

## **Course Description**

**MSS0156 | Anatomy & Physiology for Massage Therapy Lecture | 3.5 credits**

This course will focus on the relationship between the anatomical and physiological effects of massage therapy on the body. Students will focus on the body systems and their relationship between each other. Primary focus will be the understanding of how the different body systems are affected by the application of massage therapy.

## **Course Competencies**

### **Competency 1: The student will demonstrate understanding and an overall structure of the human body by:**

- a. Describing and identifying the layers of the skin.
- b. Describing the subcutaneous tissue.
- c. Identifying the location and function of the appendages of the skin.
- d. Listing the main functions of the skin.

#### **Learning Outcomes**

- Communicate effectively using listening, speaking, reading, and writing skills.
- Solve problems using critical and creative thinking and scientific reasoning.
- Formulate strategies to locate, evaluate, and apply information.
- Describe how natural systems function and recognize the impact of humans on the environment.

### **Competency 2: The student will be able to demonstrate understanding and an overall knowledge of the structure of the skeletal system by:**

- a. Listing the functions of bones.
- b. Describing the structure of a long bone.
- c. Differentiating between compact bone with respect to structure and location.
- d. Differentiating between red and yellow bone marrow with respect to function and location.
- e. Naming the three different types of bone cells and describe the function of each.
- f. Explaining how a long bone grows.
- g. Naming and describing various markings on bones.
- h. Listing the bones on the axial skeleton.
- i. Listing the bones on the appendicular skeleton.
- j. Describing the normal curves of the spine.
- k. Describing the five bone disorders.
- l. Describing how the skeleton changes with age.
- m. Listing and defining six types of fractures.
- n. Describing the three types of joints.
- o. Describing the structure of a synovial joint.
- p. Defining six types of movement that occur at synovial joints.
- q. Describing the four types of arthritis.

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### **Competency 3: The student will be able to understand and demonstrated an overall knowledge of the muscular system.**

- a. Comparing the three types of muscle tissue.
- b. Describing the three functions of skeletal muscle.
- c. Describing how muscles contract.
- d. Listing the substances needed in muscle contraction and describe the functions of each.
- e. Defining oxygen debt.
- f. Describing the effects of exercise on muscles.
- g. Comparing isotonic and isometric contractions.
- h. Explaining how muscles work in pairs to produce movement.
- i. Comparing the working of muscles and bones to lever systems.
- j. Explaining how muscles are named.
- k. Naming some of the major muscles in each muscle group and describing the main function of each.
- l. Describing how muscles change with age.
- m. Listing the major muscular disorders.

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