

Common Course Outline

MASS 101

Introduction to Massage

2 Semester Hours

The Community College of Baltimore County

Description

Introduction to Massage

Provides an introduction to massage—its history, development, benefits, and current applications; teaches basic techniques; endangerment zones and certain contraindications along with self-care and hygiene. Students must pass this course with a minimum grade of “C” or better in order to continue with the full program.

Overall Course Objectives

The purpose of this course is to provide students with an overall background to the development and current use of Massage Therapy in all its aspects. One emphasis will be on developing the ability to perform simple massages on friends and relatives in a proper relaxed setting and in an intelligent, informed, healthful manner.

A second purpose allows students to determine whether or not Massage Therapy is a career for them. Successful completion with a grade of “C” or higher is required for students to progress into the full program.

Upon completion of this course the student will be able to:

- A. Summarize the development of massage therapy over the ages.
- B. Describe the underlying physiological theory of touch on the human body.
- C. Summarize the various job possibilities available to massage therapists.
- D. Identify significant health contraindications to massage.
- E. Identify the various endangerment zones relevant to massaging certain areas of the body.
- F. Recognize major ethical, sexuality and gender issues surrounding the application of massage.
- G. Demonstrate proper body mechanics when doing simple massage.
- H. Establish a proper atmosphere for doing massage.
- I. Conduct an appropriate verbal health screen for all recipients of a massage.
- J. Identify certain major muscles affecting movement throughout the human torso.
- K. Perform simple, basic massage techniques on major muscle areas of the body.
- L. Evaluate the viability of Massage Therapy as a professional career.

Major Topics

- A. History of Massage and the Physiology of Touch on the Human Body
- B. Benefits of Massage
- C. Job Possibilities, Regulations and How to Start a Practice
- D. Other Bodywork Modalities
- E. Contraindications and Endangerment Zones
- F. Hygiene, Atmosphere and Health Screens
- G. Body Mechanics, Strokes, Breathing and Stretching

H. Muscle Anatomy and Massage for:

1. Head and neck
2. Back and shoulders
3. Arms and hands
4. Face
5. Front of legs and feet
6. Back of legs and buttocks

I. Put It All Together

J. Self Massage Techniques

Course Requirements

Attendance – Regular attendance is essential to the learning process and is required.

Writing Assignments – One written assignment will be given where content and quality will be graded. The assignment will involve research on a specific contraindication and the related massage issues surrounding it, describing an experience with massage or another bodywork modality, or a discussion with a massage therapist about his/her work and career.

Grading – There will be two quizzes, one mid-term and one final exam. There will not be a bodywork practical exam.

During the bodywork classes, students must come to class having good hygiene, wear comfortable clothes, and be prepared for floor exercises.

Other Course Information

This course is the introductory course required for all Massage Therapy program entrants. It consists of lectures and practical bodywork exercises. It introduces potential massage therapists to the program requirements and expectations. It identifies qualified and motivated students.