Miami Dade College

Course Description

MSS0250L | Introduction to Massage Therapy Lab | 6.00 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:

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

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

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

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

1. Demonstrating effective draping and positioning of the client
2. Demonstrating how to drape effectively
3. Demonstrating positioning and draping in a massage session.

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

1. Demonstrating and explain the purpose of massage strokes used in massage sessions
2. Demonstrating how to organize massage methods and techniques into a basic flow pattern
3. Demonstrating how to move the synovial joints through the client's physiologic range of motion using both passive and active joint movements
4. Demonstrating knowledge of endangerment sites
5. Demonstrating centering and grounding when performing a massage
6. 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