

Minnesota State College Southeast

THPY 1400: Swedish Massage & Massage Ethics

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 2

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides students with an in depth knowledge of Swedish Massage techniques. Emphasis is on the application of the five basic Swedish Massage strokes and their variations. Students will be taught proper draping, positioning, and client feedback techniques used in giving a professional Swedish Massage. A variety of topics on Massage ethics will be discussed/studied. (Prerequisite: None) (3 credits: 2 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 09/27/2000 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Be able to recall major muscles and bones of body
2. Demonstrate various massage techniques
3. Understand contraindications and endangerment sites
4. Be able to document treatments

D. LEARNING OUTCOMES (General)

1. Identify skeletal bones
2. Identify superficial body muscles
3. Classify muscular movement
4. Describe massage history
5. Identify massage indications
6. List endangerment sites
7. Determine medical contraindications
8. Understand ethics of touch
9. Define personal boundaries
10. Formulate confidentiality policies
11. Determine optimal client positioning
12. Distinguish optimal massage table positions
13. Demonstrate professional client draping skills
14. Differentiate gender specific draping techniques
15. Explain effective, professional oil application
16. Define effleurage
17. Perform basic sliding effleurage
18. Perform shingles effleurage
19. Perform bilateral tree stroking
20. Perform 3-count trapezius stroke
21. Perform horizontal stroking
22. Define nerve strokes
23. Perform knuckling
24. Perform sedating effleurage
25. Define petrissage
26. Perform basic two handed kneading
27. Perform one-handed kneading
28. Perform alternating one-handed kneading
29. Perform circular 2-handed petrissage
30. Perform alternating fingers-to-thumb petrissage
31. Perform skin rolling
32. Outline compression techniques
33. Perform rolling
34. Define friction
35. List of superficial warming friction benefits
36. Define deep friction
37. Perform deep transverse friction
38. Define tapotement
39. Perform hacking
40. Define vibration
41. List vibration techniques
42. Perform shaking
43. Evaluate detrimental environmental conditions
44. Demonstrate full-body Swedish massage

45. Formulate SOAP notes
46. Determine self-care needs

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted