



Course Information, Curriculum and Modules

Diploma in Swedish Massage

**27 Craigs Avenue, Corstorphine,
Edinburgh, EH12 8HS**

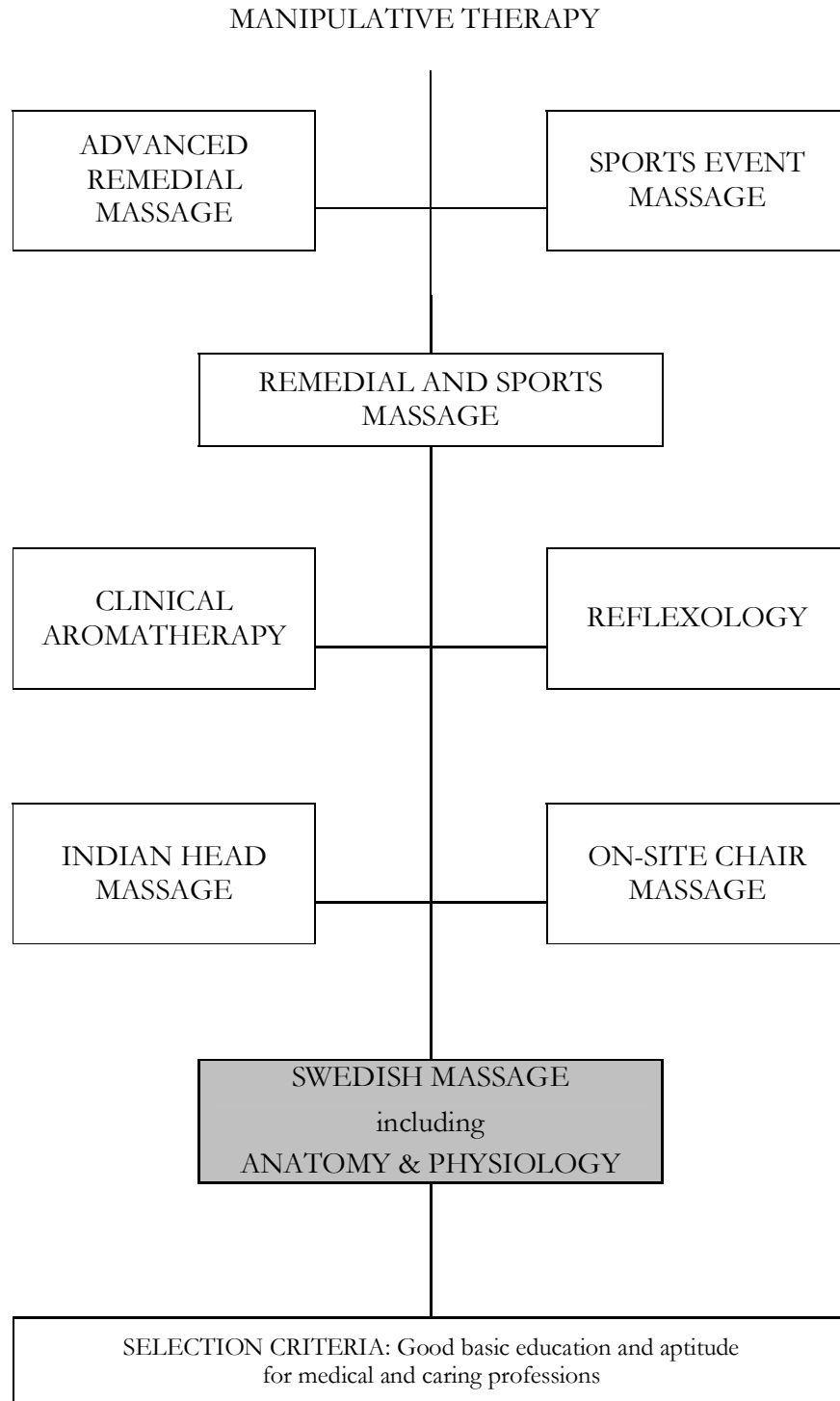
Telephone: 08454-757871 Mobile: 07917-757871

Email: info@scottishmassage.co.uk

Website: www.scottishmassage.co.uk

CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





Scottish Massage Schools

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Scotland's leading provider of complementary therapies training

DIPLOMA IN SWEDISH MASSAGE

**Welcome to the Scottish Massage Schools'
Swedish Massage Diploma course held in
Aberdeen, Edinburgh, Perth, Inverness and the Borders.**

This leaflet contains information about our course, an outline of the weekends and the contents of the modules. As you will note, as well as being a qualification in its own right, this Diploma course is the first step in a full career progression to Remedial & Sports Massage, Advanced Remedial Massage and Sports Event Massage, as well as Reflexology, Aromatherapy, On-Site Chair Massage and Indian Head Massage.

If anything in this leaflet clarification, do not hesitate to get in touch.

The course is a lot of fun, and as Swedish Massage is so beneficial to health, you will not only be learning new skills, but also maintaining and restoring your own health!

We include a brochure, which contains the dates of the current course, and an application form.

We look forward to hearing from you.

Best wishes,

A handwritten signature in black ink that reads "Lorna Forrester".

Lorna Forrester
Principal

DIPLOMA IN SWEDISH MASSAGE

The Scottish Massage Schools' Swedish Massage Diploma course serves both as a Diploma course in its own right in that the graduating Massage Therapist may join a professional body approved by the General Council for Massage Therapy (GCMT). This will allow the therapist to obtain the necessary professional insurance and then set up in practice as a sole-trader, home-visiting or work for a gym, hotel or health clinic etc.

To gain a Diploma in Swedish Massage the student must:

- (i) attend 120 hours of training over 8 weekends as stipulated
- (ii) complete home assignments and practice the practical skills learned at each weekend
- (iii) attain the required standard, passing the final written and practical examinations
- (iv) compile the required case studies to the standard required and submit
- (v) have the attitude and professionalism required to become a professional Massage Therapist

This Course is designated as Part I of the progression 'tree', by Scottish Massage Schools

Part I: consists of eight (8) weekends (120 hours) of anatomy, physiology, practice management and Swedish Massage to Diploma level.

ENTRY REQUIREMENTS

Part I: a good basic education and an interest and enthusiasm for the caring professions. Time and motivation are necessary for the home study required, as well as a reasonable level of fitness!

FURTHER TRAINING

On completion of Part I – Swedish Massage Diploma course, graduates will have the entry requirements for one of the Part II courses, which follow on in:

- Remedial and Sports Massage (which leads on to Part III - Advanced Remedial Massage or Sports Event Massage Diploma course);
- Clinical Aromatherapy
- Reflexology
- On-Site Massage
- Indian Head Massage

AFFILIATION

This course is affiliated to the Scottish Massage Therapists Organisation (SMTO), the pre-eminent Organisation in Scotland working to unite Scotland's Massage Therapists, Remedial and Sports Massage Therapists, Advanced Remedial Massage Therapists, Clinical Aromatherapists and Reflexologists.

Graduates are invited to join the SMTO for membership and insurance to practice, on completion of the Diploma in Swedish Massage.

SCOTTISH MASSAGE SCHOOLS

Aberdeen: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

Edinburgh: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

Perth: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

ASSOCIATED MASSAGE SCHOOLS

Inverness: Highland School of Massage
Contact Kit Harling on 01540-661689, kitandjohn@btinternet.com

Borders: Borders School of Massage
Contact Moira Watson on 07748-955922, info@essencemassagetherapy.co.uk

PART I – SWEDISH MASSAGE

FEES

There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or paid monthly by banker's order. Please see individual course brochures from your local School for further details (contact details on page 1).

Should a course not run, the registration fee and any tuition fees paid, will be returned. All fees must be paid by weekend five (5). Failure to comply will result in exclusion from the final exams.

Where full tuition fees have been paid at the beginning of the course, a proportion of the fees will be returned should a student defer / leave due to illness. However, as our costs are front loaded, there are no refunds after weekend one (1).

REGISTRATION

Please complete an application form and return to the School of your choice, along with your non-refundable registration fee, as soon as possible to avoid disappointment.

DATES

These are found enclosed in the course letter. Start dates for all courses can be found on Scottish Massage Schools website www.scottishmassage.co.uk or each School's website (links from Scottish Massage Schools' website).

DURATION

Eight (8) weekends; 8.30am – 5pm both days.

VENUE

Aberdeen: Curl Aberdeen, Eday Walk, Summerhill, Aberdeen AB15 6LN

Edinburgh: Edinburgh Academy Junior School, Edinburgh EH3 5PL

Perth: AK Bell Library, 2-8 York Place, Perth PH2 8EP

Inverness: Morayfirth Training Centre, Harbour Road, Inverness

Borders: various locations throughout the Borders

B&B

A list of bed and breakfast establishments is available on request.

ATTENDANCE

100% is recommended. In the event of a day being missed, an alternative can usually be arranged at an alternative venue.

ABSENCE

Please discuss any planned absences before the start of the course. A 'make-up' of the practical aspect of the course can be arranged for weekends missed, however, there will be a charge for this to cover the tutor's time.

REQUIREMENTS

Please bring two pillows and 2 bath sheets/bath towels and a hand towel to each weekend, plus a portable couch (if you own one). A notebook and pen is also required.

COURSE BOOKS

"Anatomy, Physiology and Pathology for the Massage Therapist" by Su Fox and Darien Pritchard ISBN 1903333075 (available through Scottish Massage Schools) and any nurse's dictionary.

HANDOUTS

You will receive handouts, which we hope will help you in your studying.

HOME STUDY & PRACTICE

It is estimated that home study will involve five hours per week though this will obviously vary from student to student. Students are encouraged to meet between weekends to study and practice. In addition it is expected that a student practises the practical skills taught a minimum of five hours per week.

HOMEWORK

There will be homework set at the end of weekends 1-6; homework forms part of the course. This is posted to a course tutor (details will be given at the beginning of the course) within 14 days of each course weekend.

CASE STUDIES

A record of clients receiving massage treatments is required and will be done as homework. (Guidelines and checklists will be given to assist).

STANDARDS

A programme of Continuous Assessment is in situ and will contribute to the final mark.

COURSE TUTORS

Lorna Forrester RMT DCA DIR DOSM SMTO - Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

Moira Watson DARM RMT DOSM HNDaromatherapy SMTO - Head of Studies for Scottish Massage Schools and Principal of the Borders School of Massage. Moira is a practising Advanced Remedial Massage Therapist, Aromatherapist, and On-Site Massage Therapist. She also practises in Indian Head Massage and Cranio-sacral Therapy.

Barbara Fairbairn RMT, SMTO – one of the leaders of the Swedish Massage course in Edinburgh and in a busy practice using Swedish, Remedial and Sports Massage, Emotional Freedom Technique and Thai Foot Massage.

Simon Dickson DARM RMT DOSM DCA – one of the leaders of the Swedish Massage course in Edinburgh and in Aberdeen. Simon runs a busy practice using Advanced Remedial Massage, Clinical Aromatherapy, Reflexology and Advanced Beauty techniques.

John Harling DARM SMTO - Principal of the Highland School of Massage and Highland School of Remedial Massage in Inverness, and practising Advanced Remedial Massage Therapist, Sports Massage Therapist and On-Site Massage Therapist.

Kit Harling DARM SMTO - Head of Studies of the Highland School of Massage and Remedial Massage, and practising Advanced Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist.

Susan Mollison DARM SMTO - Practising Advanced Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist.

Sheila Brown BSc Anat DARM SMTO PGCE - Anatomist; physics, chemistry and biology teacher, teacher of special educational needs; and Education Advisor to Scottish Massage Schools

Maggie Brooks-Carter DO RGN SMTO - Founder of Scottish Massage Schools, Maggie practises as a Registered Osteopath, Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist at the Brooks-Carter Clinic in Aberdeen. Maggie continues to be involved and acts as a consultant to Scottish Massage Schools.

