Syllabus

MAS 110 Swedish Massage

General Information

Date
January 10th, 2019

Author
Maria Petricola

Department
Physical Education and Integrated Health Care

Course Prefix
MAS

Course Number
110

Course Title
Swedish Massage

Course Information

Credit Hours
4

Lecture Contact Hours
3

Lab Contact Hours
4

Other Contact Hours
0

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.

Key Assessment
This course does not contain a Key Assessment for any programs

Prerequisites
HPE 217 and BIO 171 with a grade of C or better

Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course is designated as satisfying the outcomes applicable for status as a First Year Experience

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
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 in 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
AAS Therapeutic Massage

Outline of Topics Covered

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