

Course: Massage Theory and Practice

Instructor: Jane Teacher

Class #6 Topic: Swedish Gymnastics

Text: *Introduction to Massage*

Class Objectives:

- Describe the benefits and physiological effects of Swedish gymnastics.
- Identify contraindications for Swedish gymnastics.
- Execute Swedish gymnastics for the major joints of the body.

Methods of Assessment for Today's Class Objectives:

Multiple-choice, short answer Quiz #5 at the beginning of class #7

Competency check #4 during class #7

Outline

Overview of Swedish Gymnastics:	30 minute lecture
Break	5 minutes
Demonstration of Swedish Gymnastics:	30 minute demonstration by instructor highlighting draping; bodymechanics; safety and proper execution for neck, shoulder, elbow, wrist, hip, knee, and ankle
Exchange Set Up:	10 minutes
Swedish Gymnastics Exchange 1:	40 minute practice
Switch Partners	15 minutes
Swedish Gymnastics Exchange 2:	40 minute practice
Review	10 minute summary and wrap-up

