



## MASTER COURSE OUTLINE

A. MASS 1608 Advanced Massage

B. COURSE DESCRIPTION:

This course covers special massage skills, which involve evaluation, positioning, strokes, documentation, indications, precautions, and contraindications for treatment. Scenarios are used and human subjects are brought in for application of the special techniques necessary when working with these clients. This course is taken in conjunction with the MASS 1605, Pathology for Massage Therapists course. Advanced techniques in myofascial release and deep tissue massage are included in lab skills for use with sprains and deep tissue injuries. Classic pain referral patterns will be explored and treatments will be applied. Prerequisites: Successful completion of first semester courses, enrollment in second semester courses and current cardiopulmonary resuscitation (CPR) certification.  
**(2 Cr - 1 lect, 1 lab)**

C. \*\*Core Theme: Human Diversity

D. MAJOR CONTENT AREAS:

- Trigger Point massage
- Pain referral patterns
- Introduction to Myofascial Release
- Advanced massage techniques
- Mental, physical and neurological challenges and conditions

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>**Human Diversity</u>	demonstrate communication skills necessary for living and working effectively in a society with great population diversity.	<ol style="list-style-type: none"> <li>1. research and discuss physical and mental development and decline at each level of human progression.</li> <li>2. discern the vast variety of people with special circumstances.</li> </ol>
<u>CS</u>	research, discuss, and apply human development and decline within the context of massage.	<ol style="list-style-type: none"> <li>1. create and apply appropriate massage techniques adjustments with awareness of diverse contraindications for age and body, and development and decline for each stage of life.</li> </ol>

		2. document technique and outcomes of massage.
<u>CS</u>	accept and respect the decisions of professionals with more in depth knowledge of human conditions than the massage therapist.	<ol style="list-style-type: none"> <li>1. recognize doctor referral and medical authority necessary to determine if massage is appropriate for any special condition or challenge.</li> <li>2. regard the decisions of the medical community concerning contraindications.</li> <li>3. perform massage within the limitations imposed by the medical profession.</li> <li>4. document techniques and outcomes.</li> </ol>

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 30; Letter Grade

Revision date: 12/21/10; 12/20/17

AASC Approval date: 02/20/2018

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

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

\*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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