

4b Swedish: Technique Demo and Practice – Posterior Upper Body

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none">• 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.• Partners set up a massage table, adjust table height, dress the table, get a chair, and store their stuff underneath the tables so that it does not impede their ability to do massage. Positioning of massage tables should allow everyone to work comfortably from all sides of the table without interfering with adjacent students or walls.
10	Break Announce the return time and write it on the board.
5	Attendance and Reminders Display the reminders slide.
10	Receivers Undressing and Givers Stretching <ul style="list-style-type: none">• Immediately after break, each giver secures the drape while his/her receiver gets on the table and gets undressed.• Next the instructor spends the remaining time leading students through the stretches found in the Internship section of the packet.
60	First Trade <ul style="list-style-type: none">• Don't do a demo before the trades begin• Demo small chunks of the routine during the course of the massage session so that students can immediately put into practice what they just saw• Students learn and practice draping of the back down to just above the gluteal cleavage• Students learn and practice massage of the posterior upper body• Students clean the tables, face cradles, and bolsters
10	Reset the tables for the next session
10	Break Announce the return time and write it on the board
10	Receivers Undressing and Givers Stretching See above for details.

60 **Second Trade** Refer to first trade for details.

5 **Tables undressed, cleaned, and put away**

10 **Circle up** Review the "Reminders" for upcoming classes.
3h 20m **Total Class Time** (plus 10 minutes of flex time to use as needed)

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Learning Outcomes

- Class Level:
 - Proper table setup and spacing relative to those around you
 - Proper table dressing and height adjustment
 - Session begins with the drape positioned evenly left-to-right and top-to-bottom.
 - Beginning drape has the client covered from the occiput all the way down
 - The face cradle and ankle bolster are positioned and adjusted so that they are deemed comfortable by the receiver.
 - Drape (uncover) the back just down to the beginning of the gluteal cleavage so that the giver has access to the posterior upper body without view of the gluteal cleavage.

Class Schedule – Student Preparation

- Packet F: 29-30.

Class Schedule – Assignments and Exams

- None.

Topic Focus

- This is their first in-class experience of giving and receiving massage.

Thoughts, Advice, or Warnings

- Instructor and assistant go from table to table answering questions, giving constructive criticism, and offering touch comparisons.
- It's fine if you don't complete the entire Posterior Upper Body Routine.
- Be clear and insistent from the beginning about housekeeping behavior so that future classes can be focused on the new material instead of being distracted by how to properly setup or clean a table.
- Equal timing for the massage trades is as essential as ending class on time.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen
- Whiteboard with dry erase markers and eraser
- Lubricant samples found in Instructor's Office or ask the receptionist

