

## 19b Swedish: Guided Full Body

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
75	<b>First Trade</b> <ul style="list-style-type: none"><li>• 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.</li><li>• The instructor uses the audio from the “Guided Full Body” video found on the TLC website, but doesn’t turn on the video projector.</li><li>• 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.</li></ul>
20	<b>Break</b> Announce the return time and write it on the board.
75	<b>Second Trade</b> Refer to first trade for details.
5	<b>Tables undressed, cleaned, and put away</b>
10	<b>Circle up</b> Review the “Reminders” for upcoming classes.
3h 20m	<b>Total Class Time</b> (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.tlcmassage.school.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