Minnesota State College Southeast

THPY 1452: Myofascial Release

A. COURSE DESCRIPTION

   Credits: 1
   Lecture Hours/Week: 1
   Lab Hours/Week: *
   OJT Hours/Week: *
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   This course will develop the student's understanding of the fascial system. (Prerequisite: None) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 04/17/2003 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

   1. Describe fascia
   2. Perform a myofascial release session for fibromyalgia sufferers
   3. Perform indirect myofascial release
   4. Perform direct myofascial release
   5. Understand the trains of fascia
   6. Release fascial pulls

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

   None

F. LEARNER OUTCOMES ASSESSMENT

   As noted on course syllabus

G. SPECIAL INFORMATION

   None noted