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|  | ASSOCIATE DEGREE IN  TOURISM IN IN PHYSICAL THERAPY  IN PROFESSIONAL COMPETENCIES |  |

**INTRODUCTION TO MASSAGE THERAPY**

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| --- | --- |
| 1. **Competencies** | To integrate a therapeutic treatment, through Conduct an assessment of the state, planning, execution and evaluation of massage and electrotherapy techniques for rehabilitation and improvement of the quality of life of the user |
| 1. **Four month term** | Second |
| 1. **Theoretical hours** | 35 |
| 1. **Practical hours** | 85 |
| 1. **Total hours** | 120 |
| 1. **Total hours per week four month term** | 8 |
| 1. **Learning objective** | The student will treat daily physical disorder suffering because the stress and pathologies through different massage techniques, relaxing, tired legs, therapeutic, deep tissue massage, contribute to the user's welfare |

|  |  |  |  |
| --- | --- | --- | --- |
| **Learning units** | **Hours** | | |
| **Theory** | **Practice** | **Total** |
| Basic massage techniques | 10 | 20 | 30 |
| Therapeutic massage | 10 | 35 | 45 |
| Deep tissue Massage | 15 | 30 | 45 |
| **Total** | **35** | **85** | **120** |
|  |  |  |  |

# INTRODUCTION TO MASSAGE THERAPY

*LEARNING UNITS*

|  |  |
| --- | --- |
| 1. **Learning unit** | **I.** Basic massage techniques |
| 1. **Theoretical hours** | 10 |
| 1. **Practical hours** | 20 |
| 1. **Total hours** | 30 |
| 1. **Learning unit objective** | The student executes classic massage and tired legs massage technique to contribute to the user's welfare. |

| **Topics** | **Knowledge** | **Skills** | **Values** |
| --- | --- | --- | --- |
| classic massage | Explain the basic massage techniques and benefits:  -posture, positioning, breath, rhythm of the therapist and user.  -Movements: effleurage, petrissage or kneading, pressure, percussion and basic stretching  Identify the importance of the physical and psychological conditions of the therapist | Relax muscles and promote blood circulation by applying classic massage techniques. | Respect  Empathy  Ethics  Analytical  Systematic  Organized  Neatness  Observation  Objective |
| Tired Legs Massage | Explain the conditions of muscular tension in the lower limbs  Relate the user's physical conditions with the technique.  Identify the indications and contraindications of the technique. | Relaxing user´s lower limbs, applying Tired Legs Massage | Respect  Empathy  Ethics  Analytical  Systematic  Organized  Neatness  Observation  Objective |

# INTRODUCTION TO MASSAGE THERAPY

*ASSESSMENT PROCESS*

|  |  |  |
| --- | --- | --- |
| **Learning outcome** | **Learning sequence** | **Assessment instruments** |
| From a practical case, he will propose and execute the massage technique, and record it in a report that includes:   * Justification of the technique used * Indications and contraindications * Recommendations | 1. Understand classic massage techniques and their benefits  2. Understand massage techniques for tired legs.  3. Identify indications and contraindications of massage techniques  4. Understand the procedure of applying massage techniques for tired legs.  5. Relax muscles and promote blood circulation by applying techniques. | Practical cases  Check list |

**INTRODUCTION TO MASSAGE THERAPY**

*LEARNING-TEACHING PROCESS*

|  |  |
| --- | --- |
| **Teaching methods and techniques** | **Teaching aids and materials** |
| Role play  Laboratory practice  Collaborative teams | Canon  Computer  Internet,  whiteboard  Printed Materials  Massage therapy equipment and furniture  Anatomical models |

*TRAINING FACILITIES*

|  |  |  |
| --- | --- | --- |
| **Classroom** | **Laboratory/workshop** | **Company** |
|  | **X** |  |

**INTRODUCTION TO MASSAGE THERAPY**

*LEARNING UNITS*

|  |  |
| --- | --- |
| 1. **Learning unit** | **II. Masaje terapéutico therapeutic Massage** |
| 1. **Theoretical hours** | 10 |
| 1. **Practical hours** | 35 |
| 1. **Total hours** | 45 |
| 1. **Learning unit objective** | The student execute therapeutic massage technique to treat physical treatment to contribute to the user's welfare |

| **Topics** | **Knowledge** | **Skills** | **Values** |
| --- | --- | --- | --- |
| **Therapeutic Massage** | Explain the therapeutic massage techniques and its benefits:  Sedative massage  Therapeutic action on organs  Deep Tissue massages techniques.  Identify the indications and contraindication | Relaxing the muscles, nervous system and boost the blood return applying therapeutic massage technique | Respect  Empathy  Ethics  Analytical  Systematic  Organized  Neatness  Observation  objective |
| **Therapeutic Massage and age group** | Identify the therapeutic massage technique in:   * children, adult, elderly * rehabilitation * indications   contraindications | Improve the physical and mental state applying the therapeutic massage technique | Respect  Empathy  Ethics  Analytical  Systematic  Organized  Neatness  Observation  Objective |

**INTRODUCTION TO MASSAGE THERAPY**

*ASSESSMENT PROCESS*

|  |  |  |
| --- | --- | --- |
| **Learning outcome** | **Learning sequence** | **Assessment instruments** |
| From a practical case, he will propose and execute the massage technique, and record it in a report that includes:  - Justification of the technique used  - Indications and contraindications   - Recommendations | 1. identify therapeutic massage techniques and their benefits    2. Understand massage techniques for tired legs.  3. Identify indications and contraindications of therapeutic massage techniques  4. obtain physical and mental improvement applying the massage techniques  . | Practical cases  Check list |

**INTRODUCTION TO MASSAGE THERAPY**

*LEARNING TEACHING PROCESS*

|  |  |
| --- | --- |
| **Teaching methods and techniques** | **Teaching aids and materials** |
| Role play  Laboratory practice  Collaborative teams | Canon  Computer  Internet,  whiteboard  Printed Materials  Massage therapy equipment and furniture  Anatomical models |

*TRAINING FACILITIES*

|  |  |  |
| --- | --- | --- |
| **Classroom** | **Laboratory/workshop** | **Company** |
|  | **X** |  |

**INTRODUCTION TO MASSAGE THERAPY**

*LEARNING UNITS*

|  |  |
| --- | --- |
| 1. **Learning unit** | **III. Deep tissue Massage** |
| 1. **Theoretical hours** | 15 |
| 1. **Practical hours** | 30 |
| 1. **Total hours** | 45 |
| 1. **Learning unit objective** | The student execute Deep tissue massage technique to contribute to the user's welfare |

| **Topics** | **Knowledge** | **Skills** | **Values** |
| --- | --- | --- | --- |
| Theoretical foundations of deep tissue massage | Explain the anatomical principles of the chains and muscular layers:   * Muscle chain * Anatomic muscle layers * Neuro-receptors type |  | Respect  Empathy  Ethics  Analytical  Systematic  Organized  Neatness  Observation  objective |
| Deep tissue massage techniques | Explain Deep tissue massage techniques with:  Thumbs  - knuckles  - Palmar Eminence  - Elbow  - Forearm  - Indications and contraindications | Treat daily and chronic musculoskeletal pathologies with deep tissue massage techniques.  Release muscle tension and restore muscle-skeletal functions by applying the deep tissue massage technique | Respect  Empathy  Ethics  Analytical  Systematic  Organized  Neatness  Observation  Objective |

**INTRODUCTION TO MASSAGE THERAPY**

*ASSESSMENT PROCESS*

|  |  |  |
| --- | --- | --- |
| **Learning outcome** | **Learning sequence** | **Assessment instruments** |
| From a practical case, he will propose and execute the massage technique, and record it in a report that includes:  - Justification of the technique used  - Indications and contraindications   - Recommendations | 1. identify the anatomical principles of the chains and muscular layers and Neuro-receptors type  2. Identify the deep tissue massage technique and their benefits  3. Identify indications and contraindications of therapeutic massage techniques  4. treat musculoskeletal pathologies by applying massage techniques  . | Practical cases  Check list |

**INTRODUCTION TO MASSAGE THERAPY**

*LEARNING TEACHING PROCESS*

|  |  |
| --- | --- |
| **Teaching methods and techniques** | **Teaching aids and materials** |
| Role play  Laboratory practice  Collaborative teams | Canon  Computer  Internet,  whiteboard  Printed Materials  Massage therapy equipment and furniture  Anatomical models |

*TRAINING FACILITIES*

|  |  |  |
| --- | --- | --- |
| **Classroom** | **Laboratory/workshop** | **Company** |
|  | **X** |  |

# INTRODUCTION TO MASSAGE THERAPY

*CAPABILITIES DERIVED FROM THE PROFESSIONAL COMPETENCES WHICH CONTRIBUTE TO THE SUBJECT*

|  |  |
| --- | --- |
| **Capability** | **Performance criteria** |
| To develop therapeutic treatment through massage and electrotherapy techniques, to contribute to relaxation, blood circulation and pain management. | Execute the techniques of massage therapy and electrotherapy according to the established protocol: Facilities, equipment and supplies to be used, times, temperature; indications, contraindications and benefits for the user.  Make a record of the application of the treatment, which will be integrated into the therapeutic file, which includes:  - Date, time and session number  - Treatment specifying the techniques used for massage therapy and electrotherapy  - Advances of the treatment  - Observations:      - Reaction or affectation      - Follow-up suggestions and medical revaluation  - Responsible therapist and specialty |
| To evaluate the evolution and satisfaction of the user through the analysis of the results, to propose adjustments to the therapeutic treatment and to contribute to the achievement of the objectives of the same. | Prepare a report of results that will be integrated into the therapeutic file, including:  - Compliance with scheduled activities  - Equipment used  - Applied techniques  - Compliance with hygiene and safety regulations  - Degree of user evolution  - Degree of user satisfaction  - Conclusions of the treatment  - Observations and proposal of Adaptation to treatment |

**INTRODUCTION TO MASSAGE THERAPY**

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