

12/1/2023 DATE

☒  
☐REQUIRED COURSE  
ELECTIVE COURSE

Allied Health

DIVISION

☒  
☐NEW COURSE  
REVISION

## Lake Land College

## Course Information Form

COURSE NUMBER:	MAS-086	TITLE: (30 Characters Max)		Massage Therapy IV							
SEM CR HRS:	3	Lecture:	1	Lab:	4	ECH:	5				
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	0	Work Based Learning	0	WBL ECH:	0	
COURSE PCS #	12 - 51.3501		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	250	8 wks	500
Prerequisites:	MAS-075										
Catalog Description: (40 Word Limit)	This course introduces the student to lymph massage, reflexology, energetic work and spa techniques which includes: aromatherapy, exfoliation, and body wraps.										

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical	Work Based Learning
Lymph Massage	2	4		
Reflexology	2	4		
Energetic Work	4	16		
Spa Techniques	7	36		
<b>TOTAL</b>	<b>15</b>	<b>60</b>	<b>0</b>	<b>0</b>

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
COPYRIGHT DATE:	2022

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Lymph Massage	6	List the indication and contraindications to lymph massage.  Demonstrate the primary technique of lymph massage.  Describe the lymphatic system.
Reflexology	6	Define reflexology.  Locate reflexology points on the foot and hand.  Explain the purpose of reflexology.
Energetic Work	20	Explain different types of energetic work.  Describe energetic work as it relates to the body.
Spa techniques	43	Discuss the advantages of specific spa techniques.  Demonstrate different types of spa techniques: ie aromatherapy, hot stones, spa exfoliation, body wraps & etc.  Describe ways aromatherapy is implemented.
	75	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	Student will be able to perform and discuss the importance of a lymphatic massage, reflexology and different energetic work.
	Students will be able to explain the different benefits of these massages.
	Students will be able to perform and explain the benefits of different spa techniques.

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