

## 34b Chair Massage: Technique Demo & Practice

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
20	<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> <b>Break</b> Announce the return time and write it on the board. <b>Attendance and Reminders</b> Display the reminders slide.
30	<b>First Trade</b> <ul style="list-style-type: none"><li>• Students practice chair massage.</li><li>• Instructor observes the students and makes corrections, particularly to hone body mechanics.</li></ul>
15	<b>Break</b> Announce the return time and write it on the board.
30	<b>Second Trade</b> Refer to first trade for details.
5	<b><u>Break down, clean up, and circle up</u></b>
1h 40m	<b>Total Class Time</b> (plus 10 minutes of flex time to be used as needed)

### Learning Outcomes

- **Program Level:**
  - Students review and practice chair massage basics to perform a 5-8 minute session for self-promotion and community service opportunities.
  - Enhancing body mechanics awareness.
- **Course Level:**
  - The goal is to focus on body mechanics so students can give a proficient 5-8 minute chair massage utilizing the skills they already know with out injuring themselves.
- **Class Level:**
  - Becoming more confident working with the public, self-promotion and marketing and completing 6 hours of community service.

### Class Schedule – Student Preparation

- 2-hour class.
- Salvo: Chapter 15.
- Packet C: 11-12.

### Thoughts, Advice, or Warnings

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