5/27/2025	DATE	AHD	DIVISION
☑	REQUIRED COURSE	☐	NEW COURSE
☐	ELECTIVE COURSE	☑	REVISION

Lake Land College

Course Information Form

COURSE NUMBER:	MAS-076		**TITLE:** *(30 Characters Max)*		Massage Therapy III						
SEM CR HRS:	3.0	**Lecture:**	1.0	**Lab:**	4.0	**ICCB Lab:**	4.0	**ECH:**	5.0		
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**	300	**8 Wks**	600
Prerequisites:	MAS-065										
Corequisites:	None										
Catalog Description: (40 Word Limit)	This course introduces the student to types of massage, including chair massage and sports massage and massage for special populations, such as pregnant, infant, children, cancer, hospice and geriatric. Business practices that relate to massage will be discussed.										

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical	Work Based Learning
Chair massage	2	12		
Sports massage	2	12		
Special population	10	36		
Business practice	1	0		
TOTAL	15	60	0	0

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

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

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		The student will be able to:
Chair massage	14	1. Discuss the advantages & disadvantages of a chair massage. 2. Perform a complete chair massage using correct techniques with proper body mechanics and good communication skills.
Sports massage	14	1. Explain the purpose of a sports massage. 2. Identify the major benefits of a sports massage. 3. Discuss the massage techniques commonly used in a sports massage.
Special populations	46	1. Explain the accommodations and considerations for providing massage to clients with various disabilities. 2. Identify the benefits of massage to different special populations. 3. Discuss the contraindications when working with different special populations.
Business practice	1	1. Determine the advantages or disadvantages of working as an employee or as a business owner. 2. Compare the differences among a sole proprietorship, partnership and a corporation. 3. Develop a business plan.

75

Outcomes*	Outcome Title	At the successful completion of this course, students will be able to:
Course Outcome 1	Chair MT	Perform and discuss the importance of a chair massage.
Course Outcome 2	Sports MT	Assess the benefits of different sports massage techniques.
Course Outcome 3	Bene Contra Spec Pop	Compare the benefits and contraindications of massage to different special populations.
Course Outcome 4	Business Plan	Design a business plan and discuss different factor before opening a massage business.
Primary Laker Learning Competency	Creative Thinking & Problem Solving: Students think creatively to solve problems.	
Secondary Laker Learning Competency	Critical Thinking: Students connect knowledge from various disciplines to formulate logical conclusions.	

**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.*