MASTER COURSE OUTLINE

A. MASS 1609 Topics in Massage Therapy

B. COURSE DESCRIPTION:

This course introduces the basics of a variety of popular modalities and covers the principles and foundations of various bodywork techniques. This course acquaints students with many types of massage specialties and helps narrow future areas of expertise. The basics of performing meridian acupressure is studied and practiced. Proper techniques, temperatures, and safety methods for hot stone massage and cupping are also taught along with hygienic practices. Special skills involve evaluation, positioning, strokes, indications, and precautions for treatment. Prerequisites: Successful completion of MASS1600 and current cardiopulmonary resuscitation (CPR) certification.
(3 Cr – 2 lect, 1 lab)

C. **Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):
☒ ILO 1: critical thinking *(Core Theme Goal 2)*
☐ ILO 2: awareness of the larger global community *(Core Theme Goal 7 or 8)*
☐ ILO 3: ethical, engaged citizenship *(Core Theme Goal 9 or Goal 10)*
☐ ILO 4: communication and collaboration *(Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration)*

E. MAJOR CONTENT AREAS:

- Geriatric massage
  - Comfort Touch
- Cupping
  - Styles of cupping
  - Safety
  - History
- Accupressure
  - Techniques

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- Hot Stone massage
    - Set up
    - Temperatures
    - Strokes
    - Techniques
    - Contraindications

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

GOAL	OBJECTIVES Students will be able to	OUTCOMES The student will successfully
**Critical Thinking	Recognize and articulate the value assumptions which underlie and affect decisions, interpretations, analyses, and evaluations made by ourselves and others.	1. Research, perform, evaluate, and defend individual choices relative to content in this class, including, cupping, hot stones, acupressure and comfort touch. Create summarizations in defense or in opposition of personal choices.
CS	Read and understand the development of the massage industry from inception to present day.	1. Examine the history of the massage industry.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION: Course Code S/Class Maximum 30; Letter Grade

Revision date: 12/21/10; 12/20/17; 11/01/22
AASC Approval date: 02/20/18; 01/24/23

***Riverland Community College Disciplines**	**MnTC Goal Number**
Communication (CM)	**1**
Natural Sciences (NS)	**3**
Mathematics/Logical Reasoning (MA)	**4**
History and the Social & Behavioral Sciences (SS)	**5**
Humanities and Fine Arts (HU)	**6**

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**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	**2**
Human Diversity (HD)	**7**
Global Perspective (GP)	**8**
Ethical and Civic Responsibility (EC)	**9**
People and the Environment (PE)	**10**

*These five MnTC Goals have been identified as Riverland Community College Disciplines.
** These five MnTC Goals have been identified as Riverland Community College Core Themes.
NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

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