

WEST COAST COLLEGE OF MASSAGE THERAPY

INTRODUCTION TO MASSAGE THERAPY PROGRAM OUTLINE

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COURSE DESCRIPTION:

This course is designed to introduce students to basic manual applications of massage therapy for general relaxation. Students will learn safe and appropriate biomechanical skills, hygiene standards, patient handling, table setup, and draping techniques as they develop their palpation and tactile skills. Students will also be introduced to the profession of Massage Therapy as it exists in BC.

COURSE OBJECTIVES:

Upon completion of this course the participants will be able to:

- Define and describe basic therapeutic massage techniques
i.e. palpation, effleurage, petrissage: wringing, kneading, stroking.
- Apply basic therapeutic massage techniques for general relaxation massage.
- Recognize **contraindications** to therapeutic massage.
- Utilize the basic biomechanical skills while performing therapeutic massage techniques.
- Use appropriate draping methods.
- Practice the Basic Principles of Application - i.e. Superficial-Deep-Superficial.
- Describe the profession of Massage Therapy as it exists in B.C.

SCHEDULE:

Friday (6:00 – 8:00 pm)	Introduction of massage therapy as a regulated health care profession in B.C. Demonstration of draping, biomechanics and demonstration of massage techniques for the back.
Saturday (9:00 am – 5:00 pm):	Review of massage techniques for the back followed by student exchanges. Demonstration of draping and massage techniques for lower extremity followed by student exchanges. Demonstration of draping and massage techniques for upper extremity followed by student exchanges.
Sunday (9:00 am – 5:00 pm):	Review quiz; demonstration of draping and massage techniques for the upper chest, neck, face and scalp followed by student exchanges; review of draping and application of massage techniques for full body massage; comprehensive full body massage and evaluation.

GENERAL INFORMATION:

- Wear loose, comfortable clothing e.g. sweat pants, tights, runners, shorts (mid thigh) short-sleeved shirt (no boxer shorts). No excessive jewelry, no flip/flops and no high heeled sandals/shoes. Trim fingernails.
- Please expect to practice massage techniques on fellow classmates. **You will be disrobing but underclothing will be kept on and you will be covered and draped at all times.**
- We are located at 613 Columbia Street, New Westminster (Columbia and 6th).
- There is a parking lot at 560 Columbia Street (at 6th) and limited metered street parking available. Bus stops are located near the College, and the closest SkyTrain station is 2 blocks east at the Columbia Street station.
- The College will be open by 8:30 am. The doors will be locked at 9:30 pm.
- Appropriate breaks will be given throughout the Program. You may bring your own light snacks or visit one of the many restaurants in the area. No food or drink (except for water) will be allowed in the practical classroom.
- **Remember to bring a water bottle!**

Initials (Required) PE _____