

# ILLINOIS VALLEY COMMUNITY COLLEGE



## Course Syllabus

**Division:** Health Professions  
**Course:** THM 1214  
**Therapeutic Massage Techniques II**

Date:	Spring 2003	
Semester Hours:	5	
Lecture hours per week:	3	
Labs hours per week:	4	
Seminar hours per week:	0	
Other hours:	0	
Prerequisite:	THM 1200, THM 1204, THM 1206	
Semester Offered:	Spring	
Instructor(s):	Cherie Monterastelli	Office Hours
	A218	Tues. - (1-5 p.m.)
	Work Phone - 224-0507	Wed. - (1-4 p.m.)
	Home Phone - 434-0973	Thurs. - (4-4:30 p.m.)

### I. CATALOG DESCRIPTION

This course is designed to build upon and expand basic Swedish massage principles and techniques learned in THM 1204. In this class students continue to study holistic self-care and a variety of integrative modalities, many of which may be learned and incorporated into their basic therapeutic massage session. Psychology for body workers, myofascial release and trigger point therapy, energy modalities, traditional Chinese Medicine, acupressure, reflexology, cranio-social, lymphatic massage and hydrotherapy are the major modalities included in the course. Students also study and experience Yoga and T'ai Chi.

### II. EXPECTED LEARNING OUTCOMES:

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

1. Understand and participate in holistic self-care techniques; i.e. Yoga, T'ai Chi, Journaling.
2. Understand basic concepts of psychology and explore and experience effects of psychology and bodywork.
3. Understand the energy systems of the body and demonstrate various energy modalities, i.e. H.T., Reiki, and Polarity.
4. Understand and discuss principles of Traditional Chinese Medicine.
5. Discuss and demonstrate principles and techniques of acupressure.
6. Understand, discuss, and integrate a variety of bodywork modalities with basic Swedish Massage.
7. Understand and integrate hydrotherapy and myofascial release with basic Swedish massage.

### **III. COURSE CONTENT:**

To be disseminated in class.

### **IV. INSTRUCTIONAL METHOD:**

Lecture	Community Outreach experience
Demonstrations	Guest Presenting
Return Demonstrations	Discussions/Group Work
Lab Practice and Evaluation	

### **V. INSTRUCTIONAL MATERIALS:**

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

### **V. STUDENT REQUIREMENTS AND METHODS OF EVALUATION:**

#### **GRADING SYSTEM**

Final Grade will be based on:

1. Exams
2. Quizzes
3. Research Project/Presentation
4. Instructor Massage
5. Lab Exams
6. Professional Massage outside class
7. Professionalism: Attendance, participation, and ethics

93-100% = A

86 - 92% = B

78 - 85% = C

70 - 77% = D

Below 70 = F

Exams and Quizzes will be prepared by the instructor/guest presenting the specific material.

Research Project: Students will be required to research an integrative therapy from the resource list provided for selection. Final reports will be presented in class by the students and turned into the instructor.

Instructor Massage: Student will be responsible to set-up an individual appointment with instructor for a practical exam to be performed on the instructor.

Massage Outside of Class: Students will be required to have three professional massage sessions from three different therapists.

Professionalism: This grade will depend on:

- 1) Your attendance.
- 2) You eager and active participation in the class.
- 3) Your professional and ethical behavior and appearance.

## **VI. REFERENCES:**

Required Books- See attached Book List  
Handouts

## **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. Instructors will set up an emergency phone tree on the 1<sup>st</sup> day of class to be initiated by them in the event of inclement weather or instructor absences; thereby establishing a thorough communication system to prevent unnecessary driving.

## **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.

## **IX. INCOMPLETE**

All course requirements must be completed by the end date for the course. If there is extenuating circumstances that 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. Students that are having problems with attendance will be asked to review their commitment to the therapeutic massage program.

There are no excused absences. If a third absence should occur in a class the student will be required to meet with the program coordinator or the instructor in order to determine appropriate make-up work for time missed. 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% deduction from the final grade.

Classes start on time with attendance taken. Students who are late or who leave early will lose time. Each one half hour of class missed will be 25% of an absence. Please inform the instructor when you arrive late or leave early to receive accurate credit for your attendance or you will be assigned credit according to the instructor's estimate of your arrival and departure.

## **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 blanket
- F. Apron
- G. Name Pin
- H. Massage oil if desired

## **XII. OTHER REQUIREMENTS**

Students must be clean, well groomed, and have long hair pulled back. All jewelry must be removed for lab sessions. Students must follow dress code for lab that includes appropriate shoes, pants, shirt, apron and a name pin. Hands must be clean with fingernails trimmed. Students must sanitize massage equipment before storing and face cradles after each use.