

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

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Website:

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

COURSE DESCRIPTION:

WELL 665SF – Introduction to Neck and Shoulder Massage

Units: 0.5. Eight lecture hours for one day. Introduction to beginning massage movements used to release stress and tension from the neck and shoulder area. Emphasis on the therapeutic value of non-threatening touch, neck and shoulder anatomy, proper hygiene and sanitation, exploration of proper body mechanics, exposure to massage products and contraindications. 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 exercises to do to help keep the neck and shoulders strong and 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 neck and shoulder massage using relaxing techniques

TEXTBOOK AND OTHER MATERIALS:

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

ASSIGNMENTS: In order to receive credit for attending the one-day class, students must:

- Attend for the entire 8-hour class
- Actively participate in class discussions, experience the various massage products, and practice hands-on work with other class members
- Attend to proper sanitation and safety procedures
- Interact respectfully with fellow students and the instructor as would be required of a wellness professional

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

- The class consists of segments including a PowerPoint presentation; dyad and small group activities; exercises for the neck and shoulders; demonstration of massage techniques; practical ,hands-on experience with students giving and receiving massage; and 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.