

LMT 175 : SWEDISH RELAXATION CLINIC

Transcript title

Swedish Relaxation Clinic

Credits

2

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

10

Lab hours

30

Prerequisites

LMT 145.

Course Description

Swedish Relaxation Clinic will perform basic Swedish relaxation massage therapy techniques on the general public while demonstrating professionalism, client communication, and client consent during supervised public clinics.

Course learning outcomes

1. Complete a verbal health interview with the client prior to a massage session.
2. Analyze health issues that may contraindicate a Swedish massage session.
3. Demonstrate professional communication in both oral and written form while working in a clinical setting.
4. Demonstrate appropriate Swedish relaxation massage techniques during a massage therapy session appropriate to the client's needs, including those of special populations.
5. Demonstrate an awareness of hygiene, sanitation, and endangerment sites when performing a Swedish relaxation massage therapy session.

Required materials