



# **INSTRUCTIONAL PACKAGE**

COS 156  
Fundamentals of Massage

Effective Term  
2021/2022

# INSTRUCTIONAL PACKAGE

## Part I: Course Information

Effective Term: 2021/2022

COURSE PREFIX: COS 156

COURSE TITLE: Fundamentals of Massage

CONTACT HOURS: 0 Lecture 6 Lab

CREDIT HOURS: 2

### **RATIONALE FOR THE COURSE:**

The student will learn the techniques necessary for giving massages that meet the client's individual needs and are an essential part of a facial treatment.

### **COURSE DESCRIPTION:**

This is an introductory course in the theory, preparation, manipulations, and safety measures of massage.

### **PREREQUISITES/CO-REQUISITES:**

(Credit level ENG 032 Minimum Grade of C\* or Credit level ENG 100 Minimum Grade of C\* or Credit level ENG 101 Minimum Grade of C or Credit level ENG 101 Minimum Grade of TC or Credit level ENG 155 Minimum Grade of C or Credit level ENG 155 Minimum Grade of TC or ACCUPLACER Reading Comp 056 or New ACCUPLACER Reading Comp 235 or COMPANION Reading 056 or Multiple Measures English 1 or SAT Critical Reading 380 or ACT Reading 14) and (Credit level COS 151 Minimum Grade of C and Credit level COS 152 Minimum Grade of C and Credit level COS 158 Minimum Grade of C and Credit level COS 157 Minimum Grade of C and Credit level COS 221 Minimum Grade of C and Credit level COS 164 Minimum Grade of C) and ( Background Check Form 1)

### **REQUIRED MATERIALS:**

Please visit the [BOOKSTORE](#) online site for most current textbook information. Use the direct link below to find textbooks.

Enter the semester, course prefix, number and section when prompted and you will be linked to the correct textbook.

### **ADDITIONAL REQUIREMENTS:**

Student will have State Board Fees for Written and Practical Exams.

New Uniforms

New Esthetic Kit

New Makeup Kit

2021-2022

## **TECHNICAL REQUIREMENTS:**

Access to Desire2Learn (D2L), HGTC's student portal for course materials.  
myHGTC and college email access.

## **STUDENT IDENTIFICATION VERIFICATION:**

Students enrolled in online courses will be required to participate in a minimum of one (1) proctored assignment and/or one (1) virtual event to support student identification verification. Please refer to your Instructor Information Sheet for information regarding this requirement.

## **CLASSROOM ETIQUETTE:**

As a matter of courtesy to other students and your professor, please turn off cell phones and other communication/entertainment devices before class begins. If you are monitoring for an emergency, please notify your professor prior to class and switch cell phone ringers to vibrate.

**NETIQUETTE:** is the term commonly used to refer to conventions adopted by Internet users on the web, mailing lists, public forums, and in live chat focused on online communications etiquette. For more information regarding Netiquette expectations for distance learning courses, please visit [Online Netiquette](#).

## **Part II: Student Learning Outcomes**

### **COURSE LEARNING OUTCOMES and ASSESSMENTS\*:**

1. Identify industry trends and statistics.
2. Explain the importance of the first impression and professionalism
3. Explain the concept of the Fitzpatrick Scale.
4. Define the five skin types
5. Explain the information an esthetician must know about product line.
6. Describe the benefits and types of facial massage.
7. Explain the different types of massage movements.
8. Perform a basic facial.
9. Discuss different holistic therapies.
10. Explain chemical peels.
11. Describe spa body treatments and services.

COS 156	Topic to be Reviewed	Assignments/Reading
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Week 1	<p><i>Standard Esthetics</i> Chapter 9 Facial Massage</p> <p>Lecture: Explain the importance of facial massage as an esthetics service, describe benefits of massage, describe 5 types of massage movements, explain how to incorporate massage into facial treatment</p>	<p>Read: Chapter 9 pages 389-409</p> <p>Chapter 9 Vocabulary Workbook and MindTap Practice 5 types of massage movements</p>
Week 2	<p>Massage practice</p>	<p>Massage practice</p> <p>Vocabulary for Chapter 9</p>
Week 3	<p><i>Standard Esthetics</i> Chapter 13 Advanced topics and treatments</p> <p>Lecture: Explain advanced skincare topics and treatments. Describe chemical exfoliation and peels. Identify how to safely use chemical exfoliation and peels.</p>	<p>Read Chapter 13 pages 641-681</p> <p>Workbook and MindTap Test on chapter 9</p> <p>Chapter 9 Vocabulary, MindTap and Workbook due</p> <p>Practice chemical exfoliation</p>
Week 4	<p>Lecture: Discuss benefits of microdermabrasion. Crystal and diamond tip. Explain the benefits of laser technology. Discuss micro needling. Ultrasonic scrubber</p>	<p>Practice microdermabrasion</p>
Week 5	<p>Lecture: Explain benefits of manual lymph drainage. Explain benefits of light therapy. Describe spa body treatments. Describe field of medical esthetics</p>	<p>Practice microdermabrasion and chemical exfoliants</p>
Week 6	<p><i>Standard Esthetics</i> Chapter 1: Career Opportunities and History of Esthetics.</p> <p>Lecture: Explain how career opportunities and the history of the profession are critical to esthetics. Explain career options. List types of existing esthetics practices to help chart your career path. Early cultures. Summarize current and futures states of esthetics industry.</p>	<p>Chapter 13 test</p> <p>Read: Chapter 1 History of Esthetics, pages 5-25</p> <p>MindTap and workbook</p>

