



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 class acquaints students with the endless possibilities of massage specialties and helps students narrow future areas of expertise. Spa equipment, products, and body treatment application procedures are addressed. The ancient Chinese theory of meridian and the balancing of Chi (energy) are researched and discussed, as well as the basics of performing meridian acupressure. Proper techniques, temperatures, and treatment methods for hot stone massage are also taught along with contraindications to each of these modalities. Special skills involve evaluation, positioning, strokes, indications, precautions, and contraindications for treatment.

Prerequisites: Acceptance to the Massage Therapy Program and current cardiopulmonary resuscitation (CPR) certification.

(3 Cr - 2 lect, 1 lab)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS:

- Geriatric massage
 - Comfort Touch
- Cupping
- Chinese meridians
 - Acupressure
 - Energy balancing
- Hot Stone massage
 - Set up
 - Temperatures
 - Strokes
 - Techniques
 - Contraindications

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
** <u>Critical</u>	Students will be able to recognize and articulate the value	The student will successfully 1. research, perform, evaluate, and

<u>Thinking</u>	assumptions which underlie and affect decisions, interpretations, analyses, and evaluations made by ourselves and others.	defend individual choices relative to content in this class involving the spa experience, meridian work, and Touch for Health. 2. create summarizations in defense or in opposition of personal choices.
<u>CS</u>	read and understand the development of the spa industry from inception to present day.	1. examine the history of the spa industry.

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

*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.

Riverland