

Minnesota State College Southeast

THPY 1424: Sports Massage and Pathology

A. COURSE DESCRIPTION

Credits: 4

Lecture Hours/Week: 3

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites:

This course requires the following prerequisite

THPY 1400 - Swedish Massage & Massage Ethics

Corequisites: None

MnTC Goals: None

This course covers the fundamentals of sports massage and related pathology. Students will be taught to do sport specific pre and post event sports massage using a variety of innovative techniques. Muscle function and stretching will be used to increase athletic performance and muscle recovery time. Pathology of the athlete will be addressed along with specific strategies to address athletic injuries. Pathology of other body systems will also be addressed. (Prerequisites: THPY1400) (Prerequisite or concurrent: THPY1410 and THPY1415) (4 credits: 3 lec/1 lab)

B. COURSE EFFECTIVE DATES: 02/04/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Understand importance of knowledge of pathologies as related to massage therapy
2. Perform pre, inter, and post event massage techniques
3. Understand difference between acute and chronic sports conditions and how to treat
4. Incorporate active and passive stretching into sports massage routines

D. LEARNING OUTCOMES (General)

1. Define sports massage
2. List sports massage benefits
3. List sports massage contraindications
4. Describe pre-event sports massage
5. Describe post-event sports massage
6. Describe inter-event sport massage
7. Identify injury specific pathological factors
8. Understand pathology of injury
9. Describe structural analysis techniques
10. Understand body pathology
11. List stretching principals
12. Demonstrate passive stretching
13. Demonstrate static stretching
14. Demonstrate active stretching
15. Describe proprioceptive neuromuscular facilitation
16. Explain stretch reflex response
17. Explain massage as compression
18. Perform muscle group specific sport massage
19. Perform sport specific pre-event sports massage
20. Explain heat induced bodily changes
21. Explain cold induced bodily changes
22. List six types of friction
23. Apply injury diagnosis to massage routine
24. Demonstrate use of ice on injury
25. Identify pathology related to each body system
26. Reiterate contraindications for pathological conditions
27. Teach client hydrotherapy for pathology
28. Determine what massage is appropriate for subacute conditions

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted