

Swedish Institute a College of Health Sciences

Swedish Massage I Swedish Institute

COURSE DESCRIPTION:

2.0 credits

The Swedish Massage I course introduces the student to the strokes and hands-on skills that are the groundwork for Western massage techniques to be used throughout the program at the Swedish Institute. The course also covers development of communication skills, self-care exercises, centering exercises, draping, and an understanding of the benefits and contraindications to massage.

Students learn the basic strokes of compression, jostling, effleurage, petrissage, friction, vibration, tapotement, and range of motion techniques. Strokes are taught individually during the first six weeks, then in sequences which, by the end of the semester, are combined into a fluid, one-hour, full-body relaxation massage. In order to reduce mechanical strain and likelihood for potential injury, students also learn the fundamentals of body mechanics and correct wrist and hand alignment as well as self-stretching and self-care exercises.

Protocols for giving and responding to student and teacher feedback are practiced on a daily basis. Instruction is also given in maintaining client comfort through the practice of draping and bolstering techniques.

PREREQUISITES OR CO-REQUISITES:

Anatomy and Physiology I
Myology / Kinesiology
Palpation

CLASS FORMAT:

The general format of the class includes a fifteen-minute stretch/exercise warm-up, a presentation of the massage techniques and sequences to be practiced for the lesson, discussion to introduce theory, strokes and procedures, and practice time. During the term the student will massage the instructor for written feedback and guidance.

COURSE OBJECTIVES:

Competency of student progress will be determined through visual evaluation by the instructor during the course, assessment of the student's massage skills performed on the instructor, one written quiz, session reports, and a departmental practical final exam at its conclusion. By the end of the term the student will be able to:

1. Perform a one-hour, full-body Swedish massage incorporating compression, jostling, effleurage, petrissage, friction, vibration, tapotement and range of motion.
2. Demonstrate correct draping techniques for massaging the back, legs (prone and supine), arms, chest, abdomen and when moving a fellow student from prone to supine and supine to prone.
3. Demonstrate correct body mechanics while performing massage techniques by assuming a wide stance, bending knees, moving smoothly around the table, using smooth and even weight transfer, keeping spine erect, and keeping wrists and thumbs in alignment.
4. Demonstrate range of motion techniques to the following joints and areas of the body: the neck; the shoulders, elbows, wrists and fingers; the hips, knees, ankles and toes.
5. Demonstrate professionalism in the classroom by maintaining standards of hygiene, as demonstrated by cleanliness of sheets, towels, equipment, and uniforms, hand washing before and after performing massage, and maintaining fingernails at an appropriately short length.
6. Demonstrate self-care techniques such as warm-ups and stretches for the spine, hips, wrists and arms. The student will list in writing, steps that she has taken in the area of physical, and/or emotional development necessary for professional practice.
7. Perform supportive bolstering techniques, in prone and supine positions, for the feet and ankles, knees, hips and lower back.
8. Document in writing his experience giving massage in three out-of-class massage practice sessions, and receiving two out-of-class massages from a licensed massage therapist or fellow student.

9. Demonstrate sensitivity to her partner's physical and emotional comfort through verbal questioning and responses to feedback from the partner in the areas of pressure, draping and modesty, warmth, and physical and emotional reactions to the massage.
10. List in writing at least two physiological effects of each of the following on the body: compression, jostling, effleurage, petrissage, vibration, friction, tapotement and range of motion.
11. List in writing three contraindications and three cautions for massage appropriate to the level of a basic massage class.
12. Demonstrate how to set up and take down a massage table, adjust its height to suit their needs, and use a face cradle.
13. Demonstrate appropriate use of standard precautions to maintain a sanitary environment in the classroom.

Except where otherwise noted, a student's hands-on work during class time and during practical hands-on testing will be demonstrated on a fellow student.

