



Course Syllabus

Course title and code:	Clinical practice -1-, Massage, RHS 333.
Department :	Rehabilitation Health Sciences-
Program in which the course is offered:	Physical Therapy Program
Credit hours:	Practice-1
Total contact hours per semester:	30 hours
Level at which this course is offered :	level 5
Course prerequisites:	RHS241 and RHS 243
Time:	Monday 8-10 am (Dr. Samiha), Monday 10-12am, Tuesday 10:12 (Dr. Rehab) .
Location:	Female campus
College member responsible for the course	Dr. Rehab Farrag Gwada , and Dr. Samiha
Contact information:	
Office Number:	Dr. Rehab 162 Dr Samiha 158
Phone :	52468 Dr.Rehab 50273 Dr Samiha
Email:	rgwada@ksu.edu.sa , sabdelkader@ksu.edu.sa
Office hours:	9-10,12-1 Monday, Tuesday 8-10(Dr.Rehab) 8-10 Sunday Dr Samiha

Course Description

The course will cover the techniques and clinical uses of the various massage manipulation through practical demonstration and practice sessions. Attention of the students will be drawn to the specific clinical application of each

massage manipulation, the physiological and therapeutic effects, as well as their dangers and contraindication. Teaching and learning in this course will be through practice on human models in the laboratory.

Course Objectives

1. Discuss the physiological and therapeutic effects of massage.
2. Identify the clinical indications and contraindications of different techniques of massage.
3. Demonstrate how to prepare environment, equipment and patient & therapist for massage manipulation.
4. Recognize different types of massage manipulation.
5. Apply the basic techniques of massage with taking the proper precautions.

Teaching strategies

Differentiated teaching strategies should be selected to align with the curriculum taught, the needs of students, and the intended learning outcomes. Teaching methods include: lecture, debate, small group work, whole group and small group discussion, research activities, lab demonstrations, projects, debates, role playing, case studies, guest speakers, memorization, humor, individual

Learning Resources

Required Text (s)

- Massage for therapists, Margaret Hollis, 3rd edition, Willy Blackwell, 2009
- Orthopedic Massage: Theory and Technique ; Whitney W. Lowe LMT, 2nd Edition, 2009
- Basic Clinical Massage Therapy: Integrating Anatomy and Treatment; James H. Clay, 2nd Edition. 2008

• Essential References

- O,keefe A."The Official Guid toBody Massage"2nd ed.,Thomson Learning,2006.
- Mitcahell S."The Complete Illustrated Guide to Massage, A Step-by-Step Approach to the Healing Art of Touch"2nd ed. Element An imprint of Harper Collins Publishers.2002.
- Holey E.,and Cook E.,"Evidence-Based ,Theraputic Massage A practical Guide for Therapists"3rd ed., Elisevier Science Limited. All rights reserved.2003.
- .Prentice W.E.,and Lehn C."Theraputic Massage" In Prentice W.E., Quillen W.S., and Underwood F."Theraputic Modalities in Rehabilitation"3rd ed.The McGraw-HillCompanies,Inc. pg:503-536,2005.

- **Recommended Journals**

- Journal Periodic articles

- **Electronic Materials and Web Sites**

https://www.youtube.com/results?search_query=message+technique+effularge
www.youtube.com/massgetechniques

Topics to be covered

List of Topics	Week due	Contact Hours
Establishment of Class Ground Rules. Assignment of head student. Collection of students' contact information. Overview of the course goals and specification Explanation of the students' assignments.	1st weeks	2
- Introduction: the concept of massage and its mechanical, physiological, psychological and therapeutic effects.	2nd weeks	2
- Stroking manipulation & Preparation of equipment, patients, and therapist.	3rd week	2
- Effleurage manipulation	4 th , 6 th week	4
- 1 st Midterm exam	5 th weeks	2
- Petrissage	7 th , 8 th	4
- Tapotement	9 th week	2
<u>2nd Midterm exam</u>	10th week	2
- Vibration and shaking	11 th weeks	2
- <i>Deep friction and transverse friction massage</i> - <i>Facial massage</i>	12 th , 13 th week	4
- <i>Final Examination.</i>	14 th	2

Schedule of Assessment Tasks for Students During the Semester

Assessment task	Week due	Proportion of Final Assessment
Theoretical 1 st midterm Exam	5 th	20%
Theoretical 2nd midterm Exam	10 th	20%
<ul style="list-style-type: none"> - Assignment 15% - Readiness/ preparation/ uniform and personal hygiene 1% - Active participation 1% - Manual Handling 1% - professional behavior 2% 	Continuous evaluation	20 %
Final practical exam	14 th	40 %

Required Assignments:

Week	Assignments	Evaluation	Week due
6 th	Myofascial release.	15%	6 th
7 th	Reflexology		7 th
8 th	Shiatsu		8 th
9 th	Lymphatic drainage		9 th
11 th	Thai massage		11 th
12 th	Facial massage		12 th

Criteria for evaluation :

Assignments/Independent learning through literature and library use. Students will be grouped and Choose to prepare a report on related Massage manipulations(contents : description of selected massage type , benefits or physiological effects, indications , contraindications, & learning video) and prepare an power point PRESENTATION (**Approximate time for presentation per group will not be more than 10 minutes**)

- There will be a 10% reduction per day for all late assignments. Any assignment more than 3 days late will receive no credit. Student names& number are required on all assignments.(Due date is one day before presentation)

Course rules :

- **Class Leader:**

Name:

The Class Leader will serve as the direct liaison between the course instructors and the students.

- Ensure that all students' duties are assigned and completed as required.
- Notify course instructor immediately when any student fails to complete a required component of the class.
- Serve as role model for the students and members in both manner and dress.

- **Duties of the Class leader:**

- Ensure that all students are aware and informed of their duties
- Ensure that both lab and classroom environment are always left in a neat and orderly fashion.

Students are expected to attend each session and be on time. Because, The regular attendance is critical for doing well in this course. If you are absent in the class, make arrangements to obtain the notes from another students. Additionally, each student will be responsible for signing her name ONLY.

More comments for instructor :

Any disruptive activity (e.g. use of cell phones, side conversations) in the classroom is prohibited. If the instructor required disruptive students to leave the classroom, the student remains responsible for all the information and will be marked absent for the class session. The dean will impose sanctions for unprofessional behavior.

There will be **no bounce at the end of course.**

