Faculty is required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Academic Affairs and Standards Council.

DEPT. Massage Therapy                   COURSE NUMBER: MSTH 1115
NUMBER OF CREDITS: 6 Credits 1 Lecture, 5 Lab
COURSE TITLE: Massage Therapy

CATALOG DESCRIPTION: The theory, techniques and applications of deep tissue therapy are taught, including work on the muscles and fascia, methods of tension release, and the injury repair process. Causes of stress are discussed and their relationship to chronic tension as related to neuromuscular therapy (NMT), and stress-tension-pain cycle is taught. Expanded and more detailed interview and assessment techniques are reviewed. The dysfunction theory and formation of trigger points with review of muscle cell activity, joint mobilization and stretching are taught. Students learn in-depth interview skills, working with pressure scales and the importance of the client/therapist communication. Development of treatment plans is taught, and how and when to make a referral. This course also covers Swedish Massage, Chair Massage, Mother Massage, Infant Massage, Geriatric (Senior) Massage, and Lymphatic Drainage. The evaluation of special populations is taught. Special massage skills involving positioning, strokes, pathology, documentation, and contraindications and cautions are included.

AUDIENCE: Massage Students who have successfully completed necessary first semester course work and who are looking to expand their knowledge within the field of massage therapy.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)

Area: by meeting the following competencies:
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PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: Basic Massage, Kinesiology, Introduction to Massage, Nutrition and Body Structure and Function or their equivalent.

LENGTH OF COURSE: One Semester

THIS COURSE IS USUALLY OFFERED:
Every other year fall spring summer undetermined

Four goals are emphasized in course at Minnesota West Community & Technical College:
1) ACADEMIC CONTENT: The academic objectives of this course are:
   a. The student will achieve understanding of special populations and appropriate
techniques for each.
   b. The student will become comfortable with the basic level of complementary bodywork
   systems and the application of such.
   c. The student will discuss and practice wellness massage, self-care, exercise and
   personal wellness.

2) THINKING SKILLS: This course will help students improve the effectiveness of their thinking
   skills through:
   a. Demonstration of the correct techniques with each special population.
   b. Understanding appropriate times to use specific techniques to meet the client needs.
   c. Developing treatment plans for a wide variety of clients, individualized to meet client
   needs and desired outcomes.

3) COMMUNICATIONS SKILLS: This course will help students improve their oral and written
   communication skills through:
   a. Repeated encounters with a wide variety of backgrounds, age, and culture while they
   will demonstrate the appropriate communication, techniques, professionalism and
   maturity with each encounter.

4) HUMAN DIVERSITY: This course will help students recognize, understand, and appreciate
   human diversity through:
   a. Working with special populations, gaining knowledge on their feelings towards those
   populations as well as becoming aware of any pre-conceived feelings.
   b. The student will gain self awareness regarding feelings towards different cultures,
   value systems, socioeconomic status and body types by working with a wide variety
   of clients in the classroom and in school supervised outings.

TOPICS TO BE COVERED: Development of a treatment plan, evaluation of special populations
including skills such as positioning, appropriate techniques, pathology, documentation, and
contraindications for each special population. Diverse and in-depth descriptions of variety of
specialties available.

LIST OF EXPECTED COURSE OUTCOMES:
   1. Discuss, explain and have a basic knowledge of complementary bodywork systems.
   2. Discuss, explain and be able to comfortably give massage to special populations such
      as; geriatrics, infants and children, wheel-chair bound, disabled, pregnant, athletic and
      handicap people.
   3. Be able to perform a basic level therapeutic stone massage.
4. Work with athletes utilizing sports massage; pre-event, event and post-event massage.
5. Apply Trigger Point Therapy as a technique
6. Incorporate Trigger Point Therapy in regular massage routine
7. Perform Pre-natal massage
8. Explain to spouse/partner how to perform specific prenatal massage techniques to keep the client more comfortable during labor and delivery.
9. Perform Infant massage with parents present so the parent can use the techniques at home.
10. Research and keep up with current trends in massage therapy and use latest techniques as applicable.
11. The student will practice and discuss wellness, self-care, exercise and wellness massage as it applies to self and to clientele.

LEARNING/TEACHING TECHNIQUES used in the course are:

- Collaborative Learning
- Problem Solving
- Student Presentations
- Interactive Lectures
- Creative Projects
- Individual Coaching
- Lecture
- Films/Videos/Slides
- Demonstrations
- Other (describe below)

Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

- Reading
- Tests
- Oral Presentations
- Individual Projects
- Textbook Problems
- Worksheets
- Group Problems
- Papers
- Other (describe below)
- Collaborative Projects
- Lectures
- Portfolio
- Demonstrations
- Term Paper
- Lab

EXPECTED STUDENT LEARNING OUTCOMES: See expected course outcomes.

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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