

**Program:** BodyWork Program

<b>Course Number:</b>	TA100
<b>Course Name:</b>	<b>Professional Foundation Module</b>
<b>Total Semester Units:</b>	3 credits
<b>Total Hours:</b>	45
<b>Theory/Lecture/Application/Lab Hours:</b>	45

**Catalog Description of the Course:**

The Professional Foundation Module curriculum focuses on the elements which distinguish the professional BodyWorker from the layperson. It provides lessons on self-care, equipment options, professional protocols and behavior, history and relevant cautions/precautions/conditions that serve as guiding principles to determine if benefit or harm could result from a treatment.

**Prerequisites: none**

**Textbooks:**

Burman, Friedland, TouchAbilities® Essential Connections, Thomson Delmar Learning 2006  
ISBN-13: 978-1-4180-4833-4  
ISBN-10: 1-4180-4833-X

Beck, Theory & Practice of Therapeutic Massage, 4<sup>th</sup> Edition, Thomson Delmar Learning, 2006  
ISBN: 978-1-4018-8029-3/1-4018-8029-0 Hardcover  
ISBN: 978-1-4018-8030-9/1-4018-8030-4 Softcover

Essential Science Publishing, Essential Oils Desk Reference, 3<sup>rd</sup> Edition, 2005  
ISBN: 0-943-685-39-7

**Student Supplies:**

Massage table, stool or chair, linens, lubricant

## **TA100 Professional Foundation Module Objectives:**

**Upon completion of this module the student will be able to:**

- Practice self-care to maintain hand and forearm flexibility, dexterity, coordination and strength
- Choose, use and maintain massage equipment
- Demonstrate professional quality draping
- Demonstrate effective and appropriate bolstering and positioning
- Demonstrate integrated body mechanics that efficiently use the whole body for the task at hand
- Identify the positive benefits of good body mechanics and the negative effects of poor body mechanics
- Discuss the effects of touch on the body
- Identify situations or conditions where BodyWork would be indicated or contraindicated
- Recognize when a client should be referred to another health care practitioner
- Discuss the historical development of BodyWork
- Skillfully, ethically and safely practice BodyWork
- Identify skin conditions that would indicate or contraindicate BodyWork
- Select, blend and apply oils and lubricants

## **Learning Outcomes:**

### **Unit 1: Hands as Tools**

**Page references: Burman/Friedland: pp 327-328**

**Beck: pp 414-416**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Describe the benefits of developing and supporting the flexibility, dexterity, coordination and strength of the hands and forearms
- .2 Demonstrate various exercises that are designed to develop and support flexibility, dexterity, coordination and strength in the hands and forearms
- .3 Identify the predominate potential injuries of the hand and forearm that are occupational hazards of the BodyWork profession
- .4 Use the tools available to develop and support the flexibility, dexterity, coordination and strength in the hands and forearms

## **Unit 2: Equipment**

**Page references: Burman/Friedland: pp 37-42**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Identify the points to consider when purchasing a table
- .2 Demonstrate the ability to set-up and break-down massage tables
- .3 Demonstrate the ability to adjust the height and face cradle on tables
- .4 Identify the accessories commonly used with tables in a professional setting (bolsters, pillows, contour cushions, etc.)
- .5 List options for equipment protection and transport (bags, carts, wheels, etc)
- .6 Discuss the purpose and intent of bolstering
- .7 Demonstrate the use of bolsters, etc. in various positions with the client prone, supine and side-lying

## **Unit 3: Draping and Positioning**

**Page references: Beck: pp 429-446**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Discuss the purpose and intent of draping
- .2 Instruct the client regarding draping and positioning procedures including the use of bolsters, etc.
- .3 Demonstrate respectful and effective draping
- .4 Demonstrate the ability to assist a client to change position while maintaining effective draping and bolstering
- .5 State how one can assess a client's comfort level regarding draping, positioning and bolstering

## **Unit 4: Body Mechanics**

**Page references: Burman/Friedland: pp 25-34**

**Beck: pp 417-427**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Define body mechanics and explain why good body mechanics is essential to being an effective BodyWorker
- .2 Discuss the concepts of trajectory and path of force
- .3 Distinguish between ground points and contact points
- .4 Demonstrate the ability to source and transmit power
- .5 Demonstrate the ability to set the equipment being used (table, mat, chair, etc) to support good body mechanics for the task at hand