MODULES – DIPLOMA IN SWEDISH MASSAGE

- Module 1: Anatomy, Physiology and Pathology
- Module 2: Stress Management
- Module 3: Swedish Massage
- Module 4: Practice Management
- Module 5: First Aid

TEACHING METHODS

Though beginners are catered for, the range of knowledge and background obviously varies. With this in mind the course is structured to include a variety of teaching methods.

FORMAL TEACHING

The theoretical part of the course tends to take place in the mornings. Practical in the afternoons.

GROUP LEARNING

Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models and a wide range of books under the auspices of a practical tutor, *'search and discovery style'*.

SMALL GROUP TUTORIALS

These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

PRACTICAL TEACHING

Takes place in small groups so that students can also observe their peers learning the strokes. Once the basic strokes have been learned the students work in pairs – usually by weekend three. The teacher-student ratio in practical work is 1:8.

SPECIAL NEEDS

Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successfully in their achievements. If you wish to discuss your special needs and how we can help you, please call Scottish Massage Schools on 08454-757871 or either of the associated schools (contact details on page 1).

ASSESSMENTS

Mock examinations are sat on weekend seven (7), and final examinations are sat on weekend (8). The examinations consist of practical, written and oral assessments.

EXTERNAL EXAMINER

An external examiner presides at the Final Exams to ensure that standards are upheld.

PLAGIARISM

Intentional plagiarism will not be tolerated and will result in disciplinary action will be taken.

RESITS

If the required standard is not reached and the examinations are not passed; resits will be organised within one month of the examination date. Resit fee £50.

APPEALS

There is an appeals procedure.

DIPLOMA

A Diploma in Swedish Massage is awarded to those candidates who are successful on the course, assuming that all criteria have been satisfied and the candidate is considered to be a professional Massage Therapist. Graduates are entitled to use the letters DSM (Diploma in Swedish Massage) after their name.

DISCONTINUATION OF TRAINING

The Principal and/or Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession.

INSURANCE

Insurance to work as a massage therapist can be obtained through various organisations, including the SMTO. All students require insurance on completion of the Diploma in Swedish Massage course.

FIRST AID

A certificate of First Aid will be completed during the course, usually around weekends 7 or 8.

PROFESSIONAL BODY

Graduates are actively encouraged to join the dynamic and pre-eminent organisation for Scotland – the Scottish Massage Therapists Organisation (SMTO) – and be listed on their register.

SWEATSHIRTS/POLOSHIRTS

School sweatshirts and poloshirts are available in various colours.

POST-GRADUATE TRAINING

Post-graduate workshops and training days will be arranged and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through Scottish Massage Schools, SMTO and each of the individual schools. Details are publicised in *'On The Massage Scene'* magazine and websites www.scotmass.co.uk, www.scottishmassage.co.uk, www.highlandmassage.co.uk and www.essencemassagetherapy.co.uk

FURTHER TRAINING

Remedial and Sports Massage Diploma:	Courses held in Aberdeen, Edinburgh, Inverness and Borders
Advanced Remedial Massage Diploma:	Courses held in Aberdeen and Edinburgh
Sports Event Massage Diploma:	Courses held in Aberdeen and Edinburgh
Clinical Aromatherapy Diploma:	Courses held in Aberdeen and Edinburgh
Reflexology Diploma:	Courses held in Aberdeen, Edinburgh, and Inverness
On-Site Massage Diploma:	Courses held in Aberdeen, Edinburgh, Inverness, and Borders
Indian Head Massage Diploma:	Courses held in Aberdeen, Edinburgh, Inverness, and Borders

Please ask for course dates, details and modules.

