

Minnesota State College Southeast

THPY 1482: Bamboo Massage

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Massage therapists will learn to use bamboo with their current massage therapy techniques, plus new and exciting uses for bamboo. Topics include: contraindications/indications for this type of massage, bamboo set up/clean up/temperatures/strategies, promoting and marketing this massage, and current research/techniques in bamboo massage. (Prerequisite: none) (1 credit: 0 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 09/20/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Give a 30, 60, or 90 minute warm bamboo massage with a variety of different techniques
2. Recognize contraindications/indications for warm bamboo massage
3. Develop strategies to help certain pathologies/conditions/adhesions through warm bamboo massage techniques
4. Learn effective ways to promote and market bamboo massage into your current practice
5. Develop self-care tips to increase longevity in your massage therapy career
6. Learn the proper care for the bamboo sticks
7. Learn the most effective ways to set up for a warm bamboo massage
8. Learn how to keep abreast of current trends in massage research

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted