

Minnesota State College Southeast

THPY 1478: Eastern Modalities

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides students with the ability to complete a comprehensive foot or hand reflexology session. The student will learn to identify foot reflex areas and discern how they relate to the body as a whole. This course also covers the basics of acupressure within the context of a full therapeutic massage session. Students will learn to systematically locate and apply pressure to acupressure meridians in order to help alleviate pain and increase energy flow throughout the body. Other Eastern modalities will be introduced to the student. (Prerequisite or concurrent: THPY1400) (3 credits: 3 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 01/23/2013 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Be able to perform all reflexology techniques on feet and hands
2. Understand how body organs correspond to reflex points
3. Be able to incorporate acupressure techniques into a full body massage
4. Perform various acupressure applications related to specific conditions
5. Understand contraindications to reflexology and acupressure
6. Have a basic understanding of other Eastern modalities

D. LEARNING OUTCOMES (General)

1. Define reflexology
2. Define acupressure
3. Describe various reflexology techniques
4. Assess reflexology contraindications
5. Palpate reflex areas on top & bottom of foot
6. Palpate reflex areas of hand
7. Outline a complete foot and hand reflexology routine
8. Explain acupressure effects and benefits
9. Know contraindications for acupressure and reflexology
10. Perform acupressure for various ailments
11. Describe various Eastern modalities and their effects on the body

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted