

HS169
Basic Massage Techniques Lab
3 Credits

Instructor: Trudy McCall

Phone:

Original Developer: Alice Wainwright-Stewart

Current Developer: Trudy McCall

Reviewer: Deborah Minish

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2602 - 59 Avenue, Lloydminster, Alberta, Canada T9V 3N7. Ph: 780 871 5700
5707 College Drive, Vermilion, Alberta, Canada T9X 1K5. Ph: 780 853 8400
Toll-free in Canada: 1 800 661 6490



HS169 Version: 9



Basic Massage Techniques Lab

Calendar Description

This course deals with the value of body services. Students gain practical knowledge and experience with relaxation massage, hot rock massage and body treatments.

Rationale

This is a required course for the Certified Esthetician students. Students learn practical massage techniques and spa therapy treatments.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. perform a relaxation massage.
2. use hot rocks to enhance the benefits of a relaxation massage.
3. explain the basics of Reflexology, Shiatsu and Hydrotherapy.
4. identify the benefits and techniques of spa body treatments.
5. utilize client records and health forms.
6. demonstrate respect for the diversity of individuals.
7. demonstrate professional ethics including maintaining confidentiality.

Resource Materials

Required Text:

D'Angelo, J., et al. *Milady's Standard: Comprehensive Training for Estheticians*. 1st ed.

New York, New York: Thomson Learning, 2003. ISBN 1-56253-80505. Print.

Tinsley, E. *Milady's Standard: Comprehensive Training for Estheticians Student Workbook*.

1st ed. New York, New York: Thomson Learning, 2004. ISBN 1-56253-80505. Print.

Reference Text:

None

Conduct of Course

Labs and class discussions. Participation is necessary

Evaluation Procedures

Grading system is based on the number of percentage received for each assignment. Students are required to complete all assignments and the exam.

Exams	25%
Final Exams	25%
Practical Exam	25%
Required Quotas	25%

Points are accumulated for a total possible 100 percent. The accumulated points are converted to a final grade using the following scale in the Grades section:

Grade Equivalents and Course Pass Requirements

A minimum grade of D (50%) (1.00) is required to pass this course.

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.

Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Absences may result in probation or suspension from the program.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

Instructors have the authority to require attendance in classes.

Course Units/Topics

Body Treatment Principles

- cleansing and exfoliation
- skin treatments
- metabolic stimulation
- combining treatments

Techniques for Body Treatments

- table/client preparations
- mud, seaweed and wraps
- performance ingredients

Practical Knowledge/Experience

1. Concerns

- modesty
- sanitation and hygiene

2. Relaxation Massage

- purpose
- movement, positioning
- typical order/terminology

3. Hot Rock Massage

4. Shiatsu, Reflexology and Similar Energy

5. Hydrotherapy



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