

COURSE SYLLABUS



COURSE TITLE: Manual Skills 1

CLASS SECTION: Mass 141

TERM: F2023

COURSE CREDITS: 3

DELIVERY METHOD(S): Standard

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Upma Rai

EMAIL: raiu@camosun.ca

OFFICE: PISE 203

HOURS: By appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Course is restricted to students in the Massage Therapy program.

Students will be introduced to manual applications of massage therapy. Students will study the physiological effects, indications, and safety considerations for various Swedish massage techniques. Students will develop their palpation skills and learn proper biomechanics, hygiene practices, patient handling, and draping techniques in massage therapy.

PREREQUISITE(S): C in AET 340, C in 341 or

CO-REQUISITE(S): C in Mass 131

EXCLUSION(S): None

COURSE LEARNING OUTCOMES / OBJECTIVES

At the completion of this course, students will be able to:

- Demonstrate knowledge of indications, safety considerations, effects, and outcomes of various Swedish massage techniques used for relaxation.
- Apply and modify various Swedish massage techniques into treatment based on patient/client history, presentation, and response.
- Utilize standard hygiene practices and apply standard precautions for infection control.
- Identify common biomechanical and postural risks for massage therapists.
- Apply biomechanical and postural skills to preserve therapist health.
- Drape/undrape patients appropriately for treatment.
- Conduct oneself professionally by maintaining appropriate grooming, dress, and hygiene.
- Identify the origins of the practice of using touch as a healing method in historical practice and the general differences between Eastern and Western massage philosophies.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Outcome Based Massage, Andrade, 3e, 2014.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Lecture: Friday 8:30-9:20 LACC 121

Tuesday 8:30-9:20 LACC 121

Lab: Group A Thursday 8:30-11:20 LACC 121

Group B Tuesday 2:30-5:20 LACC 121

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
1	Introduction	
2	Introduction to massage	Assignment 1
3	Neuromuscular techniques	Quiz 1 due
4	Petrissage	Assignment 2
5	Petrissage	Assignment 3
6	Evidence based practice	Quiz 2 due
7	Review	Assignment 4
8	Midterms	Midterm Exams
9	Percussive Techniques	Assignment 5
10	Percussive Techniques	Assignment 6
11	Vibrations	Quiz 3 due
12	Treatment planning	Quiz 4 due
13	Treatment planning	Assignment 7
14	Integration	Quiz 4 due
15	Final Exams	Final Exams

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
5 Quizzes	10%
Midterm Written Exam	15%
Midterm Practical Exam	25%
Final Practical Exam	25%
Final Written Exam	15%
7 (5 graded) Assignments	10%
	TOTAL
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Students are expected to attend lectures prepared to discuss materials from related readings. There will be several assignments throughout the course. It is the student's responsibility to be informed of any assigned work and due dates. Late assignments are not accepted. Extensions will be granted if they are submitted PRIOR to the deadline.

In-class performance is crucial for success in this course and program. Though attendance itself is not graded, activities and assignments completed in class are. Missing class means you forfeit the mark for that activity. No make-up opportunities will be available for these in-class activities. However, you may discard your 2 lowest graded assignments. If you miss class and receive 0 for these assignments, they can count as your "throw-away" grades. Some assignments may be self-graded by students. Your learning is your responsibility and the grade you give yourself is the most reflective of how you are doing.

Students participate in role-playing activities to practice skills on each other. While learning to do assessments and treatments, students will palpate and treat other students on a regular basis. Students will maintain optimum levels of safe behavior (personal hygiene, decontamination of personal and class equipment to minimise potential for disease transmission and use of proper body mechanics). Students must come appropriately dressed to allow for hands on application / demonstration of assessment and treatment techniques.

SCHOOL OR DEPARTMENTAL INFORMATION

The Diploma in Massage Therapy prepares graduates to become independent, successful, and professional health care providers in the area of massage therapy. The program includes advanced theoretical knowledge and the practical application of the skills necessary to provide safe, effective, and ethical massage therapy that meets entry to practice requirements of the College of Massage Therapists of BC. Students learn to apply principles of physical, health, and social sciences as they relate to massage therapy in the classroom, simulated environments, and through clinical placements in the community.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit

<http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.