- .6 Demonstrate integrated body mechanics that efficiently use the whole body for the task at hand
- .7 List the negative effects of poor body mechanics (short and long term) on a therapists' body
- .8 Demonstrate at least two ways to optimize body mechanics with the intent to avoid overuse, injury or fatigue and to provide effective therapy

### **Unit 5: Effects of Massage**

**Page references: Burman/Friedland: pp 181-190**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Discuss the beneficial and detrimental aspects of stress
- .2 Define and differentiate between direct and indirect effects
- .3 Discuss the differences regarding physical, psychological and physiological effects
- .4 Discuss general responses in the body
- .5 Describe the effects of touch on the various systems of the body
- .6 Discuss the influences of BodyWork not associated with a particular organ system
  - .6.1 Energetic influences
  - .6.2 Bodymind awareness
  - .6.3 Connection and integration
- .7 Identify the factors that affect/influence a BodyWork session

### **Unit 6: Indications and Contraindications**

**Page References: Burman/Friedland: pp 193-205**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Define indication, contraindication and other key terms referred to in the TouchAbilities® book
- .2 Discuss factors relating to disease and dysfunction
- .3 Discuss endangerment sites
  - .3.1 Define the term endangerment site
  - .3.2 Identify the location of endangerment sites throughout the body
- .4 Evaluate a client's status to determine if massage is indicated or contraindicated
- .5 Distinguish between local, regional and general indications and contraindications
- .6 Recognize when a client's condition should be evaluated by a primary health care provider
- .7 Effectively refer a client to another health care provider

## **Unit 7: Historical Development**

**Page references: Burman/Friedland: pp 9-10**

**Beck: pp 3-20**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Explain the use of massage from ancient to modern times as an aid to physical, emotional, mental and spiritual well-being
- .2 Identify key individuals and cultures and their major contributions to the development of massage therapy
- .3 Describe the basic differences and commonalities in BodyWork modalities
- .4 List the prominent professional BodyWork organizations
- .5 Discuss the current trends toward licensure and state regulation
- .6 Discuss the current trends in BodyWork research and modality development

## **Unit 8: Practice Errors**

**Page references: Burman/Friedland: pp 209-214**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Define the terms practice error, adverse event, malpractice, scope of practice and iatrogenic
- .2 Describe factors and situations that increase the risk of errors
- .3 Discuss ways to avoid practice errors
- .4 Analyze and get to the root cause of a practice error

## **Unit 9: Ethics**

**Page references: Beck: 31-56**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Define the meaning of professional ethics
- .2 Explain how the practice of good ethics helps build a successful BodyWork practice
- .3 Differentiate between personal and professional boundaries
- .4 Explain the effects of a power differential in the therapeutic relationship
- .5 Explain the effects of transference, countertransference and dual relationships in the therapeutic setting
- .6 Discuss why and how to desexualize the BodyWork experience

## **Unit 10: Skin**

**Page references: Beck: pp 102-111;303-310;348-352**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Discuss the structure of skin
- .2 Discuss the basic conditions that affect skin
- .3 Identify skin conditions that would indicate or contraindicate BodyWork

## **Unit 11: Oils and Lubricants**

**Page references: Beck: pp 342-345**

**ESP: pp 1-33**

**Upon successful completion of this unit of instruction, the student will be able to:**

- .1 Discuss the general properties and qualities of oils
- .2 Describe the cultivation and harvesting methods of plants used in the oil production process
- .3 Discuss various extraction methods
- .4 Describe the principles of safety, storage, handling and application of oils
- .5 Create oil blends for use on the body and in diffusers
- .6 Discuss lotions and creams as an alternative to oil

### **Instructional Strategy and Methods of Assessment:**

#### **1. Critical Thinking Tasks and Assignments:**

Through class discussion, written assignments and individual and group projects, students will demonstrate critical thinking and practical application strategies.

#### **2. Reading, Writing, Projects, and Homework Assignments:**

To enhance the learning process, it may be helpful to include reading assignments, writing assignments and other projects that will anchor the concepts and skills presented in class.

#### **3. Methods to Measure Student Achievement:**

Students in this course segment may be assessed in the following ways:

##### **a) Knowledge and comprehension:**

- Homework assignments
- Projects
- Exam/s

##### **b) Skill Demonstration:**

- Class presentations
- Performance exam/s