



Technical College of the Lowcountry  
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**MTH120**  
**Introduction to Massage**  
**Fall 2017**

**Course Description**

MTH 120 Introduction to Massage  
Lec. 3 Lab. 3 Cr. 4

A comprehensive introduction to therapeutic massage including history, theories, benefits, contraindications, ethical considerations, and SC Law for licensure. Swedish techniques are introduced. Prerequisite: Acceptance into the Massage Therapy program.

Corequisites: MTH 121, MTH 132.

**Course Focus**

A comprehensive introduction to therapeutic massage including history, theories, benefits, contraindications, ethical considerations, and SC Law for licensure. Swedish techniques are introduced.

**Text and References**

Salvo SG. Massage Therapy Principles and Practice-Fifth Edition. St. Louis, Mo: Saunders; 2016.

**OBJECTIVES/LEARNING OUTCOMES**

At the completion of this course, students will be able to:

1. Identify and describe the history and cultural traditions of massage therapy (Eastern and Western traditions)
2. Define the massage strokes identified with the practice of Swedish massage
3. List the benefits and contraindications for the application of massage therapy
4. Define and discuss ethical boundaries for massage therapists
5. Name the requirements for obtaining and maintaining South Carolina state licensure in massage therapy

## Course Goals

The following list of course goals will be addressed in the course. (\*designates a CRUCIAL goal)

1. define massage therapy
2. consider cultural and historical massage context
3. consider historical massage and bodywork reference sources
4. examine global bodywork practices
5. analyze massage word origins
6. describe four primary bodywork traditions\*
7. state native and traditional bodywork examples
8. state oriental bodywork examples
9. state ayurvedic bodywork examples
10. outline general western medical history
11. observe historical massage and bodywork depictions
12. create historical timeline study card set
13. explore online historical medical text reproductions
14. name important massage and bodywork historical figures
15. name important western medicine historical figures
16. describe Swedish massage strokes\*
17. indicate modern massage therapy and bodywork trends
18. identify state massage and bodywork licensing requirements
19. identify major massage therapy and bodywork organizations
20. study South Carolina massage therapy regulatory history
21. research massage therapy state licensure requirements
22. research massage therapy licensure testing requirements
23. research International Congress on Fascia topics
24. analyze massage therapy practice scope
25. discuss therapeutic relationship
26. write personal ethics code
27. discuss physical and psychological healing container
28. discuss appropriate and inappropriate touch
29. give transference and countertransference examples
30. give dual relationship examples
31. describe effective communication skills
32. journal personal therapeutic strengths
33. examine massage therapy practice questions and concerns
34. clarify open- and closed- ended questions
35. practice interpersonal boundary setting
36. practice interpersonal communication skills
37. model massage therapist professional demeanor
38. summarize session termination procedures
39. define informed consent

40. clarify HIPAA and client confidentiality concepts\*
41. list disease and pathogen terms
42. define universal precautions\*
43. observe blood borne pathogens video
44. demonstrate appropriate glove use
45. demonstrate proper handwashing technique
46. outline procedural and facility safety concepts
47. explore human embryology fundamentals
48. outline stages of human development
49. study general adaptation syndrome
50. distinguish system-specific massage therapy effects and benefits\*
51. categorize massage therapy contraindications and cautions\*
52. create massage therapy contraindication study card set
53. diagram body regions
54. diagram endangerment sites\*
55. review relevant neurological laws
56. categorize pain types
57. summarize inflammation process
58. present audience-specific massage therapy benefit reports
59. chart dermatome patterns
60. chart referred visceral pain patterns
61. observe sample client intake sessions
62. differentiate qualitative and quantitative goals
63. design basic client intake form
64. perform client intake interview\*
65. perform postural assessment
66. perform gait assessment
67. practice palpation techniques
68. analyze medical terminology prefix, root and suffix word elements
69. evaluate medical terminology lesson progress
70. demonstrate proper clinical charting procedures\*
71. distinguish appropriate SOAP note clinical charting elements
72. identify optimal and dysfunctional patterns of movement
73. employ correct ROM evaluation techniques
74. explain goniometer use
75. develop individualized client treatment plan
76. differentiate special population massage adaptations
77. differentiate disability types
78. summarize hospital-based massage considerations
79. recognize geriatric massage considerations
80. employ adaptive hospital-bed massage techniques
81. illustrate aurvedic chakra and western endocrine system correspondences

82. list ayurvedic medicine diagnostic and treatment methods
83. replicate abhyanga-based synchronized massage sequence
84. watch ayurvedic shirodara video demonstration
85. name important chinese medicine historical figures
86. list chinese medicine diagnostic and treatment methods
87. reproduce oriental element correspondences chart
88. reproduce oriental meridian chart
89. diagram paired meridians
90. create oriental meridian study card set
91. reproduce oriental element cyclic relationship chart
92. study oriental medicine acupuncture treatment forms
93. receive basic acupressure and acupuncture demonstration
94. evaluate chinese medicine lesson progress
95. recognize reflexology and energy balancing therapeutic methods

### **Student Contributions**

Classes are designed to employ a variety of teaching techniques. In order to maximize learning, required readings and Web enhanced sections should be done prior to class. If a student is falling behind in clinical performance and/or academic achievement, it is imperative to seek immediate assistance from the instructor.

