

5/1/2024 DATE



REQUIRED COURSE



ELECTIVE COURSE

Allied Health

DIVISION



NEW COURSE



REVISION

Lake Land College

Course Information Form

COURSE NUMBER:	MAS-055	TITLE: (30 Characters Max)		Massage Therapy I							
SEM CR HRS:	4	Lecture:	2	Lab:	4	ECH:	6				
Course Level:	<input type="checkbox"/> Gen Ed / IAI <input type="checkbox"/> Baccalaureate /Non-IAI		<input checked="" type="checkbox"/> Career/Technical <input type="checkbox"/> Dev Ed/ Not in Degree Audit		Clinical Practicum:	0	Work-based Learning	0	WBL ECH:	0	
COURSE PCS #	12.513501		IAI Code				Contact Hours (Minutes Per Week)				
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	N	Min:	Max:	16 Wks	300	8 Wks	600
Prerequisites:	Admission to the Program										
Corequisites:	None										
Catalog Description: (40 Word Limit)	This course serves as an introduction to the basic principles and Swedish massage techniques. This course introduces students to the historical overview of massage therapy and specific areas of massage practice including: safety, infection control, draping, body mechanics, self-care, and client positioning.										

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Work-based Learning
Historical overview	2	0		
Effects and Benefits of massage	2	0		
Equipment and supplies	2	2		
Preparation for the therapist	8	20		
Preparation for a massage	8	20		
Massage Movements	8	18		
TOTAL	30	60	0	0

EVALUATION			
QUIZZES	<input checked="" type="checkbox"/>	EXAMS	<input checked="" type="checkbox"/>
LAB WORK	<input checked="" type="checkbox"/>	PROJECTS	<input type="checkbox"/>
		ORAL PRES	<input type="checkbox"/>
		COMP FINAL	<input checked="" type="checkbox"/>
		PAPERS	<input type="checkbox"/>
		OTHER	<input type="checkbox"/>

COURSE MATERIALS	
TITLE:	MT Principles & Practice
AUTHOR:	Salvo
PUBLISHER:	Elsevier
VOLUME/EDITION/URL:	7th edition
COPYRIGHT DATE:	2022

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Historical Overview	2	Discuss the history of massage. Explain the influence of historical events of therapeutic massage.
Effects and Benefits of Massage	2	Explain the physiological effects and benefits of massage on different systems of the body. Explain the psychological effects and benefits of massage on the body. Discuss the scope of practice of massage.
Equipment and Supplies	4	Discuss the importance of making informed decisions about the purchase of massage equipment and supplies. Discuss how to make the most effective use of massage equipment. Perform safety and readiness check on equipment.

Preparation for the Therapist	28	<p>Describe self-care practice for the therapist.</p> <p>Demonstrate correct body mechanics and movement specifically for a massage therapist.</p> <p>Demonstrate and describe the concepts of grounding and centering.</p>
Preparation for a Massage	28	<p>Demonstrate the steps in how to prepare the room/table, and assist and position a client correctly.</p> <p>Explain the steps in preparing a client for a massage session.</p> <p>Discuss the importance of maintaining contact with the client and what is quality of touch.</p>
Massage Movements	26	<p>Describe the major categories of massage methods.</p> <p>Explain the fundamental movements of the major categories of massage methods.</p> <p>Demonstrate basic massage movements.</p>
90		

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	Discuss the effects and benefits of massage.
	Implement proper draping procedures and body mechanics.
	Define and implement massage movements.

* Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.