



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Workforce Development

COURSE: THM 1222 Capstone

Date: Spring 2020

Credit Hours: 4

Prerequisite(s): THM 1202, THM 1214, THM 1218

Delivery Method: **Lecture** **4 Contact Hours (1 contact = 1 credit hour)**
 Seminar **0 Contact Hours (1 contact = 1 credit hour)**
 Lab **0 Contact Hours (2-3 contact = 1 credit hour)**
 Clinical **0 Contact Hours (3 contact = 1 credit hour)**
 Online
 Blended

Offered: **Fall** **Spring** **Summer**

IAI Equivalent –**Only for Transfer Courses**-go to <http://www.itransfer.org>:

CATALOG DESCRIPTION:

In this capstone course, massage students will prepare to practice as a confident, professional licensed massage therapist. They will demonstrate expertise in therapeutic massage by completing comprehensive clinical case studies. They will demonstrate professionalism along with critical thinking as they research, develop and implement a plan of care for their clients/case studies. Students will demonstrate professional, legal and ethical standards within their scope of practice while they examine other disciplines' scope of practice. They will identify professional employment practices. Students will also understand the importance of developing and maintaining client records; and discuss and understand components of different bookkeeping systems as well as various massage therapy tax issues. Additionally, students will identify and initiate various practices to promote self-care and to educate clients in self-care practices. Students will also review for and prepare to take the MBLEx for state licensure.

GENERAL EDUCATION GOALS ADDRESSED

[See last page for Course Competency/Assessment Methods Matrix.]

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

[Choose up to three goals that will be formally assessed in this course.]

- To apply analytical and problem solving skills to personal, social, and professional issues and situations.
- To communicate successfully, both orally and in writing, to a variety of audiences.
- To construct a critical awareness of and appreciation for diversity.
- To understand and use technology effectively and to understand its impact on the individual and society.
- To develop interpersonal capacity.
- To recognize what it means to act ethically and responsibly as an individual and as a member of society.
- To recognize what it means to develop and maintain a healthy lifestyle in terms of mind, body, and spirit.
- To connect learning to life.

EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

[Outcomes related to course specific goals. See last page for more information.]

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

1. Complete and present practice case studies and a comprehensive client case study.
 - a. Present one case study from handout and one from Homework Client
 - b. Research and identify one client appropriate for a comprehensive case study
 - c. Initiate and complete a client information and history form
 - d. Assess and document client's physical, emotional, and social issues
 - e. Initiate a client plan of care with the client
 - f. Schedule a minimum of 4 massage sessions with the client
 - g. Maintain appropriate documentation including initial notes, subsequent notes, progress notes and discharge notes
 - h. Present case study to the class offering suggestions for future studies
 - i. Maintain client confidentiality
2. Characterize and apply the basics of the research process
 - a. Understand key terms in research
 - b. Understand the research process
 - c. Review literature regarding client's presenting conditions
 - d. Identify an appropriate research article and
 - e. Complete a research article critique
 - f. Utilize research principles to complete case studies

3. Discuss professional employment practices
 - a. List and discuss qualities of a professional employee
 - b. Understand other disciplines scope of practice and relationship with massage therapy
4. Identify various systems/practices to promote self-care
 - a. Journal self-care issues
 - b. Identify two self-care needs
 - c. Incorporate these identified self-care needs into activities of daily living
5. Educate clients in appropriate self-care practices
 - d. Understand client teaching principles
 - e. Identify educational needs together with the client
 - f. Teach 2 identified self-care practices to each client
6. Identify and study material necessary to successfully pass the Illinois Licensing Exam
 - g. Review practice exams in class
 - h. Practice exams on the computer
 - i. Practice exams at home
 - j. Identify areas of need to focus study
 - k. Review techniques that will enable a successful exam
 - l. Successfully complete HESI exam
 - m. Complete & submit the exam application
 - n. Complete fingerprinting process
 - o. Complete & submit application for an Illinois massage license
7. Understand components of successful massage practice and proper office ethics and responsibilities relating to financial records and reporting.
 - a. Research and discuss massage therapy best practices.
 - b. Define target clientele and discuss marketing strategies and techniques.
 - c. Describe the components of a massage office's filing system
 - d. Describe debits and credits.
 - e. Develop a simple business record to include accounts payable and accounts receivable.
 - f. Discuss insurance reimbursement for massage therapy.
 - g. Define income tax, social security tax, and self-employment tax.
 - h. Describe deductible business expenses as related to massage therapy.
 - i. Distinguish between employers and sub-contractors.
 - j. Discuss options of tax payments.
 - k. Discuss components of a financial statement
 - l. Describe the benefits of a professional employment portfolio and business plan.