CONTENTS OF MODULES

MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

MODULE 1-A CELLS, TISSUES AND FUNCTIONS; TERMINOLOGY

- (a) The make up and contents of a typical cell. The contents to include:
 - (i) basic structure of the cell
 - (ii) cell membrane
 - (iii) cytoplasm
 - (iv) the Golgi apparatus
 - (v) the mitochondria
 - (vi) lysosomes
 - (vii) organelles
- (b) Cell division: cell physiology
- (c) Types of tissues found in the human body to include:
 - (i) epithelial tissue – simple squamous, cuboidal, columnar, transitional and glandular
 - (ii) connective tissue – specialised cells, fibres, matrix, loose, dense, elastic and reticular connective tissues, adipose tissue, cartilage, bone, blood lymph and tissues which produce blood cells
 - (iii) muscle tissue – skeletal, cardiac, smooth
 - (iv) nervous tissue
 - (v) membranes – mucous, serous
 - (vi) neoplasms and abnormal growths
- (d) Terminology:
 - (i) words pertaining to parts of the body
 - (ii) basic medical terminology

MODULE 1-B THE SKELETAL SYSTEM

- (a) The role of the skeletal system - support, protection, production of blood cells, storage of tissue salts.
- (b) Types of bone: long, flat, short, irregular, sesamoid.
Macroscopic and microscopic anatomy and the development of bone.
- (c) Bones of the axial and appendicular skeleton.
- (d) Bone deformities and bone disorders.

MODULE 1-C THE ARTICULATORY SYSTEM

- (a) The classification of Joints:-
 - (i) fibrous
 - (ii) cartilaginous
 - (iii) synovial
- (b) Types of Synovial Joints:-
 - (i) ball and socket
 - (ii) condyloid
 - (iii) gliding
 - (iv) hinge
 - (v) pivot
 - (vi) saddle
- (c) Movements of joints ó terminology
- (d) Anatomy of the:-
 - (i) shoulder joint and shoulder complex
 - (ii) shoulder girdle
 - (iii) elbow joint
 - (iv) wrist, hands and finger joints
 - (v) hip joint

- (vi) joints of the pelvic girdle
- (vii) knee joint
- (viii) ankle, foot and toe joints
- (ix) temporo-mandibular joint
- (x) sternum, clavicle and ribs
- (e) Anatomy of the vertebral column:-
 - (i) cervical spine
 - (ii) thoracic spine
 - (iii) lumbar spine
 - (iv) sacrum
 - (v) coccyx
- (f) The intervertebral disc and its functions
- (g) Diseases and abnormalities of joints

MODULE 1-D THE MUSCULAR SYSTEM

- (a) Types of muscle:
 - (i) smooth
 - (ii) cardiac
 - (iii) skeletal
- (b) Characteristics of muscle
- (c) Structure of muscle
- (d) The function of muscle
- (e) Principles of muscle contraction
- (f) The origins, insertions and actions of major skeletal muscles
- (g) Muscle conditioning, strengthening and stretching
- (h) Levers
- (i) The relationship between muscle health and circulation
- (j) Effects of trauma and exercise

MODULE 1-E THE INTEGUMENTARY SYSTEM

- (a) The structure and function of the skin:-
 - (i) epidermis
 - (ii) dermis
 - (iii) subcutaneous layer
- (b) Accessory organs of the skin:-
 - (i) hair follicles
 - (ii) sebaceous glands
 - (iii) nails
 - (iv) sweat glands
- (c) Functions of the skin: protection, absorption, excretion, secretion and temperature control
- (d) Skin Disorders

MODULE 1-F THE CARDIOVASCULAR SYSTEM

- (a) The structure and function of:-
 - (i) heart
 - (ii) arteries
 - (iii) arterioles
 - (iv) capillaries
 - (v) venules
 - (vi) veins
- (b) Blood:-

- (i) function and composition
- (ii) the coagulation of blood
- (iii) disorders of the blood
- (c) The physiology of circulation:
 - (i) pulmonary circulation
 - (ii) systemic circulation
 - (iii) blood pressure
- (d) Disorders of the cardiovascular system
- (e) Exercise and its effects on the cardiovascular system