Week 7	<p><i>Standard Foundations</i> Chapter 1 Life skills</p> <p>Lecture: Explain life skills, list principles that contribute to success, design mission statement, short- and long-term goals, time management, employ successful learning tools, define ethics, develop positive personality and attitude.</p>	<p>Read pages 5-23 Life skills Workbook and MindTap</p> <p>Test on Chapter 1 History of Esthetics</p> <p>MindTap and Workbook Chapter 1 History of Esthetics due</p>
Week 8	<p><i>Standard Foundations</i> Chapter 2 Professional Image</p> <p>Lecture: Explain professional image, employ image building, professional attitude, create personal portfolio, implement social media</p> <p><i>Standard Foundations</i> Chapter 3 communicating for success</p> <p>Lecture: explain communicating for success, practice communication skills, conduct a client consultation, handle communication barriers, follow guidelines for workplace communication</p>	<p>Read pages 25-45 Chapter 2 Professional Image Workbook and MindTap</p> <p>Read pages 47-69 Chapter 3 Communicating for Success Workbook and MindTap</p>
Week 9	<p>Public clinic</p> <p>State Board Prep</p>	<p>Clinic</p> <p>Workbook and MindTap due for chapters 1, 2, and 3</p> <p>Test on chapters 1, 2, and 3</p>
Week 10	<p>Public clinic</p> <p>State Board Prep</p>	<p>Clinic</p>
Week 11	<p>Public clinic</p> <p>State Board Prep</p>	<p>Clinic</p>
Week 12	<p>Public clinic</p> <p>State Board Prep</p>	<p>Clinic</p>
Week 13	<p>Public clinic</p> <p>State Board Prep</p>	<p>Clinic</p>
Week 14	<p>Review</p> <p>State Board preparation</p>	<p>Clinic</p> <p>MindTap and Workbook due</p>
Week 15	<p>Review and State Board prep</p>	

Exam Week	Exams Written and practical	
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***\*Students – please refer to the Instructor’s Course Information sheet for specific information on assessments and due dates.***

## **Part III: Grading and Assessment**

### **EVALUATION OF REQUIRED COURSE MEASURES/ARTIFACTS\*:**

Students’ performance will be assessed, and the weight associated with the various measures/artifacts are listed below.

#### **EVALUATION\***

Tests	30%
Assignments	10%
Projects/Portfolios	10%
Class Participation	30%
Final Exam	20%
	<hr/>
	100%

***\*Students, for the specific number and type of evaluations, please refer to the Instructor’s Course Information Sheet.***

### **GRADING SYSTEM:**

Please note the College adheres to a 10-point grading scale A = 100 – 90, B = 89- 80, C = 79 – 70, F = 69 and below.

Grades earned in courses impact academic progression and financial aid status. Before withdrawing from a course, be sure to talk with your instructor and financial aid counselor about the implications of that course of action. Ds, Fs, Ws, WFs and Is also negatively impact academic progression and financial aid status.

The Add/Drop Period is the first 5 days of the semester for **full term** classes. Add/Drop periods are shorter for accelerated format courses. Please refer to the [academic calendar](#) for deadlines for add/drop. You must attend at least one meeting of all of your classes during that period. If you do not, you will be dropped from the course(s) and your Financial Aid will be reduced accordingly.

## **Part IV: Attendance**

Horry-Georgetown Technical College maintains a general attendance policy requiring students to be present for a minimum of 80 percent (80%) of their classes in order to receive credit for any course. Due to the varied nature of courses taught at the college, some faculty may require up to 90 percent

(90%) attendance. Pursuant to 34 Code of Federal Regulations 228.22 - Return to Title IV Funds, once a student has missed over 20% of the course or has missed two (2) consecutive weeks, the faculty is obligated to withdraw the student and a student may not be permitted to reenroll. **Instructors define absentee limits for their class at the beginning of each term; please refer to the Instructor Course Information Sheet.**

**For online and hybrid courses**, check your Instructor's Course Information Sheet for any required on-site meeting times. Please note, instructors may require tests to be taken at approved testing sites, and if you use a testing center other than those provided by HGTC, the center may charge a fee for its services.

