

Minnesota State College Southeast

THPY 1455: Prenatal & Postpartum Massage

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course teaches the advanced massage student techniques that can help to relieve the discomforts of pre-natal women. Emphasis will be placed on: pre-natal massage techniques, labor massage and infant massage. Students will learn to use advanced bolstering and positioning techniques to ensure the comfort of their pre-natal clients. (Prerequisite: THPY1400 or instructor approval) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 03/10/2002 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. List the most common pregnancy complaints
2. List the potential effects of stress on pregnant women
3. Identify pre-natal massage contraindications
4. Interpret pre-natal client feelings
5. Describe pre-natal massage exercises
6. Describe the side-lying pre-natal massage position
7. Perform pre-natal bolstering techniques
8. Outline a full body pre-natal massage routine
9. Explain pregnancy pressure techniques
10. List infant massage contraindications
11. List infant massage benefits
12. Outline a typical infant massage routine

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted