

Minnesota State College Southeast

THPY 1454: Seated Chair Massage

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will prepare the massage student to perform skilled seated chair massage therapy in either a work or privated practice environment. Course will include 16 hours of on-site massage work at approved locations. (Prerequisite or concurrent: THPY1400) (2 credits: 1 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 02/25/2008 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Perform chair massage for various time frames
2. Understand how to market chair massage
3. Be able to assess client's needs and perform appropriate techniques
4. Understand importance of personal body mechanics

D. LEARNING OUTCOMES (General)

1. Differentiate advantages and disadvantages of chair massage
2. Prepare a chair massage health questionnaire
3. Demonstrate positioning variations in massage chair set up
4. Explain sanitary massage chair cleaning procedures
5. Outline therapist specific seated chair body mechanics guidelines
6. Describe muscle warm-up benefits
7. Explain chair massage joint mobilization advantages
8. Assess the client's needs
9. Demonstrate muscle group specific chair massage
10. Identify hydrotherapeutic chair massage methods
11. Describe sports chair massage techniques
12. Formulate chair massage marketing techniques
13. Perform a fifteen-minute seated chair massage
14. Perform a ten-minute seated chair massage
15. Describe client chair dismount procedures
16. Incorporate acupressure techniques
17. Use stretches on a client in the chair
18. Interact professionally with clients
19. Promote massage services to potential clients

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted