

11/24/2025

DATE



REQUIRED COURSE



ELECTIVE COURSE

AHD DIVISION

☒ NEW COURSE☐ REVISION

Lake Land College

Course Information Form

COURSE NUMBER:	MAS-055L	TITLE: (30 Characters Max)	Massage Therapy I Lab										
SEM CR HRS:	2.0	Lecture:	0.0	Lab:	4.0	ICCB Lab:	4.0	ECH:	4.0				
Course Level:	☐ Gen Ed / IAI ☐ Baccalaureate /Non-IAI			☒ Career/Technical ☐ Dev Ed/ Not in Degree Audit		Clinical Practicum:	0.0	Work-based Learning:	0.0	WBL ECH:	0.0		
Course PCS & CIP:	12 - 51.3501		IAI Code:		N/A		Contact Hours (Minutes/Week)						
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	N	Min:		Max:		16 Wks	200	8 Wks	400
Prerequisites:	Admission to the Program												
Corequisites:	MAS-055												
Catalog Description: (40 Word Limit)	This lab serves as an introduction to the massage equipment and supplies and the preparation for the massage therapist. Students will perform the basic principles of Swedish massage techniques, 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
Equipment and supplies		2		
Preparation for the therapist		14		
Preparation for a massage		14		
Massage movements		30		
TOTAL	0	60	0	0

EVALUATION			
QUIZZES ☐	EXAMS ☐	ORAL PRES ☐	PAPERS ☐
LAB WORK ☒	PROJECTS ☐	COMP FINAL ☐	OTHER ☐

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>
Equipment and supplies	2	1. Perform safety and readiness check on equipment.
Preparation for the therapist	14	1. Demonstrate correct body mechanics and movement specifically for a massage therapist. 2. Demonstrate the concepts of grounding and centering.
Preparation for a massage	14	1. Demonstrate the steps in how to prepare the room/table. 2. Demonstrate how to assist and position a client correctly.
Massage movements	30	1. Demonstrate basic massage movements.
	60	

Outcomes*	Outcome Title	At the successful completion of this course, students will be able to:
Course Outcome 1	Draping Proced 055L	Implement proper draping procedures and body mechanics.
Course Outcome 2	Massage Movemt 055L	Implement massage movements.

Primary Laker Learning Competency Critical Thinking: Students connect knowledge from various disciplines to formulate logical conclusions.
Secondary Laker Learning Competency Creative Thinking & Problem Solving: Students think creatively to solve problems.

**Course and program outcomes will be used in the software for outcomes assessment and should include at least 1 primary and 1 secondary Laker Learning Competency. Limit to 3-5.*