



Technical College of the Lowcountry
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MTH121
Principles of Massage I
Fall 2017

Course Description

MTH 121 Principles of Massage I

Lec. 3 Lab. 3 Cr. 4

The course is an in-depth study of Swedish massage techniques and applications to a complete body massage. Prerequisite: Acceptance into the Massage Therapy program.
Corequisite: MTH 120, MTH 132.

Course Focus

The course is an in-depth study of Swedish massage techniques and applications to a complete body massage.

Text and Required Materials

Salvo SG. Massage Therapy Principles and Practice-Fifth Edition. St. Louis, Mo: Saunders; 2016.
Two twin sized sheet sets, white percale; Notebook

Course Goals

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

1. wear specified functional clothing
2. wear specified closed-toe shoes
3. define self-care concepts
4. define physical tensegrity
5. practice tai chi warm-up
6. describe warm-up benefits
7. locate therapist gravity center
8. employ effective grounding techniques

9. differentiate healthy interpersonal boundary signs
10. differentiate broken interpersonal boundary signs
11. establish personal space boundaries
12. establish personal space interaction skills
13. complete hand-push exercise
14. complete observational exercise
15. journal chosen natural object observations
16. employ unconditional positive regard approach
17. develop physical self- awareness
18. develop psychological and interpersonal self- awareness
19. name massage therapy physical risks
20. name mechanical stress factors
21. list unhealthy work situations
22. list injury symptoms
23. describe PRICE injury response
24. distinguish ordinary exertion versus injury pain types
25. utilize Alexander Technique body alignment
26. utilize Alexander Technique physical cues
27. illustrate contractile and tensile stress patterns
28. discuss improper body use origins
29. identify familiar compensatory physical patterns
30. set-up massage tables
31. organize massage therapy lab workstation
32. organize required massage therapy lab supplies
33. adjust massage table height
34. adjust massage face cradle height
35. adjust massage face cradle angle
36. evaluate massage table features
37. describe proper equipment cleaning methods
38. enumerate massage studio furnishing and decorative elements
39. massage studio safety elements
40. list massage media types
41. chart spinal anatomy
42. chart intervertebral disc anatomy
43. illustrate optimal head position
44. employ constructive rest position
45. practice horse stance
46. practice archer stance
47. demonstrate proper client positioning and bolstering techniques*
48. demonstrate proper client draping techniques*
49. demonstrate proper client turning techniques
50. palpate bony anatomical landmarks

51. identify physical planes and directional descriptions*
52. identify movement descriptions
53. outline Swedish massage benefits and effects
54. define Swedish massage strokes
55. outline common massage application elements
56. determine correct hand and arm positions
57. palpate hypertonic muscles
58. determine correct foot and leg position
59. examine foot and ankle structure and function
60. determine correct full-body alignment positions
61. analyze proper joint mobilization techniques
62. visualize massage therapy sequence
63. visualize massage therapy strokes
64. deliver posterior massage sequence
65. deliver anterior massage sequence
66. deliver full-body massage sequence*
67. incorporate correct warm-up techniques
68. incorporate correct stretching techniques
69. incorporate correct bending and lifting techniques
70. apply proper massage lubricant
71. apply technically correct massage strokes*
72. observe proper body mechanics*
73. observe strain avoidance methods
74. observe one-hour start and end times
75. evaluate practice massage session partner
76. document practice massage sessions*
77. attend group yoga sessions
78. track 24-hour nutrition intake and activity pattern
79. complete 24-hour nutrition intake website entries
80. calculate body mass index
81. calculate individual daily water intake requirements
82. explore core stabilization exercise techniques
83. examine diaphragm muscle structure and function
84. examine large intestine structure and function
85. explore abdominal massage benefits and application
86. perform abdominal massage*
87. outline chair massage practice development
88. set-up massage chairs
89. perform 15-minute chair massage *
90. perform blindfolded one-hour full-body massage

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

Four (4) Quizzes (25 points each)	100 points
Four (4) Application Evaluations (25 points each)	100 points
Final Exam (Written)	50 points
Final Exam (Application)	200 points
Professional Behaviors	50 points
Total Points	500 points

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.

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, WLVA 101.1, WSOK 1230 AM, WAEV 97.3, WTOG 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.

Instructor: Denise Van Nostran
OFFICE LOCATION: New River Campus, Room 221
OFFICE NUMBER: 843-470-6020 (office); 843-301-7343 (mobile)
Office Hours: Monday, 8:30-12noon; Tuesday, 8:30-12noon, other days by appointment
Email: dmvannostran@tcl.edu