



Course Description

MSS0250 | Introduction to Massage Therapy Lecture | 1.00 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 by:

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

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

1. Explaining good health and personal hygiene practices
2. Describing the transmission routes for disease causing pathogens
3. Describing methods for prevention and control of disease
4. Explaining sanitation practices including standard precautions
5. Explaining specific recommendation practices for massage
6. Explaining how to implement standard precautions
7. Developing criteria to create a safe and hazard free massage environment

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

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

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

1. Explaining the basic theories for the physiologic effects of massage methods
2. Categorizing the effects of massage methods and techniques into stimulating or inhibiting techniques
3. Classifying massage manipulations and techniques based on seven criteria of Swedish Massage
4. Defining the proprioceptive mechanism and their importance in the effects of massage.

Learning Outcomes

- 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