



MASTER COURSE OUTLINE

A. MASS 1600 Introduction to Massage

B. COURSE DESCRIPTION:

This course provides students with an in-depth knowledge of basic massage techniques. Identification of superficial muscles, palpation, and appropriate massage strokes are taught. Introductory knowledge of anatomy and physiology including the body systems and how they relate to massage. Positioning of clients, contraindications to treatment, ethical decision-making, hygiene and appropriate draping techniques, as well as the importance of client feedback to the therapist are covered. Prerequisite: Acceptance to the Massage Therapy Program and current CPR certification.

(4 Cr – 2 lect, 2 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:

- General history of massage
- Human body
 - Bones
 - Systems
 - Muscles (movement and pinnate)
 - Tendons
 - Ligaments
 - Cartilage
 - Fascia
- Massage
 - Strokes

- Techniques
- Palpation
- Physiological effect/response (including sexual indicators)
- Client draping and positioning
- Contraindications to treatment
- Client/therapist communication
- Body mechanics for the therapist

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
**Critical Thinking	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. demonstrate proficiency in basic human anatomy, systems, movements, and body responses.
<u>CS</u>	demonstrate an understanding of the development of massage therapy.	1. examine and discuss the history and development of massage therapy.
<u>CS</u>	demonstrate basic massage strokes and analyze physiological effects response.	1. perform and analyze six core massage strokes; effleurage, petrissage, friction, vibration, compression, and tapotement.
<u>CS</u>	understand necessity of proper draping and positioning techniques.	1. demonstrate proficiency with proper draping and positioning. 2. evaluate effects of improper draping and positioning.
<u>CS</u>	understand ramifications of performing massage during contraindicated circumstances and using safe hygienic practices.	1. analyze, understand, and articulate contraindications to massage treatment. 2. reflect on significance and understand potential outcomes when contraindications are present. 3. identify legal ramifications of ignoring contraindications and causing harm.
<u>CS</u>	gather and analyze factual client information.	1. examine, understand, and utilize information to effectively determine client needs. 2. apply information within context of massage.
<u>CS</u>	analyze the logical connection between body mechanics and therapist injury/longevity.	1. apply and consistently utilize proper body mechanics. 2. discuss impediments and solutions to improper body mechanics.

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; 11/29/22; 10/18/23

AASC Approval date: 01/18/11; 12/13/22; 12/11/23

*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

**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.