THPY 1452: Myofascial Release

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 develop the students understanding of the fascial system. (Prerequisite: None) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES:  04/17/2003 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)
   1. Describe fascia
   2. Perform a myofascial release session for fibromyalgia sufferers
   3. Perform indirect myofascial release
   4. Perform direct myofascial release
   5. Understand the trains of fascia
   6. Release fascial pulls

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted