



Course Description

MSS0250L | Introduction to Massage Therapy Lab | 6 credits

This course will focus on the practical application of the theories and principles of therapeutic massage.

Course Competencies

Competency 1: The student will demonstrate the assessment skills necessary for professional massage therapy practice by:

- a. Demonstrating ability to conduct a medical history interview.
- b. Demonstrating the ability to ask objective questions for the purpose of gathering information about the client.
- c. Demonstrating skills necessary to assess proper massage techniques for all clients. For example, effleurage, petrissage, tapotement, cross fiber friction, vibration, and touch without movement.
- d. Demonstrating professionalism.

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.
- Demonstrate an appreciation for aesthetics and creative activities.

Competency 2: The student will be able to perform and demonstrate the correct body mechanics while performing massage therapy techniques by:

- a. Demonstrating the use of the body when giving a massage, especially hands in an efficient and biomechanically correct manner.
- b. Demonstrating how to alter the position of both the client and practitioner to Maximize body mechanics.
- c. Demonstrating the importance of body mechanics to protect lower back.

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.
- Demonstrate an appreciation for aesthetics and creative activities.

Competency 3: The student will be able to perform and demonstrate the proper client draping and support during a massage session by:

- a. Demonstrating effective draping and positioning of the client.
- b. Demonstrating how to drape effectively.

c. Demonstrating positioning and draping in a massage session.

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.
- Demonstrate an appreciation for aesthetics and creative activities.

Competency 4: The student will demonstrate an overall working knowledge to plan single and multiple massage sessions by:

- a. Demonstrating and explain the purpose of massage strokes used in massage sessions.
- b. Demonstrating how to organize massage methods and techniques into a basic flow pattern.
- c. Demonstrating how to move the synovial joints through the client's physiologic range of motion using both passive and active joint movements.
- d. Demonstrating knowledge of endangerment sites.
- e. Demonstrating centering and grounding when performing a massage.
- f. Demonstrating appropriate breathing technique during massage.

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.
- Demonstrate an appreciation for aesthetics and creative activities.