certified massage therapists and complete required follow-up form/information.
- H. Students are required to complete the certificate weekend workshop for Seated Chair Massage and receive a “pass” grade.

VI. REFERENCES:

Required Texts:

Anderson & Anderson. Mosbys Pocket Dictionary. Mosby (1998)

Fritz. Mosby’s Fundamentals of Therapeutic Massage. Mosby, Inc., 2nd Edition

Fritz, Paholsky, Grosenbach. Mosby’s Basic Science for Soft Tissue and Movement Therapies. Mosby (1999)

Frye, Barbara. Body Mechanics for Manual Therapists. FRYETAG Publishing (2000)

Tappan & Benjamin. Tappan’s Handbook of Healing Massage Techniques. Appleton & Lange, 3rd Edition (1998)

Thompson, Diana L. Hands Heal: Documentation for Massage Therapy. Lippincot, Williams, and Wilkins (2002)

Werner & Benjamin. Massage Therapist’s Guide to Pathology. Williams & Williams (2002)

Optional Texts:

Greene, Lauriann. Save Your Hands. Infinity Press (1995)

VII. 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.
- C. We will also utilize a “phone tree” to notify students of class changes or cancellations.

VIII. 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.

IX. INCOMPLETE:

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

X. ATTENDANCE POLICY:

All learning requires attendance and participation. Because of the nature of the Therapeutic Massage Program, attendance is expected at all classes. It is also expected that students will be present for the entire class. Consistent attendance is required to demonstrate adequate performance. The student is expected to be on time to and to attend all classes. In an emergency, proper notification must be made if the student is unable to attend class or will be late. Absences, tardiness, late paper work, and lack of participation may result in a lowering of the final grade and/or failure of the course. Students that are having problems with attendance will be asked to review their commitment to the therapeutic massage program.

If a third absence should occur in class, the student will be required to meet with the program coordinator or the instructor to determine appropriate make-up work for the missed period. A learning contract will be written and signed by the student and the instructor or program coordinator. Each additional absence will result in a 10% reduction from the final grade.

XI. SUPPLIES NEEDED:

- A. One twin size fitted bed sheet
- B. One twin size flat sheet
- C. One pillow case
- D. One towel
- E. One light weight blanket

XII. OTHER REQUIREMENTS FOR LABS AND COMMUNITY OUTREACH EXPERIENCES:

- A. Students must be present, prepared, and begin at the time indicated and remain for the entire time.
- B. Students must be clean and well groomed.
- C. Hands must be clean with fingernails trimmed to the end of fingers. No colored fingernail polish is allowed during labs.
- D. Students are expected to handle all lab equipment conscientiously. Students must clean massage equipment and put away it after each use.
- E. No jewelry is to be worn, no gum chewing, and no baseball caps.
- F. All tattoos must be covered.
- G. Students must be free of odors such as smoke, perfume, scented oils or lotions, etc.
- H. Also for all labs and outreach/community experiences students must follow dress code: (as outlined in the student handbook)
 - Required purple or green polo shirts
 - Aprons
 - Loose fitting khaki pants (not khaki jeans or painter pants)
 - White tennis shoes
 - Name tags