

Anoka-Ramsey Community College

IHH 1105: Introduction to Massage/Reflexology

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: College-level reading

This course provides an overview of massage therapy and reflexology as it relates to Integrative Health and Healing. The student will learn basic techniques through theory, demonstration and practice. Students will explore legal and professional ethics relating to touch and identify research supporting massage and reflexology in healthcare.

B. COURSE EFFECTIVE DATES: 01/11/2010 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Massage therapy, benefits and techniques
2. Reflexology, including body zones, and the reflexology foot map
3. Safety, legal, professional issues and regulation
4. Integration into total client healthcare plan

D. LEARNING OUTCOMES (General)

1. Define the benefits of massage therapy and differentiate between various massage methods
2. Demonstrate the proper techniques of basic massage movements and their physiological and psychological effects on the client
3. Identify reflexology tools, body zones and the reflexology foot map
4. Synthesize knowledge of massage and reflexology techniques with the relationship between muscles, bones, and joints of the body
5. Assess safety issues with techniques/treatments and explain contraindications for use
6. Distinguish how massage and reflexology modalities contribute to the quality of life and well-being of the client
7. Explore legal and professional ethics relating to massage, reflexology and touch

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted