Faculty is required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Academic Affairs and Standards Council.

DEPT. MSTH  COURSE NUMBER: 1130

NUMBER OF CREDITS: 1

COURSE TITLE: Spa Techniques

CATALOG DESCRIPTION: This course will enable students to effectively incorporate spa services into their business by using a step by step hands on approach to learning and studying ways to improve their business through marketing. This course is designed for college students as well as persons who are already practicing in the field of massage.

AUDIENCE: Massage students, massage therapists

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)
Area: by meeting the following competencies:
Area: by meeting the following competencies:
Area: by meeting the following competencies:

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE:

LENGTH OF COURSE: 1 hour a week for 15 weeks

THIS COURSE IS USUALLY OFFERED:
Every other year □  fall □  spring x□  summer □  undetermined □

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT: The academic objectives of this course are:
   a. The student will gain the necessary knowledge to perform basic waterless spa techniques in a variety of settings and situations.
   b. The student will learn the intent of various spa techniques.
   c. The student will be able to identify when it is appropriate and beneficial to perform spa techniques.
   d. The student will be able to identify when it is unnecessary and inappropriate to perform spa techniques.
2) THINKING SKILLS: This course will help students improve the effectiveness of their thinking skills through:
   a. The student will be able to identify the needs of the client through evaluation.
   b. The student will increase their critical thinking and adaptability skills through real life scenarios.

3) COMMUNICATIONS SKILLS: This course will help students improve their oral and written communication skills through:
   a. Students will learn effective written and oral communication skills that are to be used with co-workers, clients, and the general public.
   b. Students will learn how to effectively market themselves and the spa industry through written and oral communication.

4) HUMAN DIVERSITY: This course will help students recognize, understand, and appreciate human diversity through:
   a. Students will gain an awareness of how cultural perspectives and differences impact how we deal with each other in the classroom and in the work place.

TOPICS TO BE COVERED:

1. History of spa techniques
2. Wraps
3. Foot treatments
4. Scrubs and polishes
5. Health and sanitation
6. Exfoliation
7. Marketing and purchasing
8. Hand treatments
9. Hydrotherapy
10. Equipment and products
11. Ethics

LIST OF EXPECTED COURSE OUTCOMES:

1. Identify indications and contraindications in spa therapy.
2. Identify the different types of spa therapies.
3. Demonstrate an understanding of how several spa therapies are performed.
4. Demonstrate an understanding of how to drape and undrape clients during various spa therapies.
5. Identify various types of equipment and demonstrate their usage.
6. Demonstrate how to set up a spa area.
7. Identify the physical and psychological effects of spa therapies on the individual.
8. Identify ethical boundaries.
9. Demonstrate knowledge of how spa techniques have evolved.
10. Demonstrate how to put together a business plan and/or financial plan.

LEARNING/TEACHING TECHNIQUES used in the course are:
- Collaborative Learning
- Student Presentations
- Creative Projects
- Lecture
- Demonstrations
- Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
- Reading
- Tests
- Individual Projects
- Oral Presentations
- Worksheets
- Collaborative Projects
- Textbook Problems
- Papers
- Group Projects
- Portfolio
- Other (describe below)

EXPECTED STUDENT LEARNING OUTCOMES: See Above.

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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