MAPPING LEARNING OUTCOMES TO GENERAL EDUCATION GOALS

[For each of the goals selected above, indicate which outcomes align with the goal.]

Goals	Outcomes
First Goal	
To apply analytical and problem solving skills to personal, social, and professional issues and situations.	<ol style="list-style-type: none"> 1. Complete and present in practice case studies and a comprehensive client case studies 3. Discuss professional employment practices 4. Identify various systems/practices to promote self-care 5. Educate clients in appropriate self-care practices
Second Goal	
To construct a critical awareness of and appreciation for diversity.	<ol style="list-style-type: none"> 1. Complete and present in practice case studies and a comprehensive client case studies. 4. Identify various systems/practices to promote self-care. 5. Educate clients in appropriate self-care practices
Third Goal	
To connect learning to life	<ol style="list-style-type: none"> 1. Complete and present in practice case studies and a comprehensive client case studies 3. Discuss professional employment practices 4. Identify various systems/practices to promote self-care 5. Educate clients in appropriate self-care practices 6. Identify and study material necessary to successfully pass the Illinois Licensing Exam 7. Understand components of successful massage practice and proper office ethics and responsibilities relating to financial records and reporting

COURSE TOPICS AND CONTENT REQUIREMENTS:

1. Understanding case studies, how to do them, and why
2. Format for the case studies
3. Choosing appropriate clients for study
4. Review of client assessment process
5. Review of client documentation
6. Case study presentation guidelines
7. Overview of ethics, boundaries and confidentiality
8. Understanding research and massage; definition, key terms, categories, strategies, methods, designs and procedures
9. How to be professional as an employee
10. What to expect from employers
11. How to be a successful LMT
12. Exploration of personal self-care needs; why and how to implement into a busy life
13. Overview of principles of client teaching
14. Teaching and motivating clients regarding self-care
15. Practice MBLEx tests

16. Take a comprehensive exam
17. Steps needed to become a licensed massage therapist
18. Understanding massage therapy business requirements and laws.

INSTRUCTIONAL METHODS:

1. Lecture/Power Point
2. Group Work
3. Discussion/Debate
4. Presentations

INSTRUCTIONAL MATERIALS:

1. Handouts
2. Power Points
3. Visual Aids
4. Videos
5. Smart Classroom Equipment

STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

Thompson, Diana L. (2018). Hands heal (5th Ed.). Philadelphia, PA: Wolters Kluwer.

MBLEx. Massage & body work licensing examination study guide. Federation of state massage therapy boards.

A= 90-100

B= 80-89

C= 70-79

D= 60-69

F= 0-59

OTHER REFERENCES

Course Competency/Assessment Methods Matrix

(Dept/# Course Name)	Assessment Options																															
For each competency/outcome place an "X" below the method of assessment to be used.	Assessment of Student Learning	Article Review	Case Studies	Group Projects	Lab Work	Oral Presentations	Pre-Post Tests	Quizzes	Written Exams	Artifact Self Reflection of Growth	Capstone Projects	Comprehensive Written Exit Exam	Course Embedded Questions	Multi-Media Projects	Observation	Writing Samples	Portfolio Evaluation	Real World Projects	Reflective Journals	Applied Application (skills) Test	Oral Exit Interviews	Accreditation Reviews/Reports	Advisory Council Feedback	Employer Surveys	Graduate Surveys	Internship/Practicum /Site Supervisor Evaluation	Licensing Exam	In Class Feedback	Simulation	Interview	Written Report	Assignment
	Direct/ Indirect	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	I	I	I	I	D	D						
Assessment Measures – Are direct or indirect as indicated. List competencies/outcomes below.																																
1.a Present one case study from handout and one from Homework Client		X	X		X	X					X			X	X	X		X										X	X		X	
1.b Research and identify one client appropriate for a comprehensive case study		X	X		X						X		X	X		X		X										X			X	X
1.c Research and identify one client appropriate for a comprehensive case study		X	X								X		X	X																	X	X
1.d Assess and document client's physical, emotional, and social issues				X							X	X			X		X														X	X
1.e Initiate a client plan of care with the client		X	X		X						X	X	X		X		X									X				X		
1.f Schedule a minimum of 4 massage sessions with the client				X								X					X															X

7.g Define income tax, social security tax, and self-employment tax							X				X				X														
7.h Describe deductible business expenses as related to massage therapy							X				X				X														
7.i Distinguish between employers and sub-contractors							X				X				X														
7.j Discuss options of tax payments											X				X														
7.k Discuss components of a financial statement											X				X														
7.l Describe the benefits of a professional employment portfolio and business plan							X				X				X														