

Course Outcome Guide (COG)

Course:	MASG 120 Swedish Massage I	Credits:	3	Instructor:	Wendy McGinley
Course Description:	Pre-requisite: Admission to the Massage Therapy Program. The technique of traditional (Swedish) massage is presented. Students will learn the theory and practice of Swedish massage techniques including, but not limited to, effleurage, petrissage, tapotement. Students will also learn the theory and application of proper body mechanics, positioning, and draping. Primary emphasis will be in the application of these techniques to the lower extremities and back region.				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
<p>A. Massage techniques: effleurage, petrissage, tapotement, nerve stroke, friction</p> <p>B. Documentation: SOAP note</p> <p>C. Professional behavior: conduct, language, time management, verbal/non-verbal communication</p> <p>D. Environment: sanitary protocols, organization, conducive to relaxation.</p> <p>E. Treatment: indications/contraindications, precautions, safety.</p>	<p>A. Demonstrate knowledge and techniques of massage and apply them properly.</p> <p>B. Maintains client (student) files.</p> <p>C. Demonstrate appropriate interaction with students and faculty.</p> <p>D. Maintain appropriate clinical environment.</p> <p>E. Synthesizes other course information to provide safe and appropriate treatment.</p>	<p>A. Demonstration of appropriate techniques.</p> <p>B. Completes appropriate documentation.</p> <p>C. Demonstrates professional behavior.</p> <p>D. Student feedback forms.</p> <p>E. Participation in class</p>	<p>The student will be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate skill in the various Swedish massage techniques. 2. Demonstrate massage techniques using appropriate body mechanics. 3. Comply with guidelines set by state laws, code of ethics and standards of practice. 	<p>3. Students will be able to explain and perform a full-body massage treatment.</p>	<p>4. Students will apply health-related knowledge to promote physical and mental well-being.</p>

