

Minnesota State College Southeast

THPY 1483: Thai 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 Thai massage with their current massage therapy techniques. Topics will include: contraindications/indications for this type of massage, set up/clean up/temperatures/strategies, promoting and marketing this massage, and current research/techniques in Thai 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 60-90 minute Thai massage with a variety of different techniques
2. Recognize contraindications/indications for Thai massage
3. Develop strategies to help certain pathologies/conditions/adhesions through Thai massage techniques
4. Learn effective ways to promote and market Thai massage into your current practice
5. Develop self-care tips to increase longevity in your massage therapy career
6. Learn the most effective ways to set up for a Thai massage
7. 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