



MASTER COURSE OUTLINE

A. MASS 1603 Reflexology, Chair, and Massage Techniques

B. COURSE DESCRIPTION:

This course provides students with the ability to perform comprehensive reflexology. The student identifies reflex areas and relates them to effects on the whole body. Students palpate soft tissue and body landmarks of the hands and feet. Included are basic chair massage techniques with the goal of performing effective 5 to 30 minute massages. Proper criteria is examined for distinguishing when chair rather than table massage should be used. This class acquaints students with the endless possibilities of massage specialties and helps the students narrow future areas of expertise. Prerequisites: Acceptance in Massage Therapy Program, completion of MASS 1600, enrollment in all fall semester courses, and current CPR certification.

(3 Cr - 2 lect, 1 lab)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS:

- Reflexology
 - Pressure areas of the body
 - Physiology of systems affected
 - Contraindications
- Chair massage
 - Strokes
 - Techniques
 - Positioning
 - Time adaptations
 - Contraindications
- Introduction to Thai Massage
- Aromatherapy
- Hydrotherapy
- Pregnancy, Infant, and Side lying Massage
- Proper body mechanics for the therapist during all three modalities listed above

E. 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	imagine and seek out a variety of possible goals, assumptions, interpretations, or perspectives which can give alternative meanings or solutions to given situations or problems.	<ol style="list-style-type: none"> demonstrate knowledge and performance proficiency in specialized, alternative areas of massage. analyze treatments, appropriateness of use, outcomes, and contraindications.
<u>CS</u>	recognize, articulate criteria, and defend choice of modality	<ol style="list-style-type: none"> communicate and defend variables of decision-making when choosing specialized treatment rather than table massage.
<u>CS</u>	evaluate and understand the importance of body mechanics.	<ol style="list-style-type: none"> utilize and explain proper therapist body mechanics throughout each specialized treatment.
<u>CS</u>	analyze and communicate information regarding massage and pregnancy	<ol style="list-style-type: none"> demonstrate side-lying massage techniques. discuss the benefits of massage in all phases of pregnancy and labor.

F. 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 the instructor or the Student Success Center 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.

G. COURSE CODING INFORMATION: Course Code S/Class Maximum 16; Letter Grade

Revision date: 12/21/10; 12/20/17
AASC Approval date: 02/20/2018

*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.