## Part V: Student Resources



### THE STUDENT SUCCESS AND TUTORING CENTER (SSTC):

The SSTC offers to all students the following **free** resources:

1. **Academic tutors** for most subject areas, **Writing Center support**, and **college success skills**.
2. Online **tutoring** and academic support resources.
3. Professional and interpersonal communication **coaching** in the EPIC Labs.

Visit the [Student Success & Tutoring Center](#) website for more information. To schedule tutoring, contact the SSTC at [ssc@hgtc.edu](mailto:ssc@hgtc.edu) or self-schedule in the Penji iOS/Android app or at [www.penjiapp.com](http://www.penjiapp.com). Email [ssc@hgtc.edu](mailto:ssc@hgtc.edu) or call SSTC Conway, 349-7872; SSTC Grand Strand, 477-2113; and SSTC Georgetown, 520-1455, or go to the [Online Resource Center](#) to access on-demand resources.



### STUDENT INFORMATION CENTER: TECH Central

TECH Central offers to all students the following **free** resources:

1. **Getting around HGTC**: General information and guidance for enrollment, financial aid, registration, and payment plan support!
2. Use the [Online Resource Center \(ORC\)](#) including Office 365 support, password resets, and username information.
3. **In-person workshops, online tutorials and more services** are available in Desire2Learn, Student Portal, Degree Works, and Office 365.
4. **Chat with our staff on TECH Talk**, our live chat service. TECH Talk can be accessed on the student portal and on TECH Central's website, or by texting questions to (843) 375-8552.

Visit the [Tech Central](#) website for more information. Live Chat and Center locations are posted on the website. Or please call (843) 349 – TECH (8324), Option #2.

## **DISABILITY SERVICES:**

HGTC is committed to providing an accessible environment for students with disabilities. Inquiries may be directed to HGTC's [Accessibility and Disability Service webpage](#). The Accessibility and Disability staff will review documentation of the student's disability and, in a confidential setting with the student, develop an educational accommodation plan.

Note: It is the student's responsibility to self-identify as needing accommodations and to provide acceptable documentation. After a student has self-identified and submitted documentation of a disability, accommodations may be determined, accepted, and provided.

## **STATEMENT OF EQUAL OPPORTUNITY/NON-DISCRIMINATION STATEMENT:**

Horry-Georgetown Technical College prohibits discrimination and harassment, including sexual harassment and abuse, on the basis of race, color, sex, national or ethnic origin, age, religion, disability, marital or family status, veteran status, political ideas, sexual orientation, gender identity, or pregnancy, childbirth, or related medical conditions, including, but not limited to, lactation in educational programs and/or activities.

## **TITLE IX REQUIREMENTS:**

All students (as well as other persons) at Horry-Georgetown Technical College are protected by Title IX—regardless of their sex, sexual orientation, gender identity, part- or full-time status, disability, race, or national origin—in all aspects of educational programs and activities. Any student, or other member of the college community, who believes that he/she is or has been a victim of sexual harassment or sexual violence may file a report with the college's Chief Student Services Officer, campus law enforcement, or with the college's Title IX Coordinator, or designee.

\*Faculty and Staff are required to report incidents to the Title IX Coordinators when involving students. The only HGTC employees exempt from mandatory reporting are licensed mental health professionals (only as part of their job description such as counseling services).

## **INQUIRIES REGARDING THE NON-DISCRIMINATION/TITLE IX POLICIES:**

**Student and prospective student** inquiries concerning Section 504, Title II, and Title IX and their application to the College or any student decision may be directed to the Vice President for Student Affairs.

**Dr. Melissa Batten, VP Student Affairs**

*Title IX Coordinator*

Building 1100, Room 107A, Conway Campus

PO Box 261966, Conway, SC 29528-6066

843-349-5228

[Melissa.Batten@hgtc.edu](mailto:Melissa.Batten@hgtc.edu)

**Employee and applicant** inquiries concerning Section 504, Title II, and Title IX and their application to the College may be directed to the Vice President for Human Resources.

**Jacquelyne Snyder, VP Human Resources**

*EEO and Title IX Coordinator*

Building 200, Room 212A, Conway Campus

PO Box 261966, Conway, SC 29528-6066

843-349-5212

[Jacquelyne.Snyder@hgtc.edu](mailto:Jacquelyne.Snyder@hgtc.edu)