



## WELL 665SG Syllabus

**Instructor:** Mary Anne Leary

**Office Location:** 4-134

**Office Hours:** Sundays, 5:00-5:15 PM

**Class Duration:** Sundays, 9:00 AM-5:00 PM

**Phone:** 650-738-4366

**Email:** learym@smccd.edu

**Website:**

<http://www.skylinecollege.edu/wellness>

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### **COURSE DESCRIPTION:**

#### **WELL 665SG – Introduction to Back Massage**

Units: 0.5. Eight lecture hours for one day. Introduction to beginning massage movements used specifically to release stress and tension for the neck and back area. The course will discuss the therapeutic value of non-threatening touch, the anatomy of the neck and back, proper hygiene and sanitation for the safety of the therapist and recipient. Students will explore proper posture and body mechanics while giving a back massage. Students will be exposed to a variety of products that can be used for massage such as carrier oils, lotions, creams, medicated balms and gels. Contraindications will also be discussed. NOTE: This course has a non-refundable materials charge of \$15.

### **STUDENT LEARNING OUTCOMES:**

Upon successful completion of the course the student will be able to:

- Understand the healing benefits of massage therapy and its historical use in various cultures
- Have a basic understanding of proper body mechanics to avoid injury
- Have a basic understanding of massage mediums to work with: oil, cream, lotion, gel, warming and cooling massage products useful for injuries or arthritis
- Perform a back massage using relaxing techniques

### **TEXTBOOK AND OTHER MATERIALS:**

There are no required textbooks for this class. Written material will be given to the back massage students.

### **ASSIGNMENTS: In order to receive credit for attending the one day class students must:**

- Attendance for entire 8 hour class
- Active participation in class discussions, experience of the various massage products and practical hands-on work
- Attention to proper sanitation and safety procedures
- Respectful interactions with fellow students and instructor as required in the wellness profession

### **CLASS FORMAT: (lecture/lab/project, etc.)**

- The class is broken up into segments with a PowerPoint presentation, interaction with fellow students, hand exercises, exercises for the back, massage demo, practical hands-on experience with students giving and receiving a massage, class discussion
- The class will have a morning and afternoon break along with a one hour lunch period.

## **CLASS PARTICIPATION:**

- **Students will have to give massages to and receive massages from men and women. Proper hygiene and conduct is required along with keeping nails clean and cut short.**
- Please turn off all cell phones, pagers, texting and music devices during class.
- No food or drink allowed in the lab and classroom area (except water).

## **GRADING POLICY:**

This class is graded Pass/No Pass. Specifications for receiving credit for the class are listed under the assignments section.

### **Withdrawal Policy**

To withdraw from a class students should access WebSMART registration or obtain an Add/Drop form from the Office of Admissions and Records in Building 2. Official withdrawal is the responsibility of the student. A withdrawal with a refund is subject to refund deadlines. A student who does not withdraw in accordance with established procedures may receive a penalty grade. *Refer to the Student Handbook for more information.*

## **RESOURCES:**

### **DSPS**

The Disabled Student Program and Services is designed to equalize the educational opportunities for students with disabilities. Further information may be obtained from the DSPS office, Bldg 2, Room 2350. The telephone number is 650-738-4280 and Fax number is 650-738-4228.

### **Academic Integrity**

Academic dishonesty occurs when a student attempts to show possession of a level of knowledge or skill, which he or she does not possess. The two most common kinds of academic dishonesty are "Cheating" and "Plagiarism." Cheating is the act of obtaining or attempting to obtain academic work through the use of dishonest, deceptive or fraudulent acts. Plagiarism is representing the work of someone else as his/her own and submitting it to fulfill academic requirements.

### **Student Services**

Support services available to students include the Library and Learning Center (Bldg.5), Student Services, One Stop Center, Housing, Registration, Financial Aid, Placement Testing, Admissions, Counseling, DSPS, Special Programs, Health Center and CALT Labs. In coordination with the DSPS office, reasonable accommodation will be provided for eligible students with disabilities. If you do not yet have an accommodation letter, please contact the DSPS office at 650-738-4280.