

Course Description

MSS0250 | Introduction to Massage Therapy Lecture | 1 credit

This course focuses on the theories and principles of therapeutic massage. The massage therapist/client relationship, the effects of massage on the systems of the body will be discussed.

Course Competencies

Competency 1: The student will demonstrate an overall working knowledge of indications and contraindications for therapeutic massage.

- a. Explaining the difference between objective and subjective massage benefits.
- b. Defining therapeutic change, condition management and palliative care.
- c. Reinforcing clinical reasoning process to make appropriate decisions regarding the type of care that is most beneficial to the client.
- d. Defining criteria to evaluate a client's status to determine if massage is contraindicated.
- e. Defining criteria to help recognize when a primary health care provider should evaluate a client's condition.
- f. Explaining the general inflammatory response.
- g. Explaining the mechanisms of pain and evaluate pain for referral purposes.

Learning Outcomes

- Solve problems using critical and creative thinking and scientific reasoning.
- Formulate strategies to locate, evaluate, and apply information.

Competency 2: The student will demonstrate an overall working knowledge of hygiene, sanitation, and safety as it relates to massage therapy by:

- a. Explaining good health and personal hygiene practices.
- b. Describing the transmission routes for disease causing pathogens.
- c. Describing methods for prevention and control of disease.
- d. Explaining sanitation practices including standard precautions.
- e. Explaining specific recommendation practices for massage.
- f. Explaining how to implement standard precautions.
- g. Developing criteria to create a safe and hazard free massage environment.

Learning Outcomes

- Solve problems using critical and creative thinking and scientific reasoning.
- Formulate strategies to locate, evaluate, and apply information.

Competency 3: The student will be able to perform proper body mechanics while performing massage therapy techniques by:

- a. Demonstrating the use of the body when giving a massage, especially the hands and forearms, in an efficient and biomechanically correct manner.
- b. Describing how to alter position of both the client and practitioner to maximize body mechanics.

Learning Outcomes

- Demonstrate an appreciation for aesthetics and creative activities.

Competency 4: The student will be able to perform massage manipulation and techniques by:

- a. Explaining the basic theories for the physiologic effects of massage methods.
- b. Categorizing the effects of massage methods and techniques into stimulating or inhibiting techniques.
- c. Classifying massage manipulations and techniques based on seven criteria of Swedish Massage.
- d. Defining the proprioceptive mechanism and their importance in the effects of massage.

Learning Outcomes

- Solve problems using critical and creative thinking and scientific reasoning.
- Demonstrate an appreciation for aesthetics and creative activities.