



Course Description

MSS0281 | Allied Modalities | 3.50 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:

1. Defining reflexology
2. Identifying the indications, benefits, and contraindications associated with the use of massage therapy in reflexology
3. Identifying the disorders/conditions associated with reflexology
4. Explaining the client preparation for massage therapy in reflexology
5. Discussing the massage therapy techniques utilized in reflexology

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

1. Defining myofascial release
2. Identifying the indications, benefits, and contraindications associated with the use of massage therapy in myofascial release
3. Identifying the disorders/conditions associated with myofascial release
4. Explaining the client preparation for massage therapy in myofascial release
5. Discussing the massage therapy techniques utilized in myofascial release

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

1. Identifying and define meridians, their location and function
2. Identifying and define the chakras of the body, their location, function, and color
3. Defining the concept of Yin and Yang
4. Defining and understand the Five Elements
5. Defining procedures used in Asian diagnosis
6. Identifying branches of Asian modalities such as Shiatsu and acupuncture
7. 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 ethical thinking and its application to issues in society
- Demonstrate knowledge of diverse cultures, including global and historical perspectives
- Create strategies that can be used to fulfill personal, civic, and social responsibilities
- Use computer and emerging technologies effectively