Miami Dade College

Course Description

MSS0156 LAB | Anatomy & Physiology for Massage Therapy Lab | 2.5 credits

This course will cover the application of anatomical and physiological effects of massage therapy on the body. Students will focus on the structure of nerves, muscles, bones, and tissues as well as their physiological effects. Primary focus will center on the identification of the Musculo-skeletal system and nerve innervations as well as clinical pathologies related to those systems.

Course Competencies

Competency 1: The student will demonstrate knowledge and review the overall concept of the musculoskeletal system in the human body by:

a. Demonstrating understanding of terminology used to describe body part locations, reference positions and anatomical directions.
b. Demonstrating understanding of the planes of motion and their respective axes of rotation in relation to human movement.
c. Demonstrating the various types of bones and joints in the human body and their characteristics.
d. Demonstrating joint movements.
e. Demonstrating different types of muscle contractions and how muscles function in joint movement.
f. Reviewing basic neuromuscular concepts in relation to the ways in which muscles function in joint movement.

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 familiar with the origins, insertions, and actions of specific muscle groups by:

a. Demonstrating knowledge of the origin, insertion and action of boney landmarks and muscles of the head, face, and neck.
b. Demonstrating knowledge of the origin, insertion and action of boney landmarks and muscles of the trunk.
c. Demonstrating knowledge of the origin, insertion and action of boney landmarks and muscles of the pelvis.
d. Demonstrating knowledge of the origin, insertion and action of boney landmarks and muscles of the thigh, leg, and foot.

e. Demonstrating knowledge of the origin, insertion and action of boney landmarks and muscles of the scapula and arm.
f. Demonstrating knowledge of the origin, insertion and action of boney landmarks and muscles of the forearm and hand.

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 3: The student will understand the overall concept and identify movements related to muscles and muscles groups by:

a. Demonstrating efficient and safe movement patterns.
b. Demonstrating understanding of proprioception.
c. Demonstrating movements of muscle groups in their respective planes of movement.
d. Palpating muscle groups through their range of motion.

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.