

19b Swedish: Guided Full Body

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	Break Announce the return time and write it on the board.
5	Attendance and Reminders Display the reminders slide.
75	First Trade • The instructor speaks briefly about the hands-on learning for this class so that it can be placed in the context of the bigger picture. • The instructor uses the audio from the “Guided Full Body” video found on the TLC website, but doesn’t turn on the video projector. • The instructor and assistant circulate around the classroom providing support and encouragement so that the students can maintain their composure and keep up with the rapid flow of techniques.
20	Break Announce the return time and write it on the board.
75	Second Trade Refer to first trade for details.
5	Tables undressed, cleaned, and put away
10	Circle up Review the “Reminders” for upcoming classes.
3h 20m	Total Class Time (plus 10 minutes of flex time to use as needed)

Learning Outcomes

- Program Level: effectiveness, safety, and security of massage
- Course Level: Completing a Swedish massage in the order and pace as set by the instructor and in the designated time.
- Class Level:
 - Proper table setup and spacing relative to those around you.
 - Proper table dressing and height adjustment.
 - Session begins with the drape evenly positioned evenly
 - To be able to perform and practice massage of the posterior lower body.
 - Practice and perform proper sanitation procedures
 - Students learn and practice body positioning, draping for massaging the neck, face, and scalp.
 - Students clean the tables, face cradles, and bolsters before putting them away

Class Schedule – Student Preparation

- Prepare to perform a 60-minute full-body Swedish massage with nothing excluded.

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Class Schedule – Assignments and Exams

- Note: the order and pace of the session will be set by the instructor who will be guiding you.

Topic Focus

- Swedish Massage, full body in 60 minutes. Pace and flow is the focus.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen
- Whiteboard with dry erase markers and eraser
- TLC website to access video (for audio purposes) of guided full body-
<http://www.tlcmassageschool.com/>
- Go to student page (password TLCstudent)> under resources click on videos> click on “Guided Full Body”> adjust volume on stereo (turn down the bass)> put projector on “Eco” to turn off video (so it won’t be distracting) and play audio.
- There is also a copy of the video in the PowerPoints folder on the desktop
- Consider letting student follow along with the video
- Consider pausing the video during glute and ab draping to assess the quality, ensure draping is high and tight and acceptable to the client