

4/30/2024 DATE



REQUIRED COURSE



ELECTIVE COURSE

Allied Health

DIVISION



NEW COURSE



REVISION

# Lake Land College

## Course Information Form

COURSE NUMBER:	MAS-065	TITLE: (30 Characters Max)		Massage Therapy II			
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
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:	MAS-055						
Corequisites:	None						
Catalog Description: (40 Word Limit)	This course expands a full body massage with introduction of clinical therapeutic practice. The student will learn how to apply heat, cold and hydrotherapy as well as deep tissue, trigger points, and myofascial release.						

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Work-based Learning
Consultation, Client Interview, Assessment	3	10		
Heat/cold	5	8		
Hydrotherapy	5	8		
Deep Tissue	5	9		
Trigger Points	5	9		
Myofascial Release	5	8		
Full Body Massage	2	8		
TOTAL	30	60	0	0

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

COURSE MATERIALS	
TITLE:	Mally/Sports Massage Workbook
AUTHOR:	Mally
PUBLISHER:	Contact Directly for Wholesale
VOLUME/EDITION/URL:	1st edition
COPYRIGHT DATE:	2020

TITLE:	MT Principles & Practice
AUTHOR:	Salvo
PUBLISHER:	Elsevier
VOLUME/EDITION/URL:	6th edition
COPYRIGHT DATE:	2020

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Consultation, Client Interview, Assessment	13	<p>Demonstrate how to screen clients and how to determine needs and expectations of the client.</p> <p>List the components of a client assessment.</p> <p>Explain the importance of the consultation before a massage.</p>
Heat/Cold	13	<p>Explain the use of hot and cold in body treatment.</p> <p>Describe the effect of hot and cold treatments.</p> <p>Demonstrate the application of heat and cold treatments.</p>
Hydrotherapy	13	<p>Explain hydrotherapy as a therapeutic aid.</p> <p>Articulate the effects of different water temperatures.</p> <p>Identify contraindications of various hydrotherapy treatments.</p>
Deep Tissue	14	<p>Discuss the effect of deep tissue.</p> <p>Demonstrate a deep tissue technique on different muscles.</p>
Trigger Points	14	<p>Define trigger point.</p> <p>Demonstrate how to locate and treat a trigger point.</p> <p>Demonstrate different techniques in releasing a trigger point.</p>
Myofascial Release	13	<p>Discuss the effects of myofascial release on the fascial system.</p> <p>Demonstrate myofascial release on different muscles.</p>
Full body Massage	10	<p>Perform a full body massage using the Swedish massage and different clinical techniques.</p>
	90	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	Students will demonstrate proper use of different clinical modalities.
	Student will be able to discuss different manual techniques.
	Students will demonstrate assessment skills and be able to develop a treatment plan.

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