MODULE 1-G THE LYMPHATIC SYSTEM

- (a) The structure and function of the lymphatic system
 - (i) lymph
 - (ii) vessels, capillaries and trunks
 - (iii) collecting ducts
 - (iv) lymphatic nodes
- (b) Organs connected with the lymphatic system:-
 - (i) spleen
 - (ii) thymus gland
 - (iii) tonsils and adenoids
 - (iv) Peyers' patches
- (c) Immunity
- (d) Disorders of the lymphatic system

MODULE 1-H THE NERVOUS SYSTEM

- (a) The general function and role of the nervous system
- (b) The nerve:
 - (i) structure
 - (ii) nerve pathways and transmission
 - (iii) the synapse
- (c) The reflex arc
- (d) The central nervous system - the brain and cranial nerves
- (e) The peripheral nervous system - the spine and spinal nerves
- (f) The autonomic nervous system - sympathetic and parasympathetic
- (g) The nervous system and related pathology

MODULE 1-I THE ENDOCRINE SYSTEM

- (a) The endocrine and exocrine glands
- (b) Hormones, their actions and interactions with the nervous system and their regulation and transport
- (c) The position, structure and function of:-
 - (i) pituitary gland
 - (ii) thyroid gland
 - (iii) parathyroid glands
 - (iv) adrenal glands
 - (v) pancreas
 - (vi) pineal gland
 - (vii) thymus gland
 - (viii) testes and ovaries
- (d) Disorders of the endocrine system

MODULE 1-J THE RESPIRATORY SYSTEM

- (a) The organs of the respiratory system:-
 - (i) nasal cavity
 - (ii) pharynx
 - (iii) larynx
 - (iv) trachea
 - (v) bronchi
 - (vi) lungs
- (b) The physiology of respiration:-
 - (i) pulmonary ventilation
 - (ii) inspiration
 - (iii) exhalation
 - (iv) modified respiratory movements
- (c) The exchange of gases
- (d) Internal and external respiration
- (e) The transport of gases
- (f) Control of respiration
- (g) Factors influencing the respiratory system
- (h) Disorders of the respiratory system

MODULE 1-K THE DIGESTIVE SYSTEM

- (a) The digestive processes and organisation of the gastro-intestinal tract
- (b) The position, structure and function of:-
 - (i) oral cavity, tongue and pharynx
 - (ii) salivary glands
 - (iii) oesophagus
 - (iv) stomach
 - (v) pancreas
 - (vi) liver
 - (vii) gallbladder
 - (viii) small intestine - duodenum, jejunum, ileum
 - (ix) large intestine
 - (x) rectum and anus
- (c) The actions of enzymes and digestive secretions on:-
 - (i) carbohydrates
 - (ii) proteins
 - (iii) fats
- (d) Nutrition
- (e) Disorders of the digestive system

MODULE 1-L THE URINARY SYSTEM

- (a) The position, structure and function of:-
 - (i) kidneys
 - (ii) ureters
 - (iii) bladder
 - (iv) urethra
- (b) The formation and elimination of urine
- (c) Disorders of the urinary system

MODULE 1-M THE REPRODUCTIVE SYSTEM

- (a) The position, structure and function of:-

- (i) ovary
 - (ii) uterine tubes
 - (iii) uterus
 - (iv) vagina
 - (v) mammary glands
 - (vi) testes
 - (vii) epididymus
 - (viii) prostate gland
 - (ix) scrotum
 - (x) penis
- (b) Pre-menstrual tension, menstruation and menopause.
- (c) Disorders of the male and female reproductive systems.

