



WELL 701JA Syllabus

**Instructors: Rich Brown,
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Office Location: 4-134

Office Hours: M,T,W,Th, 5:00 – 5:45 PM

Class Duration: 6:00 – 10:00 PM

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Website:

<http://www.skylinecollege.edu/wellness>

COURSE DESCRIPTION: WELL 701JA - Massage Therapy I

Units: 9. 1.5 hours lecture/2.5 hours lab per evening, Monday through Thursday evening for seventeen weeks

Schedule of Class Description:

Development of skills and knowledge in massage therapy techniques. Topics include massage theory, practical experience, anatomy, and physiology. Upon successful completion of Massage Therapy I and II, students are eligible for a Certificate of Achievement from Skyline College and can apply for CA certification and take their National Boards. *May be repeated a maximum of one time for credit.*

STUDENT LEARNING OUTCOMES:

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

- Employ anatomical, positional, kinematic, and medical terminology relevant to the professional practice of massage therapy
- Recognize, locate, and describe the function of major skeletal muscles, bones, and connective tissue structures in the human body
- Evaluate a client to determine whether a massage is indicated or contraindicated
- Apply Swedish, Sports Massage, and Reflexology techniques in a cohesive and fluid manner demonstrating particular capacities and skills necessary for providing a 60-minute, full-body, wellness and/or relaxation-oriented massage
- Demonstrate proper body mechanics necessary for maintaining practitioner's personal health and professional longevity in the field
- Demonstrate a fundamental knowledge of kinesthetic processes and mechanics of body movement
- Identify the importance of ethics and social responsibility for therapeutic bodyworkers
- Utilize sound business practices required in a career setting relevant to massage therapy
- Determine and implement Polarity Therapy (energy balancing) techniques required for specific conditions
- Ascertain and perform appropriate spa treatments, hot/cold stone massage therapy, and aromatherapy massage to provide relaxation and stress-reduction
- Student will be able to successfully review Client Intake Service Sheet and determine proper Spa Therapy Treatment/protocol as it pertains to clients needs for Well-being and Relaxation.

- Will acquire knowledge to evaluate and analyze benefits derived from applied protocol/treatment.
- Will be able to recommend follow-up treatments and home care to maximize and maintain the benefits derived from spa treatments.

TEXTBOOK AND OTHER MATERIALS:

Required: *Trail Guide to the Body & Trail Guide to the Body Workbook*, Fourth Edition, Andrew Biel, Books of Discovery Publishers

Massage Therapy Principles & Practice, Fourth Edition, Susan G. Salvo, Saunders Elsevier Publishers

Students will purchase a massage/spa therapy supply kit as specified by the instructors.

Students will purchase a Massage Therapy Program uniform shirt and be required to wear black attire suitable for performing massage therapy: (black flat, soft soled (walking or athletic) shoes and socks, black full-length pants that allow for movement, and a black uniform shirt).

ASSIGNMENTS:

Typical examples of assignments may include:

- Anatomy workbook assignments
- Oral and written in-class quizzes and take-home quizzes
- Practice and application of massage and spa techniques
- Review and critique of practical application
- Student pre and post self-assessment reports
- Mid-term and Final written test and hands-on practical test

CLASS FORMAT: (lecture/lab/project, etc.)

Class will begin at 6:00 pm Monday through Thursday evenings ending at 10:00 pm. A break will be given after the lecture portion of the class followed by practical hands-on demo and practice.

CLASS PARTICIPATION:

- **Students will have to give massages to and receive massages from men and women. Proper hygiene and conduct is required along with keeping nails clean and cut short.**
- Please turn off all cell phones, pagers, texting, and music devices during class.
- No food or drink allowed in the lab and classroom area except water in a closed container.

GRADING POLICY:

The course grading is **Letter Graded**; students must receive a C grade equivalent of 70% to pass the course.

Typical methods of evaluation may include:

- Assessment of acquired hands-on massage skills (criteria to be announced) demonstrated in a 50-minute massage session
- Assessment of palpatory skills
- Evaluation of homework assignments
- Grades from take-home quizzes
- Grades from written and practical tests and objective quizzes
- Assessment of participation in class discussions, exercises and activities
- Written and practical midterm
- Written and practical final exam

WITHDRAWAL POLICY:

To withdraw from a class students should access WebSMART registration or obtain an Add/Drop form from the Office of Admissions and Records in Building 2. Official withdrawal is the responsibility of the student. A withdrawal with a refund is subject to refund deadlines. A student who does not withdraw in accordance with established procedures may receive a penalty grade. Refer to the Student Handbook for more information.

RESOURCES:

DSPS

The Disabled Student Program and Services is designed to equalize the educational opportunities for students with disabilities. Further information may be obtained from the DSPS office, Bldg 2, Room 2350. The telephone number is 650-738-4280 and Fax number is 650-738-4228.

Academic Integrity

Academic dishonesty occurs when a student attempts to show possession of a level of knowledge or skill, which he or she does not possess. The two most common kinds of academic dishonesty are "Cheating" and "Plagiarism." Cheating is the act of obtaining or attempting to obtain academic work through the use of dishonest, deceptive or fraudulent acts. Plagiarism is representing the work of someone else as his/her own and submitting it to fulfill academic requirements.

Student Services

Support services available to students include the Library and Learning Center (Bldg.5), Student Services, One Stop Center, Housing, Registration, Financial Aid, Placement Testing, Admissions, Counseling, DSPS, Special Programs, Health Center and CALT Labs. In coordination with the DSPS office, reasonable accommodation will be provided for eligible students with disabilities. If you do not yet have an accommodation letter, please contact the DSPS office at 650-738-4280.