

3a H&H: Self Care – Health, Wellness, Nutrition, and Stress Reduction

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
	Reminders 10 minutes before class begins display the reminders slide
	3a Student Handbook Review Questions <ul style="list-style-type: none">• Due before class starts.• See Packet A: 115-118 for info.• These are not for a grade. Refer to A: 29-32 (assignment grid)
5	Attendance and Breath of Arrival
15	AOIs: Latissimus dorsi and teres major
40	Lecture: Self Care
60m	Total Class Time

Learning Outcomes

- Program Level: awareness of our mind, body, and spirit
- Course Level: essential self care is for massage therapists and clients
- Class Level: definitions, inventory, and awareness of self care

Class Schedule – Student Preparation

- Trail Guide: latissimus dorsi and teres major.
- Salvo: Chapter 4.
- Packet H: 1-6.
- RQ - Packet A: 122-123.

Class Schedule – Assignments and Exams

- 3a Student Handbook Review Questions (dues before class starts)

Topic Focus

- Health versus wellness
- Basics of nutrition
- Stress recognition and coping

Thoughts, Advice, or Warnings

- During the lecture, stop frequently to relate the material being presented to the experience of the students.

- Time permitting, lead the students through the stretches that are available to be handed out in Internship (Packet I: 29-40).