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