ACADEMIC STANDARDS:

Assessment of student progress includes visual evaluation by the instructor during the course, assessment of the student's massage skills performed on the instructor, one written quiz, session reports, and a departmental practical final exam at its conclusion.

Grading of the Swedish I massage course is divided into the following components:

Class Grade Components:

The student can only fail one Class Grade Component (Session Reports, Written Quiz Grade or Classroom Grade) and still pass the course.

1. Session Reports:

Each student is required to write five session reports during the term. Three session reports document experiences giving massages, and two reports document experiences receiving them, all in out-of-class sessions. Credit assignment for session reports is as follows:

- 2 points – Session Reports passed in on time with acceptable content.
- 1 point – Session Report passed in late (only one assignment will be accepted late).
- 0 points – Session Report not passed in.

If students are absent they can have their session reports marked as on time if they pass it in the next time they are in school and have it date stamped by reception and placed in the teachers mailbox.

Session Reports are worth 10% of the Course Grade. A minimum score of 75% is necessary to pass this component. In other words a minimum of 4 session reports need to be passed in on time, with acceptable content, to pass this component.

2. Written Quiz Grade:

One quiz will be given during Lesson 6 of the term. *There will be no other written exam at the end of the term.* The Written Quiz Grade constitutes 20% of the Course Grade. A minimum grade of 65% is required to pass this component.

3. **Classroom Grade:**

The Classroom Grade is worth 35% of the Course Grade (10% Professionalism, 10% Participation, 15% Performance).
A minimum score of 26.25 (75%) is required to pass this component.

The following is a list of the criteria on which students will be graded and how it will be scored:

A. Professionalism:

- Follows guidelines listed in the syllabus.
- Takes responsibility for materials missed if absent.
- On-time for class and in returning from break.
- Shows respect for fellow students, instructor and assistant or apprentice.
- Wears a clean and appropriate uniform including appropriate footwear.
- Uses clean linens.
- Demonstrates attention to hygiene. Is free of body, tobacco and other odors.
- Maintains fingernails that are clean and trimmed short.
- Washes hands thoroughly before and after performing massage.
- Comes to class prepared.
- Demonstrates the ability to give clear feedback to fellow students.
- Demonstrates the ability to hear and adjust to feedback concerning behavior from the instructor and/or assistant or apprentice.

10 – Consistent in demonstrating all of the above at a very high level.

8 - 9 – Consistent in demonstrating most of the above at a satisfactory level.

6 - 7 – Inconsistent in demonstrating the above behaviors.

0 - 5 – Repeatedly fails to demonstrate the above behaviors.

B. Participation:

- Involved and attentive during classroom lectures and discussions.
- Involved and attentive during demonstrations and during hands-on time.
- Follows instructions, asks for clarification and help when needed.
- Hands in thoughtfully completed homework on time.
- Demonstrates the ability to hear and adjust to feedback concerning participation from the instructor and/or assistant or apprentice.

10 – Consistent in demonstrating all of the above at a very high level.

8 - 9 – Consistent in demonstrating most of the above at a satisfactory level.

6 - 7 – Inconsistent in demonstrating the above behaviors.

0 - 5 – Repeatedly fails to demonstrate the above behaviors.

C. Performance:

- Demonstrates good body and hand mechanics.
- Demonstrates effective and appropriate application of techniques taught in this course.
- Demonstrates neat, secure and appropriate draping.
- Demonstrates appropriate use and care of bolsters, lubricants and equipment.

- Demonstrates adequate progress in hands-on skills taught throughout this course.
- Demonstrates the ability to hear and adjust to feedback concerning hands-on work from the instructor and/or assistant or apprentice.

15 – Performs at an exceptional, outstanding level.

13 - 14 – Performs at a solid, highly competent work level.

12 – Performs with basic competence.

11 – Needs improvement in the form of tutoring, practice sessions, etc.

9 - 10 – Deficient performance.

0 - 8 – Unacceptable performance.

Final Exam Component:

The student must always pass their final to pass the course.