### **Course Evaluation**

Three (3) Tests (50 points each)	150 points
Two (2) Quizzes (25 points each)	50 points
One (1) Classroom Presentation (50 points)	50 points
One (1) Online Assignment (50 points)	50 points
Homework Assignments	50 points
Cumulative Final Exam	100 points
Professional Behaviors	50 points
Total Points	500 points

Specific instructions and grading rubric regarding the Presentation will be provided in class.

### **Course Schedule**

Lecture 3 hours, Lab 3 hours    LECTURE SCHEDULE: See Course Outline

### **ADA STATEMENT**

The Technical College of the Lowcountry provides access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation, contact the counselor for students with disabilities at (843) 525-8228 during the first ten business days of the academic term.

Developed/Revised: July 2013/August 2017 Approved: GMLevicki 8/2018

## ATTENDANCE

1. The College's statement of policy indicates that students must attend **ninety percent** of total class hours or they will be in violation of the attendance policy.
2. Students not physically attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
3. Students taking an online/internet class must sign in **and** communicate with the instructor within the first ten calendar days from the start of the semester to indicate attendance in the class. Students not attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
4. Reinstatement requires the signature of the division Dean.
  - a. In the event it becomes necessary for a student to withdraw from the course **OR if a student stops attending class, it is the student's responsibility to initiate and complete the necessary paperwork.** Students are strongly encouraged to consult with Financial Aid prior to withdrawing from any class, particularly if the student is currently on a warning or probation status.
  - b. When a student exceeds the allowed absences, the student is in violation of the attendance policy. The instructor **MUST** withdrawal the student with a grade of "W", "WP", or "WF" depending on the date the student exceeded the allowed absences and the student's progress up to the last date of attendance *or*
  - c. under extenuating circumstances and at the discretion of the faculty member teaching the class, allow the student to continue in the class and make-up the work. This exception must be documented at the time the allowed absences are exceeded.
  - d. Absences are counted from the first day of class. There are no "excused" absences. All absences are counted, regardless of the reason for the absence.
5. A student must take the final exam or be excused from the final exam in order to earn a non-withdrawal grade.
6. Students are expected to be in class *on time*. Arrival to class after the scheduled start time or leaving class prior to dismissal counts as a tardy. Three tardies and/or early departures are considered as one absence unless stated otherwise.
7. It is the student's responsibility to sign the roll/verify attendance with instructor upon entering the classroom. Failure to sign the roll/verify attendance results in a recorded absence. In the event of tardiness, it is the student's responsibility to insure that attendance is marked. **The student is responsible** for all material/ announcements presented, whether present or absent.
8. Continuity of classroom and laboratory (which includes clinical experiences) is essential to the student's progress in providing safe and competent patient care. Students are expected to use appropriate judgment for participating in clinical activities. To evaluate the student's knowledge and skills, it is necessary for the student to be present for all clinical experiences.

9. If absence does occur, the designated clinical site, in addition to the Division of Health Sciences Administrative Assistant, must be notified by telephone no later than 30 minutes prior to the start of the clinical experience. The Division of Health Sciences telephone number is 843-525-8267.

**A copy of TCL's STATEMENT OF POLICY NUMBER: 3-1-307 CLASS ATTENDANCE (WITHDRAWAL) is on file in the Division Office and in the Learning Resources Center.**

### **ONLINE ATTENDANCE PROCEDURE**

For all online courses, students must complete an assignment designated by the instructor during the first week of classes. The instructor will drop the student from the course if the initial assignment is not completed.

Instructors will withdraw students from the class when 90% attendance is not maintained. Attendance in an online course is defined by regular course access and by timely completion of assignments as required by the instructor. Each student will be expected to access the web class at least once a week and complete 90% of assignments on time. Additional access is encouraged and may be necessary for successful completion of classes.

