



Nature Care College

SWEDISH MASSAGE

DESCRIPTION	Swedish massage is an introduction to general massage that employs the fundamental manipulations (techniques) applied to the soft tissues of the body. Swedish massage forms the underpinning practical and theoretical knowledge for Remedial Massage 1& 2. In this unit of study you will learn the basic techniques, ethical behaviour and boundaries, draping, contraindications, history and definition of massage etc. Participants on finishing this unit of study should be competent in all areas of general massage.								
DURATION	42 hours								
LEARNING OUTCOMES	<p>By the conclusion of the Unit of Study, students should be able to:</p> <ul style="list-style-type: none"> • Define a general massage and its treatment methods. • Identify and explain massage principles. • Identify and describe the major techniques used in massage. • Identified and described assessment procedures used in massage. • Prepare and plan a massage treatment. • Apply Swedish massage techniques. • Identify contraindications to massage. • Perform a massage health assessment. • Provided massage treatment. • Demonstrate an understanding of the term Scope of Practice. 								
TEACHING METHOD	Practical & modified lecture.								
ASSESSMENT	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Practical exam</td> <td style="text-align: right;">70%</td> </tr> <tr> <td>Quizzes – Week 3, 6 & 8</td> <td style="text-align: right;">30%</td> </tr> <tr> <td>Body logs</td> <td style="text-align: right;">Compulsory</td> </tr> <tr> <td>Pass mark:</td> <td style="text-align: right;">60%</td> </tr> </table> <p>Participation in the practical component of the course is a requirement.</p> <p>COMPULSORY BODY LOGS(15): Each log must be a minium of 45 minutes. They commence in week 3 due week 10 and are required to pass the course. Intensive Body Logs due Day 5</p> <p>Elements from the following competencies must be achieved with competency in order to pass this unit of study:</p>	Practical exam	70%	Quizzes – Week 3, 6 & 8	30%	Body logs	Compulsory	Pass mark:	60%
Practical exam	70%								
Quizzes – Week 3, 6 & 8	30%								
Body logs	Compulsory								
Pass mark:	60%								
COMPLETE	<p>HLTREM401C - Work within a massage framework HLTREM406C - Provide massage treatment</p>								
PARTIAL COMPLETION	<p>HLTREM407C - Plan massage treatment HLTREM408C - Apply massage assessment framework HILTREM409C – Perform massage health assessment</p>								

ATTENDANCE	90% minimum
PRE-REQUISITES	Nil.
CO-REQUISITES	Nil.
MATERIALS REQUIRED	Notebook, pen, comfortable clothing.
TEXTBOOKS	<p>Compulsory: Casanelia L. & Stelfox D. 2010. Foundation of Massage 3rd ed. Churchill Livingstone.</p> <p>Recommended Reading / References: Fritz S. Current Edition. Mosby's Fundamentals of Therapeutic Massage. Mosby, USA. Cash M. 1996. Sport & Remedial Massage Therapy. Random House USA. Mark F Beck 4th Edition Theory and Practice of Massage Thomson-Delmar Learning</p>
MESSAGE TABLE HIRE	Massage tables are available for hire to both students and practitioners needing them for their practice, workshops or events. To make a booking or inquire about massage table hire, please call 9906 1566.

WEEK-BY-WEEK OUTLINE

WEEK 1	Introduction to course Classroom etiquette Practical Demonstration and Practice Massage to back of the lower extremity (leg) — Introduction to techniques	
WEEK 2	Massage oils — a brief discussion on the basic oils used for Swedish massage. Contra indications, indications and benefits of massage Practical demonstration and practice - massage for the back of the lower extremity (leg)	
WEEK 3	Massage techniques and uses Posture and self care Practical demonstration and practice - massage for the front of leg	Assessment Task 1
WEEK 4	Review of the front of the leg and foot Practical demonstration and practice - massage for back	
WEEK 5	Revision of practical work Pressure/force used in massage Skin conditions and massage	
WEEK 6	Blind fold massage to the back. Practical demonstration and practice for the arm	Assessment Task 2
WEEK 7	Review the arm Practical demonstration and practice for the chest neck and face Practical demonstration and practice for the back of leg (partner supine)	
WEEK 8	Review chest, neck and face Practical demonstration and practice for the abdomen	Assessment Task 3
WEEK 9	Review abdomen Introduction to pregnancy massage	
WEEK 10	Introduction to Case Taking Role Play - Case Taking	Body Logs Due
WEEK 11	Practical Assessment – Swedish Massage	
WEEK 12	Practical Assessment - Pre–Natal Relaxation Massage	

INTENSIVE OUTLINE

DAY 1	Introduction to course Classroom etiquette Practical Demonstration and Practice Introduction to techniques Massage to back of the lower extremity (leg) Massage oils Contra indications, indications and benefits of massage Practical demonstration and practice massage for the back of the lower extremity	
DAY 2	Massage techniques and uses Posture and self care Practical demonstration and practice massage for the front of leg Review of the front of the leg and foot Practical demonstration and practice massage for back	Assessment Task 1
DAY 3	Revision of practical work Pressure/force used in massage Skin conditions and massage Blind fold massage to the back. Practical demonstration and practice for the arm	Assessment Task 2
DAY 4	Review the arm Practical demonstration and practice for the chest neck and face Practical demonstration and practice for the back of leg (partner supine) Review chest, neck and face Practical demonstration and practice for the abdomen	Assessment Task 3
DAY 5	Review abdomen Introduction to pregnancy massage Introduction to Case Taking Role Play - Case Taking	Body Logs Due
DAY 6	Practical Assessment – Swedish Massage Practical Assessment - Pre–Natal Relaxation Massage	

Please be respectful of your fellow students and arrive on time for class.
Please ensure all mobile phones are turned off prior to the commencement of class.