

COURSE OUTLINE AND SCHEDULE

Date	Topics	Read (before coming to class)	Attendance (Absences)
September 29	<p>Introduction: <i>Course Overview</i></p> <p>Chapter 3: <i>Tools of the Trade</i></p> <p>Chapter 7: <i>Body Mechanics, Client Positioning, Body Mechanics Principles</i></p>	Read Salvo Ch. 3 – Salvo pp.53 Read Ch. 7 - p. 133	
October 1	<p>Chapter 9: <i>Disease Transmission, Standard Precautions, and Hygiene</i></p> <p>Video: Endangerment Sites</p>	Salvo - Ch. 9 180-195	
October 6	<p>Chapter 8: <i>Massage Techniques</i></p> <p>Activities: Adjust tables, compare lubricants, practice draping</p> <p>Supervised Lab: Begin basic back routine #1</p>	Salvo - Ch. 8 Pg. 137-175	
October 8	Supervised Lab: The back routine #2		
October 16	PRACTICUM - Back routine #3 (demonstrating proper form and body mechanics)		
October 20	<p><u>Review for Theory Exam #1</u></p> <p>Supervised Lab: Back routine #4</p>		

October 22	<u>Theory Exam #1</u> Supervised Lab: Posterior Body Routine Practice		
October 30	PRACTICUM - Chair Massage & Posterior Body Routine Practice	Salvo - Ch. l5 Pg. 305-3l2	
November 3	Chapter 6: Massage Therapy and Research: A Review of the Literature Supervised Lab: Posterior Body Routine Practice	Salvo - Ch. 6 p. ll2	
November 5	Supervised Lab: Posterior Body Routine Practice		
November 13	PRACTICUM Supervised Lab: Chair Massage and Posterior Body Routine		
November 17	Chapter 10: Treatment Planning, Intake and Interview, and SOAP notes <i>Mock Intake Interviews</i> Supervised Lab: Anterior Leg Routine with Intake	Salvo - Ch. 10 p. 223	
November 19	Chapter 13: Reflexology Supervised Lab: Anterior Leg Routine with Intake	Salvo - Ch. 13 Pg. 269-276	
December 1	Supervised Lab: Arms and abdominals #1		
December 3	<u>Review for Theory Exam #2</u>		

	<p>Supervised Lab: Anterior Arms</p> <p>Videos & Supervised Lab: Forearms and Elbows #1</p>		
December 11	<p>Supervised Lab: Neck and Chest</p> <p>PRACTICUM</p>		
December 15	<p><u>Theory Exam #2</u></p> <p><u>Practical Exam #1</u>(20-25 minute back routine performed on instructor)</p> <p>Supervised Lab: Neck and Chest</p>		
December 17	Supervised Lab: Full Body Practice		
January 5	Supervised Lab: Full Body Practice		
January 7	Lecture: Lymphatic Drainage		
January 15	PRACTICUM: Lymphatic Drainage		
January 21	<p><u>Review for Theory Exam #3 (Cumulative Midterm)</u></p> <p>Mosby's Pathology Chapter 3: Pharmacology and Massage</p>	Salvo Pathology - Ch. 3 Pg. 49-69	
January 22	PRACTICUM		
January 29	PRACTICUM		

February 2	<u>Theory Exam #3 (Cumulative Midterm)</u> <i>Medical Massage</i>	Clay and Pounds - Pg. 12 & 13, 92 & 93, 211- 222	
February 4	<i>Medical Massage (cont.)</i>	Clay and Pounds - Pg. 267-269, 320-321, 85-88, 113.-118, 174-176, 321 & 322	
February 12	PRACTICUM: Full Body Practice with Medical Conditions		
February 16	Chapter 2: The Therapeutic Relationship <u>Review for Theory Exam #4</u>		
February 18	<u>Theory Exam #4</u> Chapter 2: The Therapeutic Relationship (cont.)	Salvo - Ch. 2 Pg. 15-37	
February 26	PRACTICUM		
March 2	<u>Practical Exam #2 (full body routine performed on a previous student)</u> *Clinical Rotations Begin*		
March 4	Lecture: Myofascial Release		
March 19	PRACTICUM- Myofascial Release		

March 23	Supervised Lab: Myofascial Release		
March 25	Lecture: Trigger Point Techniques		
April 6	Supervised Lab: Trigger Point Therapy		
April 16	PRACTICUM		
April 21	Chapter 1: <i>The History of Massage Therapy</i>	Salvo - Ch. 1 Pg. 2-12	
April 23	<u>Review for Theory Exam #5</u>		
May 4	<u>Theory Exam #5</u>		
May 6	Chapter 11: <i>Special Populations</i> Supervised Lab: Prenatal Massage	Salvo - Ch. 11 Pg. 221-238	
May 18	Chapter 8: Joint Mobilizations and Stretching	Salvo - Ch. 8 Pg. 161-174	
May 20	<u>Review for Theory Exam #6</u> Supervised lab: PNF Full Body Stretching		
June 1	<u>Theory Exam #6</u> Lecture: Cupping Supervised Lab: Cupping		

June 3	Chapter 17: Business Practices	Salvo - Ch. 17 Pg. 349-373	
June 4	PRACTICUM		
June 15	<u>Business Project</u>		
June 17	Massage Therapist Self-Care: Nail Care <u>Business Project</u>		
June 29	<u>Business Project Presentations</u>		
July 1			
July 9	PRACTICUM		
July 13			
July 15	Aromatherapy Course Supervised Lab: Essential Oils		
July 23	PRACTICUM		
July 27	<u>Review for Theory Exam #7</u> Chapter 12: Hydrotherapy	Salvo - Ch. 12 Pg. 243-257	
July 29	<u>Theory Exam #7</u> Supervised Lab: Hot Stones		

August 7	PRACTICUM		
August 10	Supervised Lab: Hot Packs		
August 12	Supervised Lab: Body Scrubs		
August 17	Chapter 14: Clinical Massage/Pain Theory	Salvo - Ch. 14 Pg. 296 - 299	
August 19	Lecture: <i>Sports Massage</i> Supervised Lab: Pre-event, Inter-event, Post-event Massage, Rehabilitative Massage (Wear gym clothes to class)		
August 20	<u>Review for Final Written Exam</u>		
August 24	<u>Final Written Exam</u>		
August 26	Chapter 16: Asian Bodywork Therapy	Salvo - Ch. 16 Pg. 314-345	
August 31	Lecture: MBLEX Candidate Handbook Review Handout: How to Apply for a PA License ABMP Exam Coach Practice Exams		
September 2	Recognizing Child Abuse Training – Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania Online Training <u>https://www.reportabusepa.pitt.edu</u>	<i>Online</i>	
September 3	CPR/First Aid Certification		

September 9			
September 10	PRACTICUM		