Practical Final Exam:

Offered during class time in the fifteenth week of the term, the Practical Final Exam is a one-hour, full-body, Swedish massage. Categories for evaluation during this exam include: Professionalism; Body Mechanics, Strokes/Technique, Overall Session Quality. This exam constitutes 35% of the Course Grade. A minimum grade of 75% is required to pass this component.

Summary of Course Grade calculation:

An overall Course Grade of 70% or better is needed to pass the course.

Class Grade Components:

Session Reports	75% is passing	10% of Course Grade
Written Quiz	65% is passing	20% of Course Grade
Classroom Grade	75% is passing	35% of Course Grade

Final Exam Component:

Practical Final Exam	<u>75% is passing</u>	<u>35% of Course Grade</u>
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Course Grade:

70% is passing	100% of Course Grade
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Scale for converting number grades into letter grades:

95 – 100 = A

90 – 94 = A-

87 – 89 = B+

84 – 86 = B

80 – 83 = B-

75 – 79 = C+

70 – 74 = C

0 – 69 = F

POLICIES AND PROCEDURES:

Guidelines:

1. **Students need to be in full uniform from the beginning of class to the end of class (except for the time the student is being worked on).** This demonstrates a level of professionalism that we are fostering here at the Swedish Institute. For Swedish Massage I the uniform is the Swedish Institute T-shirt, dark blue or black pants, and non-skid, closed toe, low heeled shoes.
2. **Students need to remove all jewelry that might rub or scratch a “client” (including watches) before performing any hands-on work in class. Students need to remove necklaces while being worked on. Earrings worn to class should be small without any sharp edges.**
3. **Students are required to bring unscented lubricant, a clean white sheet, towel, and pillowcase (or face cradle cover) to class each week.** This will help create a clean and professional environment.
4. **Students must observe all hygiene standards.** No body odor or strong scents, hands washed/sanitized before and after working, nails clipped short, etc.
5. **There is no eating or drinking in the classroom.** This will help keep the classrooms neat, clean, odor free and prevent crumbs and sticky surfaces that invite insects and rodents. Eating and drinking is only to be done in the 5th floor student lounge. Drinking water from closed, non-breakable containers is allowed in the classroom.
6. **There is absolutely no cell phone usage in classrooms including calling, receiving calls, taking of photos or texting.** It is expected that all cell phones will be turned off before entering the classroom. This will reduce distractions, interruptions and noise. Cell phones are to be used only in the student lounge on the 5th floor.
7. **Do not open windows without clear instructions from the instructor.** The purpose of the latches on the top or lower windows can be counterintuitive. If latches are not secure the heavy windows can fall into the classroom and cause injury. If you would like a window to be opened for air circulation or to help control the classroom temperature, ask you instructor.
8. **Students are expected to keep eyes open in class during lecture, discussions and demonstrations.** If a students eyes are closed, even if they are not asleep, they may be given a half or full-absence at the instructors discretion. If there are extenuating circumstances that are effecting your ability to stay focused in class, please talk with your instructor.
9. **Students are expected to have completed all assignments and readings for a particular class before class time.** This will allow instructions to collect or talk about homework at the start of class and helps instill professionalism and respect for

deadlines. Quizzes and exams will include material from readings and class discussions. If an aspect of the readings is unclear, please note the text and page number so your instructor can enhance your understanding.

10. **All hands-on practice for class assignments must be done under the supervision of a licensed massage therapist.** To facilitate this, practice sessions are offered regularly at the Swedish Institute. Schedules and information about practice sessions can be found in the student lounge, on the on-line student bulletin board, and in the sub-basement practice room.
11. **Students are expected to be on time at the beginning of class as well as on time coming back from every break. Leaving class during class time should be reserved for emergencies only.** This will help insure you don't miss important information. It will also allow instructors to maximize class time and will limit distractions to fellow students and the instructor. Your presence may also be needed when students are partnering for hands-on work. Arriving to class late, leaving class early, or stepping out during class time, may be marked as a late or half absence at the discretion of the instructor.

