Miami Dade College

Course Description

MSS0156 | Anatomy & Physiology for Massage Therapy Lecture | 3.50 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:

1. Describing and identifying the layers of the ski
2. Describing the subcutaneous tissue
3. Identifying the location and function of the appendages of the skin
4. Listing the main functions of the skin

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

1. Listing the functions of bones
2. Describing the structure of a long bone
3. Differentiating between compact bone with respect to structure and location
4. Differentiating between red and yellow bone marrow with respect to function and location
5. Naming the three different types of bone cells and describe the function of each
6. Explaining how a long bone grows
7. Naming and describing various markings on bones
8. Listing the bones on the axial skeleton
9. Listing the bones on the appendicular skeleton
10. Describing the normal curves of the spine
11. Describing the five bone disorders
12. Describing how the skeleton changes with age
13. Listing and defining six types of fractures
14. Describing the three types of joints
15. Describing the structure of a synovial joint
16. Defining six types of movement that occur at synovial joints
17. Describing the four types of arthritis

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

1. Comparing the three types of muscle tissue
2. Describing the three functions of skeletal muscle
3. Describing how muscles contract
4. Listing the substances needed in muscle contraction and describe the functions of each
5. Defining oxygen debt
6. Describing the effects of exercise on muscles
7. Comparing isotonic and isometric contractions
8. Explaining how muscles work in pairs to produce movement
9. Comparing the working of muscles and bones to lever systems
10. Explaining how muscles are named
11. Naming some of the major muscles in each muscle group and describing the main function of each
12. Describing how muscles change with age
13. Listing the major muscular disorders

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