

## 2b H&H: Tools of the Trade

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
5	<b>Transition</b> Break down tables, but leave the chairs up.
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
10	<b>Demo and Lecture</b> Table setup and room configuration. <ul style="list-style-type: none"><li>• Instructor demonstrates setting up and breaking down a massage table including face cradle and bolster, but not dressing of the table.</li><li>• Address table height, knob tightening, storing stuff under the table.</li><li>• “If you find any screws loose or torn fabric, please inform us so that we can tighten it up or have it patched”.</li><li>• Instructor explains how students configure the massage tables in the room for practical classes using the slide with a map of the configuration.</li></ul>
10	<b>Practice</b> Transition from lecture class to practical class configuration. <ul style="list-style-type: none"><li>• Students find a partner and practice table setup based on the demo.</li><li>• Practice room configuration based on the explanation and ppt slide.</li></ul>
10	<b>Lecture</b> Intro, Tables, Features, and Maintenance (Packet F: 3-5)
10	<b>Demo and Practice</b> Cleaning Massage Tables (Packet F-5)
10	<b>Lecture</b> Table Accessories (Packet F-6)
10	<b>Break</b> Announce the return time and write it on the board
10	<b>Demo</b> Massage Table Carrying Case
20	<b>Lecture</b> Massage Linens and Massage Linen Care (Packet F: 7-8)
25	<b>Lecture</b> Types, Choosing, & Dispensing Lubricants (Packet F: 9-10)
10	<b>Break</b> Announce the return time and write it on the board
15	<b>Lecture</b> Supplies (Packet F-11)
15	<b>Lecture</b> Professional Dress (Packet F-12)
15	<b>Lecture</b> Furnishings and Massage Environment (Packet F: 13-14)

5     **Lecture**    Safety Guidelines (Packet F-15)

5     **Break down, clean up, and circle up**

3h 20m    **Total Class Time** (plus 10 minutes of flex time to use as needed)

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### Lesson Plan

#### Learning Outcomes

- Program Level:
- Course Level:
- Class Level:
  - Proper usage of massage tools, including tables, bolsters, face cradles, and linens.
  - Hygiene techniques and knowledge to prevent disease transmission.

#### Class Schedule – Student Preparation

- Salvo: Chapter 3.
- Packet F: 1-16.
- RQ - Packet A: 120-121.

#### Class Schedule – Assignments and Exams

- None.

#### Topic Focus

- Safe, practical use of a massage table, face cradle, bolster, linens, lubricants in class and for their career.
- Safety protocols, dress code and sanitation are discussed and demoed.

#### Thoughts, Advice, or Warnings

- If the students learn proper methods and good habits early, they will do these tasks without need of much supervision or correction.

#### Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser