

# Minnesota State College Southeast

## 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