



**COURSE DESCRIPTION:** The primary focus of MASSAGE, THEORY PRACTICE & ETHICS 1 is to learn beginning level Swedish, Deep Tissue, Myofascial Release, and other foundational massage techniques, along with developing an applied knowledge of the skeletal and muscular aspect of the human body (A&P)—including muscle origins, insertions, actions (bony landmarks), synergists, and antagonists. Additionally, students will learn how to assess pressure, body mechanics, ethical best practices relative to the customer service, the business of massage, indications and contraindications, as well as a host of other components that facilitate the ability of students to create dynamic, customized 60 and 90-minute therapeutic massage experiences.

Successful completion of this course requires students to demonstrate the intellectual information that must be committed to memory (ample studying is required, as this information is designed to prepare students for Massage 2 and the Massage and Bodywork Licensure Exam (MBLEx) that students are required to pass before they can apply for Kentucky Massage License.

**ADDRESS & PARKING:** 106 Cannons Lane, Louisville, Kentucky (Back Lot)

**ENTRANCE:** Enter/exit through the SCHOOL/STUDIO door using your door code

**CULTURE:** Remove your outdoor shoes in designated entrance area before entering the studio. You are welcome to practice massage barefoot or to bring quiet indoor shoes (i.e. no squeaking, clacking . . .) that have the necessary traction. For your own safety, you are prohibited from practicing wearing just your socks, as they do not provide traction, and put you at risk of compromising your body mechanics and slipping/sliding.

During in-class practice massages, students receiving care are only to give feedback on pressure, and should at no time offer instructional feedback. If the student offering care has a question, they are to seek guidance from the instructor or instructional assistant on site.

**SMOKING:** Smoking of any kind is not permitted in or anywhere in proximity of the building. If you are a smoker, make sure that you do not smell of smoke in an effort to support the health and wellness of others.

**CELL PHONES:** Cell phone use of any kind is not permitted during class unless permitted on a case by case basis for learning purposes.

**ATTENDANCE & TIMELINESS:** BE PRESENT AND BE ON TIME. If you must be absent, late, or if you need to leave class early, notify your instructor in advance of class, and as soon as you know. Excused Absences require a **doctor's note, funeral program, or written notification in advance of the start of classes.** ALL CLASS HOURS MISSED must be made up by way of additional internship hours or by serving at approved school events.

**COMMUNICATION:** The best way to communicate with your instructor outside of class time is via text messaging and scheduled calls.

**PARTICIPATION:** Be present and actively involved in your own learning.

**PREPARATION:** Engage in the lessons as needed. Bring your book and massage kit (clean sheets, lotion, blanket, . . .) to every class so that you can fully participate in the class. In the event that you forget the supplies necessary to complete class, linens can be rented from the school at a rate of \$10 for the duration of the class, and lotion can be purchased.

**HYGIENE:**

Maintain good hygiene (i.e. be clean, unscented, fresh breath—no food or smoke odors). Keep nails clean, short, neat and smooth.

**INCLEMENT WEATHER:** In the event of inclement weather or other unexpected events that may require the school to cancel class, you will be contacted via text, and class will be rescheduled and/or made up accordingly. The same process will apply in the event of an instructor emergency in the event that a substitute instructor is not available.

**COURSE REQUIREMENTS:** In order to successfully pass this class, students must (1) earn a minimum 70% overall average and (2) earn a passing score on both the hands-on and written midterm and final exams.

**Participation (30% of Overall Grade)**

Participation includes being present, engaged in class activities, completing all assignments/projects, and practice massages.

*Practice Massages:* Students are to complete a minimum of 30 practice massage hours working on their friends, family, co-workers, acquaintances. Massages should be practiced on at least 10 different people, including a minimum of 2 practice hours with your instructor, which must take place after mid-terms and before final faculty massage (the more varied the body types, the better).

Each practice massage (which should include 60, 90, and 120-minute sessions) should reflect what is being learned in class. With each massage, you and your practice volunteer are to complete an evaluation using the evaluation link that you will be provided. All evaluations are to be submitted on the day that the practice massage occurs. Late submissions will receive no more than half credit.

**Tests (30% of Overall Grade)**

Quizzes are multiple choice. 70% is passing. No retakes or makeups.

**Mid-Term & Final Exams (40% of Overall Grade)**

Exams are multiple choice. 70% is passing.

*This Syllabus serves as a guide for the course, and can be updated at any time, as needed, to address unforeseen circumstances or to improve the quality and effectiveness of the course.*