

## 33b Chair Massage: Technique Demo & Practice

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> <ul style="list-style-type: none"> <li>Students partner up into groups of 2, but 3 students may need to work together if the number of students attending class is odd-numbered. In this case only 2 students will receive massage, but all 3 get full participation credit. Ensure that students partner equally their classmates.</li> <li>Partners set up a massage chair or Side Kick and clean the face cradle.</li> </ul>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
20	<b>Lecture</b> Packet C: 1-10.
25	<b>Demo</b> Performed on the assistant while a student reads the protocol.
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Discussion</b> <ul style="list-style-type: none"> <li>How and when to sign up for community service.</li> <li>Community service opportunities.</li> <li>Introduction to when and how to begin scheduling for internship clinic.</li> </ul>
55	<b>First Trade</b> <ul style="list-style-type: none"> <li>Assistant reads the protocol.</li> <li>Instructor observes the students and makes corrections.</li> </ul>
10	<b>Break</b> Announce the return time and write it on the board.
55	<b>Second Trade</b> Refer to first trade for details.
5	<b>Break down, clean up, and circle up</b>
3h 30m	<b>Total Class Time</b>

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#### Learning Outcomes

- **Course Level:**
  - Students learn chair massage basics to perform a 5-8 minute session for self-promotion and community service opportunities.
  - Enhancing body mechanics awareness.
- **Class Level:**
  - Becoming more confident working with the public, self-promotion and marketing and completing 6 hours of community service.

#### Class Schedule – Student Preparation

- Salvo: Chapter 15.
- Packet C: 1-10.
- RQ – Packet A: 165-166.

#### Topic Focus

- Massage/Business/Body Mechanics

#### Thoughts, Advice, or Warnings

- Have/monitor students employing proper body mechanics at all times.

#### Materials, Equipment, and Supplies

- PowerPoint Presentation, Packet, attendance book, Computer, projector, projector remote, projector screen, laser pointer, Whiteboard with dry erase markers and eraser.
- Massage chairs, side kicks (table top face cradle for chair massage)