

Course Description

MSS0281 | Allied Modalities | 3.5 credits

A study of the advanced theories and techniques for massage therapy. Content includes, not limited to Asian bodywork, reflexology, neuromuscular therapy, myofascial release and sports massage.

Course Competencies

Competency 1: The student will understand and interpret the benefits of reflexology by:

- a. Defining reflexology.
- b. Identifying the indications, benefits, and contraindications associated with the use of massage therapy in reflexology.
- c. Identifying the disorders/conditions associated with reflexology.
- d. Explaining the client preparation for massage therapy in reflexology.
- e. Discussing the massage therapy techniques utilized in reflexology.

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 knowledge of diverse cultures, including global and historical perspectives.
- Create strategies that can be used to fulfill personal, civic, and social responsibilities.
- Demonstrate knowledge of ethical thinking and its application to issues in society.

Competency 2: The student will understand and interpret the benefits of myofascial release by:

- a. Defining myofascial release.
- b. Identifying the indications, benefits, and contraindications associated with the use of massage therapy in myofascial release.
- c. Identifying the disorders/conditions associated with myofascial release.
- d. Explaining the client preparation for massage therapy in myofascial release.
- e. Discussing the massage therapy techniques utilized in myofascial release.

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 knowledge of diverse cultures, including global and historical perspectives.
- Create strategies that can be used to fulfill personal, civic, and social responsibilities.

- Demonstrate knowledge of ethical thinking and its application to issues in society.
- Use computer and emerging technologies effectively.

Competency 3: The student will demonstrate and overall knowledge of Asian modalities by:

- a. Identifying and define meridians, their location and function.
- b. Identifying and define the chakras of the body, their location, function, and color.
- c. Defining the concept of Yin and Yang.
- d. Defining and understand the Five Elements.
- e. Defining procedures used in Asian diagnosis.
- f. Identifying branches of Asian modalities such as Shiatsu and acupuncture.
- g. Defining the concept of Qi or Chi.

Learning Outcomes

- Communicate effectively using listening, speaking, reading, and writing skills.
- Use quantitative analytical skills to evaluate and process numerical data.
- Solve problems using critical and creative thinking and scientific reasoning.
- Formulate strategies to locate, evaluate, and apply information.
- Demonstrate knowledge of diverse cultures, including global and historical perspectives.
- Create strategies that can be used to fulfill personal, civic, and social responsibilities.
- Demonstrate knowledge of ethical thinking and its application to issues in society.