

# Minnesota State College Southeast

## **IHHA 1200: Massage/Reflexology Basics**

### **A. COURSE DESCRIPTION**

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will include information on learning simple massage and reflexology techniques to aid in relaxation, stress relief, and provide comfort. This course will review the history, definition, and benefits of massage and reflexology. (Prerequisite: none) (2 credits: 2 lecture/0 lab)

**B. COURSE EFFECTIVE DATES:** 12/17/2009 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

### **D. LEARNING OUTCOMES (General)**

1. Reflexology techniques
2. How the body is mapped on both the hands and the feet
3. How to identify hand and foot reflex areas and discern how they relate to the body
4. Benefits and scientific research of reflexology
5. How reflexology aids in relaxation, stress relief, pain and pain relief
6. Be able to experience and practice reflexology techniques
7. Benefits of massage
8. Simple massage techniques
9. Clinical contraindications
10. Ethic of touch
11. Proper draping, positioning and client feedback techniques used in giving a massage

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

None

### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

### **G. SPECIAL INFORMATION**

None noted