MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

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. 1100
NUMBER OF CREDITS: 3
COURSE TITLE: Intro to Massage

CATALOG DESCRIPTION: This course teaches the importance of self-awareness and self care. Body mechanics are emphasized. Yoga, Tai Chi, somatic stretches and relaxation techniques are taught. Discussions of stress causing events are discussed. Self-knowledge and self-awareness both physically and mentally are taught. The aim is to facilitate the development of student maturity and self-understanding. Professional behavior and standards, ethical and legal practice as it applies are discussed. Introduction to massage therapy, licensure, national certification, professional organizations, malpractice insurance, and the hospice concept are taught.

AUDIENCE: To massage students considering a career in massage therapy to understand the importance of body awareness, self care and professional behavior

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: 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 the basic level of self-care, body awareness, and professional behavior necessary for the student clinic.
2) THINKING SKILLS: The student will accurately perform the correct body mechanics 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 and socioeconomic status.
TOPICS TO BE COVERED: This course will provide basic information necessary to be successful with the communication of the massage therapy field while working in the student clinic with clients. This course will also cover the history of massage therapy and the physiological explanation of how massage works.

LIST OF EXPECTED COURSE OUTCOMES:
1. Identify and explain the influence of historical events on the current development of therapeutic massage.
2. Explain the rich heritage and history of therapeutic massage
3. Describe therapeutic touch
4. Identify personal interpretations of touch and their influence on professional interactions
5. Develop and explain a code of ethics and the standards of practice for therapeutic massage
6. Complete an informed consent process
7. Take ethics into consideration in maintaining professional boundaries and the therapeutic relationship
8. Identify legal and credentialing concerns of the massage professional
9. Identify and report unethical conduct of colleagues
10. Maintain professional records

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
- Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
- Reading
- Tests
- Individual Projects
- Oral Presentations
- Worksheets
- Collaborative Projects
- Textbook Problems
- Papers
- 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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