Attendance:

Students are responsible for being familiar with all material covered and for the completion of the assignments given in any missed class. Missed information should be obtained from the syllabus and readings and from fellow students and/or by make-up classes or tutorials.

Students are allowed two absences. **Any absence over two absences will be grounds for failure unless the student makes up the missed class content in one of the following ways:**

1. The student attends another section of the course (during their current semester) in which the exact missed material is covered. This make-up must be documented and signed by the instructor of the make-up class and returned to the regular course instructor. There is a \$25 fee for this make-up.
2. The student arranges for a one-and-one-half-hour tutorial (\$40 fee) with an instructor, assistant, or apprentice, which covers the missed material. This tutorial must be completed with signed documentation returned to your regular course instructor.

If the make-up is not completed within 3 weeks from the date the last absence occurred, or by the end of the course, whichever comes sooner, the student will receive a grade of F-appeal for the course. The student will need to go through the appeal process as described in the Student Handbook. Successful appeal will result in a passing, but lowered course grade. Unsuccessful appeal will require a repeat of the course.

Any single absence or ½ absence beyond a third (made-up) absence constitutes a failure of the course and the student will need to repeat the course.

Missing the first 2 classes or any 3 consecutive classes constitutes an automatic failure of the course; make-ups will not be allowed in these cases.

If a student arrives substantially late or leaves class substantially early the student will receive either a half or full absence, at the discretion of the instructor.

Lateness Policy:

Lateness policy is separate from absence policy. Roll will be taken within the first five minutes of class. Students arriving after roll is taken, or who return late from break, or who leave class early will be marked late. Students are allowed three lates. Each late beyond that number will result in a 2 point deduction from their final numerical course grade before the final grade is converted to a letter grade.

For example, if a student's final grade for the course was a 93, but he had been late a total of 5 times during the semester, 2 points would be deducted from that grade for each late over the maximum allowed. In this case 4 points would be deducted and the final course grade would go from a 93 (A-) to an 89 (B+). In the case of a student with low passing grades, excessive lateness could result in failure, by the same process of point deductions.

Special note:

Excessive absence and/or lateness and/or failure to participate in classes may be grounds for course failure.

Retest:

Retests for students who receive a failing score on the Final Exam are offered only under extenuating circumstances and after successful appeal to the Faculty Review Committee (see Student Handbook). Appeals will only be considered if all other grade components are passing and attendance standards have been met.

Eligibility for Final Exam:

If a student has failed one grade component, and is within their attendance requirements, he may take the final exam. If the student passes their final exam the failing component will be averaged in to their final grade for the course.

Students who have failed two grade components will receive a conditional failure and be permitted to take the final exam if they are within their attendance requirements. After successful completion of their final they will need to submit a letter of appeal to the Faculty Review Committee to be considered for receiving a passing grade for the course.

SWEDISH MASSAGE I SYLLABUS AND READINGS

THE ANATOMY COLORING BOOK, 3rd EDITION, Wynn Kapit & Lawrence Elson –
Harper Collins, 2002

INTRODUCTION TO MASSAGE THERAPY, SECOND EDITION, Mary Beth Braun & Stephanie
Simonson – Lippincott Williams & Wilkins, 2008

SAVE YOUR HANDS!, 2nd EDITION, Lauriann Greene & Richard W. Goggins –
Gilded Age Press, Inc., 2008

