

**The Learning Company**  
**Massage Therapy and Practice – Student Outline**

**COURSE DESCRIPTION:**

This course will provide a brief review of the history and contemporary use of Massage Therapy, analysis and application of various massage theories, practice of appropriate client care, and support of public health practices, as well as application and understanding of Swedish massage techniques.

**DURATION:**                   **110 Hours**

**TEXTBOOK/RESOURCES:**

- *Clinical Massage Therapy* – Fiona Rattray, Linda Ludwig
- Additional resources as supplied by Instructor

**COURSE OBJECTIVES:**

After completing this course, you will understand:

- Swedish therapeutic techniques
- Public health, including its importance in the massage therapy clinic and in the community
- Therapist self-care, including fitness, lifestyle habits, and coping with stress

**KEY TOPICS:**

- Therapeutic Techniques
- Public Health
- Therapist Self Care
- History of Massage Therapy

**EVALUATION:**

Each student's performance is evaluated based on the satisfactory completion of all exercises and assignments to the standard set by the instructor as well as achieving a passing grade on all tests. The passing grade for this subject is 70%.

Quizzes	10%
Assignment	10%
Test	10%
Midterm written exam	15%
Midterm OP exam	10%
Final written exam	25%
Final OP exam	25%