

Anoka-Ramsey Community College

IHH 1103: Movement and Body Manipulation Therapies

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: IHH 1100

This course provides an introduction of movement and body manipulation therapies including the theories of chiropractic, osteopathy, craniosacral therapy, and the practices of massage, reflexology, Qigong, Tai Chi, and yoga. Students will learn the uses and benefits of each therapy and have the opportunity to create a personal preventative body movement plan for self-care.

B. COURSE EFFECTIVE DATES: 08/22/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Movement and body manipulation therapies and how they can be used for preventive or corrective purposes and their benefits
2. The theory of structural body manipulation therapies including chiropractic, osteopathy, and craniosacral therapy
3. The various forms of massage and reflexology, and their functions, outcomes and benefits
4. Body movement therapies such as Qigong, Tai Chi and yoga and the benefits of each
5. Preventive body movements for self-care

D. LEARNING OUTCOMES (General)

1. Demonstrate an understanding of movement and body manipulation therapies and how they can be used for preventative or corrective purposes
2. Explain structural body manipulation therapies including chiropractic, osteopathy, and craniosacral therapy
3. Evaluate the various forms of massage and reflexology and their functions and describe the outcomes and benefits
4. Describe and experience body movement therapies such as Qigong, Tai Chi and yoga and the benefits of each
5. Create a preventative body movement plan for self-care incorporating identified body movement therapies

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted