

# COURSE SYLLABUS



COURSE TITLE:	MASS 142 - Manual Skills 2
CLASS SECTION:	X01A, X01B
TERM:	2025W
COURSE CREDITS:	3
DELIVERY METHOD(S):	Lecture, Laboratory

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](#).

For COVID-19 information please visit <https://camosun.ca/about/covid-19-updates>

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## INSTRUCTOR DETAILS

NAME:	Iain Little
EMAIL:	<a href="mailto:littlei@camosun.ca">littlei@camosun.ca</a>
OFFICE:	PISE 203
HOURS:	Many options, by appointment via email

*Your input is welcomed. Communication is an integral skill for Massage Therapists. As your course instructor, I endeavour to provide an inclusive learning environment in which we are seen and heard. I encourage you to contact me through email or to meet in person so we can discuss any area of this course.*

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## CALENDAR DESCRIPTION/PURPOSE

Students will study advanced manual applications of massage therapy. Physiological effects, indications, and contraindications to advanced Swedish and myofascial techniques will be studied. Students will continue to develop their palpation skills and apply principles of proper body mechanics, patient/client handling, and hygiene standards used in massage therapy.

PREREQUISITE(S): C in [MASS 141](#)

EXCLUSION(S): Open to students in the Massage Therapy program

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## COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

- Demonstrate knowledge of indications, safety considerations, effects, and outcomes of advanced Swedish and myofascial techniques.
- Identify trigger point patterns and apply attachment release techniques for safe and effective treatment.
- Apply sports massage techniques to assist an athlete in performance and recovery.
- Apply and modify advanced Swedish and myofascial release techniques into treatment based on patient/client history, presentation, and response.

- Demonstrate standard hygiene practices and precautions for infection control.
- Identify common biomechanical and postural risks for massage therapists.
- Apply biomechanical and postural skills to preserve therapist's health.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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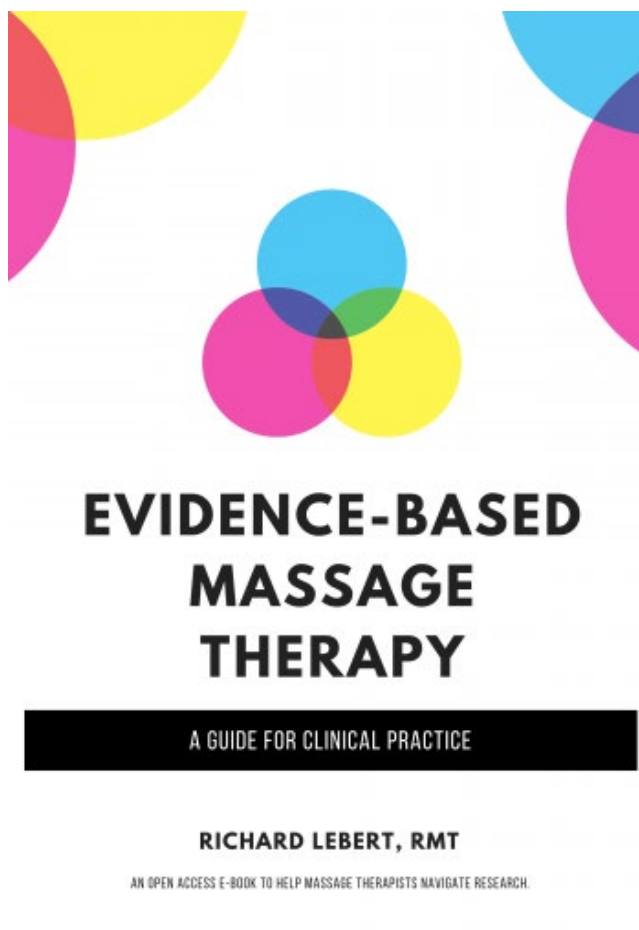
Hard copies or e-texts are acceptable.

Required:

Andrade, C.K. (2023). Outcome-Based Massage: Across the Continuum of Care, (4th Ed). Wolters Kluwer. ISBN: 978-1-9751-5380-9

<https://collection.bccampus.ca/textbooks/evidence-based-massage-therapy-a-guide-for-clinical-practice-ecampusontario-121/>

Open source



Recommended (Optional). I will provide detailed Power Point slides so that this text is not required.

Donnelly, J.M. (2018). Travell, Simons and Simons' – Myofascial Pain and Dysfunction: The Trigger Point Manual (3rd Ed). Wolters Kulwer Health

I may post additional required readings, videos and documents online, either as external links or as PDF files on the D2L site for the course. You can read these materials online or print them out, but they will be required, unless specifically marked as optional. All readings should be done in preparation for the lecture of that week.

[COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION](#)

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

## MASS-142-X01A: Manual Skills 2

2025 Winter  
Interurban Campus

W 12:30 PM - 3:20 PM  
2025/01/06 - 2025/04/12  
Liz Ashton Campus Centre, 121 Laboratory

F 10:30 AM - 12:20 PM  
2025/01/06 - 2025/04/12  
Liz Ashton Campus Centre, 121 Lecture

## MASS-142-X01B: Manual Skills 2

2025 Winter  
Interurban Campus

T 2:30 PM - 5:20 PM  
2025/01/06 - 2025/04/12  
Liz Ashton Campus Centre, 121 Laboratory

F 10:30 AM - 12:20 PM  
2025/01/06 - 2025/04/12  
Liz Ashton Campus Centre, 121 Lecture

As we have our lecture time on Fridays. I will lecture on Fridays for the up coming week. For example: Week 1 Friday will be for Athletic Treatments and the labs will be in week 2. Week 2 lecture will be for Superficial Fluid Techniques and Labs will be in week 3...

WEEK	ACTIVITY or TOPIC	OTHER NOTES
1	Introduction, overview of course, review of Manual Skills 1	Prepare for exchanges
2	Athletic Tx	

WEEK	ACTIVITY or TOPIC	OTHER NOTES
3	Superficial Fluid Techniques	
4	Connective Tissue Techniques	
5	Neuromuscular Techniques	
6	Integration, Athletic Tx and Superficial Fluid Techniques Competency peer review and class feedback	Lecture on Friday will cover Trigger Points
7	Reading Break	
8	Midterms: Written and Practical	Specifics to follow
9	Trigger Point Discussion and Technique	
10	Head and Neck	
11	Upper Back and Arm	
12	Trunk	
13	Hip and Legs	
14	Integration and Final OP practice	
Finals	Written and Practical	Specifics to follow

The Centre for Accessible Learning (CAL) is a fabulous resource for students, visit them to see how they can help you. Students registered with CAL who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines where advanced noticed is required. Deadlines can 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

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DESCRIPTION	WEIGHTING
Midterm Written	20
Athletic Tx and Superficial Fluid Techniques Competency peer review and class feedback	5
Midterm Practical	20
Final Written	25
Final Practical	30
<b>TOTAL</b>	<b>100%</b>

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

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### Lecture Attendance

Classes are always better with more student input. Life can make attendance to all the classes unrealistic. I would ask that you advocate for yourself to acquire all information given during a class missed, including notes, hand-outs, changed exam dates etc.

### Laboratory Attendance

Laboratory participation involves demonstrations and exchanges. In person exchanges with different students are imperative to develop the interpersonal and manual skills needed to be a Massage Therapist. If you must prioritize attendance, **make the labs a priority.**

### Due Dates and Late Assignments

I view due dates as helpful structure in a busy student life. Try to use them to map out your semester and spread out your workload. Students who have an approved academic accommodation through CAL will discuss their due dates with me before the assignment is due. Assignment marks will be returned to students in a timely manner, usually within 1-2 weeks, depending on the length of the assignment.

Sometimes life makes it hard to get assignments in on time. If you contact me **before** the assignment is due, we can discuss strategies for you. If I do not hear from you before the assignment is due, the assignment deductions will be 10% a day for the first portion of a day late for up to 3 days (up to 30%). Assignments will not be marked if more than three days late inclusive of weekends. This policy has been developed over time and prioritizes communication. If the assignment sneaks up on you and it is a day late, I will take the 10% off with no judgement and no need to contact me. If you are sick with Covid 2 days before the due date, contact me to discuss a reasonable extension.

### Exam Procedures

All exams must be written at the scheduled times except for students requiring an accommodation by CAL. It is understood that emergency circumstances do occur (e.g., illness or family emergency); for such circumstances accommodation may be offered at the discretion of the instructor, provided the student:

- a) **notifies** the instructor **in advance of the exam (not after)**, and
- b) provides documented evidence of the circumstance (e.g., medical certificate).

If an exam is missed with an excused absence, it is up to the instructor's discretion as to how the mark will be made up.

Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

Please note: the use of cell phones during a test or quiz is not allowed and may result in a zero for that assessment.

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will 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

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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 [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible you may be able to be helped the same day. 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 Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/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 <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit

<https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### 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 ([see policy](#)).

Please visit <https://camosun.ca/services/forms#medical> 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: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

### 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 <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

### Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**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.