MODULE 1-N BASIC CHEMISTRY AND PHYSICS

- (a) Composition of atoms and molecules and their relation to energy
- (b) The meaning of osmosis, diffusion, filtration, phagocytosis, and pinocytosis
- (c) Electricity: sound and light as forms of energy

MODULE 3-O PATHOLOGY

- (a) Definition of pathology
- (b) The inflammatory response
- (c) The acute condition
- (d) The chronic condition
- (e) The emergency condition
- (f) Pathological conditions as related to the different systems; referral protocols

MODULE 2 – STRESS MANAGEMENT

- (a) Stress
 - (i) definition
 - (ii) recognising stressors
 - (iii) signs and symptoms of stress
- (b) General Adaptation Syndrome:
 - (i) the alarm reaction - 'fight or flight'
 - (ii) the resistance reaction
 - (iii) final phase - exhaustion
- (c) Effects of long-term stress
- (d) Stress and disease
- (e) Stress Management
- (f) Stress and relaxation
- (g) Relaxation techniques

MODULE 3 – SWEDISH MASSAGE

- (a) The history, philosophy and role of Swedish Massage
- (b) The benefits and physiological effects of massage - general and specific including the effects of massage on the different systems of the body
- (c) How to present oneself professionally with due regard to hygiene, manner and posture
- (d) The preparation and maintenance of the working area with due regard to the safety and comfort of the client.
- (e) The consultation, history taking and evaluation of the client, checking for cautions and contra-indications and assessing the client's needs, referring clients where appropriate.

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- (f) The safe and practical application of the movements of massage incorporating safe and efficient posture and the uses and effects of the different moves:-
 - (i) effleurage
 - (ii) petrissage
 - (iii) friction
 - (iv) tapotement
 - (g) Relating the manual techniques of massage to knowledge of anatomy and physiology
 - (h) Swedish massage to legs, arms & hands, feet, back & hips, neck & shoulders (seated and prone), abdomen, face & head, and full body massage.
 - (i) Care of clients with special needs:
 - (i) the pregnant lady
 - (ii) the elderly, frail, babies, toddlers, children
 - (iii) the disabled client
 - (iv) the client with M.S., M.E., etc.
 - (v) the visually or hearing impaired client.
 - (j) The evaluation of the effectiveness of the Swedish Massage, aftercare and advice, common client reactions to massage treatment.

MODULE 4 – PRACTICE MANAGEMENT

- (b) Ethics and Professionalism – how to interpret and apply rules and ethics of professional practice and codes of conduct
- (c) Setting up and managing and promoting a Massage Therapy Practice:
 - (i) advantages and disadvantages of the different types of employment
 - (ii) the legal requirements to establish and maintain a practice
 - (iii) managing a business in the capacity of a sole trader
 - (iv) financial considerations and calculating charges for treatment
 - (v) the importance of effective marketing
- (d) Record keeping – taking and keeping client's notes, keeping accounts, legalities, insurance and public liability

MODULE 5 – FIRST AID

- (a) Identifying the emergency condition
- (b) Emergency procedures and immediate action response
- (c) Cardio-pulmonary resuscitation
- (d) First Aid management of burns, head injuries, strokes, heart attacks, fainting, choking, shock and haemorrhage
- (e) First Aid treatment of sprains and strains.

**SCOTTISH MASSAGE SCHOOLS
SWEDISH MASSAGE DIPLOMA COURSE**



WEEKEND 1	WEEKEND 2	WEEKEND 3	WEEKEND 4
<p>Introduction to Swedish Massage:</p> <ul style="list-style-type: none"> the effects and benefits cautions and contraindications <p>The origins of massage - history and types of massage.</p> <p>Holistic approach</p> <p>Introduction to systems of body and the effects of massage on them.</p> <p>Medical terminology and movements of the body.</p> <p>The skeletal, articular and muscular systems.</p> <p>Anatomy of the lower limb.</p> <p>Practice Management:</p> <ul style="list-style-type: none"> the therapist, treatment room and choosing a couch <p><u>Practical Assignment</u></p> <p>Movements of massage: effleurage, petrissage, friction, tapotement.</p> <p>Swedish massage to the leg.</p> <p>Landmarks of the lower limb.</p>	<p>Cells and tissues of the body.</p> <p>Homeostasis.</p> <p>Introduction to pathology.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> skeletal system muscular system <p>Anatomy of the</p> <ul style="list-style-type: none"> Upper limb Ankle and foot <p>Preparing to give a massage and hand fitness.</p> <p>Importance of good posture.</p> <p>Practice Management:</p> <ul style="list-style-type: none"> the consultation: assessing the client's needs. <p><u>Practical Assignment</u></p> <p>Consultation workshop.</p> <p>Swedish massage to the:</p> <ul style="list-style-type: none"> upper limb lower leg and foot <p>Landmarks of the upper limb and foot</p>	<p>The acute condition: the inflammatory response.</p> <p>The nervous system and brain.</p> <p>The integumentary system.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> nervous system integumentary system <p>Anatomy of the</p> <ul style="list-style-type: none"> back pelvis and pelvic girdle hip <p>Practice Management:</p> <ul style="list-style-type: none"> treatment records advice and aftercare <p>The case study.</p> <p><u>Practical Assignment</u></p> <p>Swedish massage to the back and hips.</p> <p>Landmarks of the back and hips.</p>	<p>The chronic condition and conditions often found in practice.</p> <p>The endocrine system.</p> <p>The cardiovascular system.</p> <p>The lymphatic system.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> endocrine system cardiovascular system lymphatic system <p>Anatomy of the</p> <ul style="list-style-type: none"> shoulder joint and girdle neck <p>Practice Management:</p> <ul style="list-style-type: none"> the importance of keeping records professionalism, ethics and code of conduct. <p><u>Practical Assignment</u></p> <p>Swedish massage to the neck and shoulders: seated and lying.</p> <p>Landmarks of the back, neck and shoulder area.</p>

SCOTTISH MASSAGE SCHOOLS
SWEDISH MASSAGE DIPLOMA COURSE



WEEKEND 5	WEEKEND 6	WEEKEND 7	WEEKEND 8
<p>The respiratory system.</p> <p>The digestive system.</p> <p>The urinary system.</p> <p>Pathology of the</p> <ul style="list-style-type: none"> respiratory system digestive system urinary system <p>Nutrition.</p> <p>Practice Management:</p> <ul style="list-style-type: none"> when to refer <p>Group revision session.</p> <p><u>Practical Assignment</u></p> <p>Surface anatomy of abdominal area.</p> <p>Abdominal massage.</p> <p>Review workshop.</p>	<p>The reproductive system</p> <p>Pathology of the</p> <ul style="list-style-type: none"> reproductive system <p>Care of the pregnant client.</p> <p>Stress: effects on health, and some ways to manage it.</p> <p>Relaxation.</p> <p>Practice Management:</p> <ul style="list-style-type: none"> the legal aspects, book-keeping and records for the tax man. <p>Oral scenarios.</p> <p>Group revision sessions.</p> <p><u>Practical Assignment</u></p> <p>Relaxation techniques.</p> <p>Relaxation massage.</p> <p>Practical scenarios.</p>	<p>Mock oral and written assessments.</p> <p>Practice Management:</p> <ul style="list-style-type: none"> how to set up in business and promote it introduction to other therapies <p>Introduction to electrotherapy: use of heat lamps and G5.</p> <p>Heat: its uses and effects.</p> <p>Anatomy of the skull.</p> <p>Anatomy of the face.</p> <p>Face massage and its uses.</p> <p>Safety and fine tuning of strokes.</p> <p>First Aid ó the emergency condition.</p> <p><u>Practical Assignment</u></p> <p>Mock practical assessments.</p> <p>Face and Head massage.</p> <p>Cardio-Pulmonary Resuscitation.</p>	<p>Final oral and written assessments</p> <p>Practice Management:</p> <ul style="list-style-type: none"> the importance of Continual Professional Development (CPD) Scottish Massage Therapists Organisation (SMTO) membership and Insurance <p>Working with energies.</p> <p>Introduction to Massage for people with cancer.</p> <p>Introduction to Remedial Massage: General and Specific assessment procedures.</p> <p><u>Practical Assignment</u></p> <p>Final practical assessments.</p> <p>Remedial assessment procedures.</p> <p>Full body massage.</p>