SWEDISH MASSAGE I, 5th EDITION, – Swedish Institute, 2009

<u>WEEK</u>	<u>LESSON</u>	<u>TOPICS</u>	<u>READINGS to be done before class</u>
1	1	Introductions Classroom Procedures Self Care: Physical Warm-up Contraindications and Benefits <i>Jostling and Compression</i>	<u>Syllabus</u> – pp. 1-11 <u>Introduction to Massage Therapy</u> – Effects of Massage pp. 394-398 Resting Stroke, Compression pp. 400-401 Variations of Vibration pp. 410-411 <u>Swedish Massage I</u> – pp. 1-22, 26-33, 53-56 <u>Save Your Hands!</u> – pp. xvii-xviii & 3-9
2	2	Draping Table Assembly <i>Effleurage</i>	<u>Introduction to Massage Therapy</u> – Equipment pp. 338-350 Hygiene, Sanitation, and Safety 354-361 Effleurage 401-404 <u>Swedish Massage I</u> – pp. 22, 35-36, 57-62 <u>Save Your Hands!</u> – pp. 10-17
3	3	Bolstering Feedback <i>Petrissage</i>	<u>Introduction to Massage Therapy</u> – Petrissage pp. 405-407 <u>Swedish Massage I</u> – pp. 23, 37-43, 63-66 <u>Save Your Hands!</u> – pp. 18-44
4		Professional Development	<u>Introduction to Massage Therapy</u> – Environment pp. 350-354 Client Positioning, Draping pp. 368-377 Stationary Massage Strokes pp. 398-399 <u>Swedish Massage I</u> – pp. 44-46
5	4	Self Care: Injury Prevention Corrective Exercise <i>Vibration, Tapotement and Friction</i>	<u>Introduction to Massage Therapy</u> – Body Mechanics pp. 377-390 Tapotement, Friction, Vibration pp. 407-411 <u>Swedish Massage I</u> – pp. 23-24, 47-49, 67-76 <u>Save Your Hands</u> – pp. 46-58 & 90-105

<u>WEEK</u>	<u>LESSON</u>	<u>TOPICS</u>	<u>READINGS to be done before class</u>
6	5	Hands-on Review Students Work on Instructor	<u>Swedish Massage I</u> – pp. 77-78, 117
7	6	Written Quiz on Lessons 1-5 <i>The Back Sequence</i> Students Work on Instructor	<u>Anatomy Coloring Book</u> – pp. 49 & 54 <u>Swedish Massage I</u> – pp. 79-81 <u>Save Your Hands</u> – pp. 106-116
8	7	<i>Posterior Lower Extremity Sequence</i> <i>Intro to Range of Motion</i>	<u>Introduction to Massage Therapy</u> – Body Movements pp. 131-135 <u>Anatomy Coloring Book</u> – pg. 68 <u>Swedish Massage I</u> – pp. 24-25, 83-86 <u>Save Your Hands</u> – pp. 119-125
9	8	<i>Anterior Lower Extremity Sequence</i> <i>Range of Motion (ROM)</i>	<u>Swedish Massage I</u> – pp. 87-89 <u>Save Your Hands</u> – pp. 125-134
10	9	<i>Upper Extremity Sequence, ROM</i>	<u>Anatomy Coloring Book</u> – pg. 60 <u>Swedish Massage I</u> – pp. 91-93
11	10	<i>Neck/Head/Face Sequence, ROM</i> Students Work on Instructor	<u>Anatomy Coloring Book</u> – pp. 46, 48 and 49 <u>Swedish Massage I</u> – pp. 95-98
12	11	<i>Chest/Abdomen</i> Students Work on Instructor	<u>Anatomy Coloring Book</u> – pp. 51 & 136 <u>Swedish Massage I</u> – pp. 99-103
13	12	Intro to the Open Clinic Review of Strokes, ROM, & Draping <i>Full-Body Sequence</i>	<u>Swedish Massage I</u> – pp. 105-107
14	13	Review <i>Full-Body Massage</i>	<u>Swedish Massage I</u> – pg. 109
15	14	<i>Final Exam</i> Date: _____	<u>Swedish Massage I</u> – pg. 111

We are very concerned with producing classroom materials that are helpful, clear, professional and accurate. Please submit any suggestions, or typos you notice, to the Department Chair. Thank you.

