Faculty are 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 Collegewide Curriculum Committee.

DEPT. MSTH  COURSE NO. 1110
NUMBER OF CREDITS: 6
COURSE TITLE: Basic Massage

CATALOG DESCRIPTION: This course covers massage techniques as they are applied sequentially to the back, neck and head, posterior legs, anterior torso, face, and anterior legs. Pathology of each area is discussed including function, positioning, appropriate strokes, ethical situations, and the appropriate draping. Concurrently the students are gradually led to the application of professionalism, legal issues, and documentation as they apply to stress reduction massage. The relationship of the mind’s control of muscles and the resulting posture are taught. Instruction in somatic releases for each body section is practiced. The importance of client education is stressed with the responsibility of the client to participate in their well-being.

AUDIENCE: To massage students considering a career in massage therapy to develop appropriate touch techniques and draping techniques for use in the career.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)
Area : by meeting the following competencies:
Area : by meeting the following competencies:
Area : by meeting the following competencies:

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: none

LENGTH OF COURSE: One semester

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

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT: The student will achieve basic knowledge of draping skills, massage strokes and will be led to the application of professionalism, legal issues and documentation.
2) THINKING SKILLS: The student will accurately perform the correct massage techniques, draping techniques, documentation and professionalism with an understanding of the rationale for each.
3) COMMUNICATIONS SKILLS: The student will demonstrate the appropriate communication, techniques, professionalism, and maturity with each mock encounter with clients, co-workers and supervisors.
4) HUMAN DIVERSITY: The student will gain self awareness regarding their feelings towards people of different cultures, value systems, socioeconomic status and body types.
TOPICS TO BE COVERED: This course will provide basic information necessary to be successful with the applications of the massage therapy techniques while working in the student clinic with clients.

LIST OF EXPECTED COURSE OUTCOMES:

1. Site current research that validates therapeutic massage
2. Classify massage methods into basic concepts
3. Explain effects of massage in physiological terms
4. Identify indications and contraindications to massage
5. Use a clinical reasoning model to determine the appropriate intervention process
6. Understand when to refer clients to licensed medical professionals
7. Use the body, especially the hands and forearms, in an efficient and biomechanically correct manner when giving a massage
8. Alter position of both the client and the practitioner to maximize body mechanics
9. Construct a massage setting in different environments
10. Effectively drape and position a client
11. Understand the basic theories for the physiologic effects of massage methods and techniques
12. Organize massage methods and techniques into basic flow patterns
13. Perform a full body massage using the methods and techniques presented

LEARNING/TEACHING TECHNIQUES used in the course are:

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

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

X Reading  X Tests  X Individual Projects
X Oral Presentations  X Worksheets  X Collaborative Projects
X Textbook Problems  X Papers  X Portfolio
☐ Group Problems  ☐ Term Paper
☐ Other (describe below)

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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