

Minnesota State College Southeast

THPY 1415: Advanced Massage & Integrated Therapies

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 1

Lab Hours/Week: 4

OJT Hours/Week: *.*

Prerequisites:

This course requires the following prerequisite

THPY 1400 - Swedish Massage & Massage Ethics

Corequisites: None

MnTC Goals: None

This course prepares massage students to execute advanced massage techniques using stretching, range of motion and controlled breath. In the second half of the class, students will be introduced to the basics of a variety of popular massage modalities. Students will learn the principles and foundation of various bodywork techniques. This class will acquaint students with the endless possibilities of massage specialties and help students narrow down their future area of expertise. (Prerequisite: THPY1400) (3 credits: 1 lecture/2 lab).

B. COURSE EFFECTIVE DATES: 03/13/2001 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Be able to integrate understanding of kinesiology into massage practice
2. Perform comprehensive massage techniques
3. Incorporate passive and active stretching into massage practice
4. Incorporate trigger point therapy into massage practice

D. LEARNING OUTCOMES (General)

1. Perform stretching with massage techniques
2. Locate palpable bony landmarks
3. Demonstrate therapist massage tools
4. Integrate kinesiology with massage practice
5. Flex and massage a muscle
6. Extend and massage a muscle
7. Explain potential causes of tight muscles
8. Describe trigger point therapy
9. Redirect client breathing patterns
10. Execute optimal therapist body mechanics
11. Evaluate therapist body mechanic weaknesses
12. Stretch and strip technique
13. Assist in client muscle flexion
14. Locate trigger points
15. Perform lower extremity assisted ROM
16. Execute drop off table techniques
17. Complete a body massage using joint mobilization
18. Perform a comprehensive prone (client positioned) massage
19. Perform a comprehensive supine (client positioned) massage
20. Demonstrate a variety of professional massage closure techniques
21. Explain and demonstrate different modalities within the scope of bodywork therapies
22. Sensitize oneself to client's emotional state
23. Utilize resources to strengthen, learn, and review massage techniques

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted