

# LMT 175 : SWEDISH RELAXATION CLINIC

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## 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