Failure to log in and complete assignments will result in the student being withdrawn from the course. The instructor will assign a grade of "W," "WP," or "WF" based upon the student's academic standing as the last date of attendance, which is the last login. Students are responsible for any financial matters associated with an administrative withdrawal. If a student fails to email the instructor (using the my.tcl.edu email account) requesting to be dropped from the course and has not submitted the initial assignment required during the first week of class, the instructor will assign a "Never Attended" code in the student information system no later than ten calendar days after the first day of the class. Students who are dropped as a result of never attending the course are still responsible for all fees associated with the course.

Attendance in an online course is defined by; at least once weekly course access and by completion of assignments as required by the instructor. Each student will be expected to access the web class at least once a week and complete weekly assignments on time. Additional access is encouraged and may be necessary for successful completion of classes.

### **HAZARDOUS WEATHER**

In case weather conditions are so severe that operation of the College may clearly pose a hardship on students and staff traveling to the College, notification of closing will be made through the following radio and television stations: WYKZ 98.7, WGCO 98.3, WGZO 103.1, WFXH 106.1, WWVW 106.9, WLOW 107.9, WGZR 104.9, WFXH 1130 AM, WLVH 101.1, WSOK 1230 AM, WAEV 97.3, WTOC TV, WTGS TV, WJWJ TV, and WSAV TV. Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. <https://tcl.regroup.com/signup>

## **ACADEMIC MISCONDUCT**

There is no tolerance at TCL for academic dishonesty and misconduct. The College expects all students to conduct themselves with dignity and to maintain high standards of responsible citizenship.

It is the student's responsibility to address any questions regarding what might constitute academic misconduct to the course instructor for further clarification.

The College adheres to the Student Code for the South Carolina Technical College System. Copies of the Student Code and Grievance Procedure are provided in the *TCL Student Handbook*, the Division Office, and the Learning Resources Center.

Health care professionals hold the public trust. Academic misconduct by health science students calls that trust into question and academic integrity is expected.

It is a fundamental requirement that any work presented by students will be their own. Examples of academic misconduct include (but are not limited to):

1. copying the work of another student or allowing another student to copy working papers, printed output, electronic files, quizzes, tests, or assignments.
2. completing the work of another student or allowing another student to complete or contribute to working papers, printed output, electronic files, quizzes, tests, or assignments.
3. viewing another student's computer screen during a quiz or examinations.
4. talking or communicating with another student during a test.
5. violating procedures prescribed by the instructor to protect the integrity of a quiz, test, or assignment.
6. plagiarism in any form, including, but not limited to: copying/pasting from a website, textbook, previously submitted student work, or any instructor-prepared class material; obvious violation of any copyright-protected materials.
7. knowingly aiding a person involved in academic misconduct.
8. providing false information to staff and/or faculty.
9. entering an office unaccompanied by faculty or staff.
10. misuse of electronic devices.

***\*During paper examinations, only answers transferred and completed on Scantron sheets will be graded electronically to count towards the test score.***

### **Honorlock Online Proctoring and Technology Requirements**

TCL uses an online test proctoring service called Honorlock to monitor some online tests as an alternative to in-person proctoring. Your instructor may elect to have some of your tests proctored using Honorlock. If so, you will need to make sure that you have access to the necessary equipment in order to take your online-proctored tests:

1. A computer with access to a high speed Internet connection
2. A webcam and microphone. A functioning webcam and microphone are required to complete proctored online tests.
3. Microsoft Office. Microsoft Office can be downloaded for free by accessing the Office 365 link in you TCL email account.

***\* During examinations, students must remove watches and hats and place in the front of the classroom, along with all personal belongings and electronic devices.***

**GRADING POLICY**

Grading scale	
90% - 100% A	W withdraw
82% - 89% B	WP withdraw with passing grade
75% - 81% C	WF withdraw with failing grade
70% - 74% D	I Incomplete
Below 70% F	

**Grading Methodology.** The final grade must be 75.000 or more in order to pass the course and progress in the program. Students absent from an examination or presentation will receive a “0” grade for the examination unless other arrangements are made with the individual instructor prior to the examination or presentation day or on the examination or presentation day before the test/presentation is scheduled to be given. It is the responsibility of the student to contact the appropriate instructor to arrange to make up the examination. Arrangements may be completed by telephone. If the instructor is not available, a message should be left on the instructor’s voice mail AND with another member of the faculty or administrative assistant. The instructor will decide the time and method of make-up examinations on an individual basis. Messages sent by other students are unacceptable. The student is responsible for notifying the instructor of the reason for the absence. Grades are posted on Blackboard within one week of administration of tests and examinations.

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843-301-7343 (mobile)  
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**Office Hours:** Monday, 8:30-12noon; Tuesday, 8:30-12noon, Thursday, 8:30-12:00noon;  
other days by appointment