

Brief Course Description	<i>Swedish massage is the most commonly used massage in western civilization today. It is typically known as a muscle massage that can be very relaxing. Add your aromatherapy knowledge it becomes a healing modality.</i>	
Course Prerequisites	<i>None</i>	
Course Requirements for a Certificate	<i>Intro to Anatomy/Physiology, Intro to Pathology & Own Your Own Business.</i>	
Textbooks Required for this Course	<i>Manual</i>	
Equipment Required for this Course	<i>Massage Table, Single / Twin: 1 flat sheet, 1 fitted sheet and 5 hand towels and 1 liter carrier oil (grapeseed)</i>	
Course Duration	<i>In class: Part time over 9 weeks</i>	<i>Correspondence: 4 Months</i>
Homework Hours	<i>Hours 30</i>	<i>3 hours</i>
Delivery Methods	<i>Indicate how the course is delivered:</i> <input type="checkbox"/> <i>On-site delivery.</i> <input type="checkbox"/> <i>Distance delivery.</i>	
Instructional Method	<i>Method of Delivery.</i> <i>Classroom (Instructor Led.)</i> <i>Or Distance Education</i>	<i>Contact Hours.</i> <i>6</i>
Learning Objectives/Outcomes	<i>By the end of this course, students should be able to:</i> <input type="checkbox"/> <i>Provide a quality session</i> <input type="checkbox"/> <i>Know how to chart a client</i> <input type="checkbox"/> <i>Explain to a client about the experienced they can expect from the session</i>	
Student Progress/Assessment Methods	<i>Exam: Practical Minimum Passing Grade: 75%</i> <i>Case studies: 20</i>	
Attendance Expectations	<i>If taking by on-site delivery / class room - attendance is <u>extremely</u> important because of the accelerated time frame. Students can only miss four classes (not days) and need a doctor's note or bereavement. Class time missed is not repeated in class and will be the responsibility of the students who may have to retake in a different term or by correspondence.</i>	
Dress Expectations (if applicable)	<i>In the class room students may dress to their comfort as long as when they bend over breast area is covered and if wearing a skirt or dress, length is appropriate.</i>	

Course Details

<u>Lesson #/Module</u>	<u>Topics Covered</u>
1.	Introduction to Spa
2.	History
3.	Personal & Professional Ethic
4.	Muscle groups
5.	Swedish massage technique
6.	Diseases
7.	Contra-indications