

Minnesota State College Southeast

THPY 1475: Spa Treatments

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 prepare the student to perform different spa treatments. (Prerequisite: None) (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. Perform an exfoliation and/or body wrap
2. Understand contraindications for body wraps and exfoliations
3. Know effects of hydrotherapy
4. Feel effects of a spa treatment
5. Reiterate different styles of spa treatments
6. Recognize spa etiquette
7. Understand how to establish client and therapist safety in a spa environment
8. Understand how to enhance massage therapy sessions with added spa treatments
9. Understand the basics of hot stone massage treatments

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted