FLCC Course Syllabus

General Information

Date
11/02/2016

Department
Physical Education & Integrated Health Care

Course Prefix:
MAS

Course Number:
110

Course Title:
Swedish Massage

Course Information

Credit Hours
4

Lecture Contact Hours
3

Laboratory Contact Hours
4

Catalog Description
In this first semester course entry level massage students will learn the history, theory and techniques of Swedish massage. The five strokes of the Swedish system and the application of these strokes in full body massage will be taught. Other topics include draping techniques and client positioning. An overview of the indications, cautions, and contraindications for Swedish massage, basic hygiene, massage equipment, lubricants and supplies will be presented. Instruction in body mechanics and self-care techniques will also be covered. The course prepares students for 200 level massage courses.

Co-requisites
BIO 171 and MAS 117

Grading Scheme
Letter Grade

First Year Experience
Yes

FLCC Values
College Learning Outcomes Addressed by the Course

Inquiry
Interconnectedness
Vitality

Course Learning Outcomes

Course Learning Outcomes

1: Identify the history, the theory, and the therapeutic benefits of Swedish massage.
2: Physically demonstrate through a lab exam the basic strokes and joint manipulations of Swedish massage on peers and instructors.
3: Apply the strokes and/or manipulations in full body massage within an appropriate treatment environment.
4: Write a journal that reflects on self-care practices and professional development in their role as a student massage therapist.

Program Affiliation

This course is required as a core program course in the following program(s)

AAS Massage Therapy

Outline of Topics Covered

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1. History of Massage Therapy & Swedish Massage
2. Recent & Future Industry Trends
3. Professional Issues – Professional Touch, Standards, Scope of Practice, Licensing
4. Personal Hygiene & Health Practices, Disease Prevention/Control/ Aseptic Technique
5. Equipment/Lubricants, Client Positioning & Draping Procedures
6. Body Mechanics in Massage Practice
7. Practice Environment & Safety Issues
8. Client Expectations, Gender & Age Concerns, Pre- & Post- Massage Procedures
9. Physiologic Effects of Massage, Anatomical Endangerment Sites
10. Swedish Massage Techniques: Resting Position, Effleurage, Petrissage, Tapotement, Compression, Oscillation, Friction, Joint Movements
11. Full-body Massage Sequences
12. Spa Industry/Spa Treatments
13. Aromatherapy for Massage Therapists
14. Hot Stone Massage Techniques