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