

The Learning Company
General Principles and Techniques 1
Student Outline

COURSE DESCRIPTION:

This course will provide an understanding of general treatment principles, stretching, contraindications, trigger points, lymphatic drainage and hydrotherapy.

DURATION: **55 Hours**

TEXTBOOK/RESOURCES:

- *Clinical Massage Therapy* – Fiona Rattray, Linda Ludwig
- Materials as provided by the Instructor

PRE-REQUISITES: Massage Theory and Practice

COURSE OBJECTIVES:

After completing this course, you will be able to:

- Understand anatomical and physiological principles Non-Swedish Techniques
- Demonstrate appropriate application of Non-Swedish Techniques

KEY TOPICS:

- General Treatment Principles
- Contraindications
- Stretching
- Trigger Points
- Lymph Drainage Techniques
- Hydrotherapy

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%.

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| Assignments | 15% |
| Quizzes | 25% |
| Final OP exam | 35% |
| Final written exam | 25% |