

4a Swedish: Effects of Massage Therapy & Massage Techniques

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
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	Reminders 10 minutes before class begins display the reminders slide.
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4a Autobiography and Photo

- Due before class starts.
- Current photo and a 250-word essay of 1-2 neatly emailed or typed pages.
- This is to get to know you better and will be kept confidential.
- See Packet B-4 for info.

5	Attendance and Breath of Arrival
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15	AOIs: Rhomboid and Triceps Brachii
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10	Lecture How Massage Therapy Works (Packet F-25)
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- Have students partner up and briefly explain to each other the 3 effects of massage therapy in their own words.

10	Lecture Introduction and Qualities of Massage Application (Packet F-26)
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20	Lecture/Demo: Massage Techniques and their Effects (Packet F: 26-27)
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- Have the table set up and dressed before class begins
- Get a student to volunteer to receive the demo
- Have another student click through the slides as you talk about and demonstrate the six Swedish techniques

60m	Total Class Time
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4a Swedish: Effects of Massage Therapy & Massage Techniques

Lesson Plan

Learning Outcomes

- Course Level: facilitate session design and massage effectiveness
- Class Level: Swedish techniques and what effect they have.

Class Schedule – Student Preparation

- Trail Guide: rhomboid major, rhomboid minor, and triceps brachii.
- Salvo: Chapter 6 and Pages 134-157.
- Packet F: 25-28.
- RQ - Packet A-126.

Class Schedule – Assignments and Exams

- 4a Autobiography and Photo. Due before class starts. Current photo and a 250-word essay of 1-2 neatly hand written or typed pages. This is to get to know you better and will be kept confidential.
- See Packet B-4 for more info.

Topic Focus

- Effects of massage (mechanical, physiological and psychological)
- Qualities of massage application
- Massage techniques (effleurage, petrissage, friction, compression, tapotement and vibration) and their effects.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser
- Demo equipment: massage table, face cradle, linens, blanket, holster, and lubricant

