

Common Course Outline

MASS 210

Level I - Massage

5 Semester Hours

The Community College of Baltimore County

Description

Level I – Massage

Emphasizes the fundamental theories and techniques of massage therapy and bodywork through Swedish relaxation massage; covers the value of therapeutic touch, related anatomy, physiology, and body mechanics, proper draping, seated massage, the use of oils, and client care. Students practice on each other.

Prerequisite: MASS 101 with grade of C. BIOL 109 with grade of C or permission of program director. Taken concurrent with MASS 110.

Overall Course Objectives

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

1. Give a one hour full body Swedish relaxation massage using primarily Swedish massage strokes.
2. Give a basic seated massage using ordinary equipment.
3. Identify the effects of massage on the major systems of the body—specifically as they are under stress.
4. Identify the benefits, contraindications and limitations of Swedish massage.
5. Use proper body mechanics and other self-care techniques to avoid personal injury and physical stress.
6. Demonstrate good verbal and listening skills to enable a supportive environment with a client.
7. Demonstrate proper draping techniques to ensure client privacy during a massage.
8. Conduct a client health screen to ensure that the proper techniques are applied during the bodywork session.
9. Demonstrate good massage techniques in a controlled practical exam situation.

Major Topics

1. Anatomy and physiology of specific body systems related to major massage benefits.
2. Basic Swedish strokes of effleurage, petrissage, friction, vibration and tapotement.
3. Basic strokes applied to seated massage.
4. The physiology of touch.
5. Good body mechanics and hygiene practices for the massage therapist.
6. Proper client draping techniques for all body positions.
7. Client health screen information gathering – verbal and written.
8. Massage ethics, the matter of sexuality and client/therapist boundaries.

Course Requirements

Grading – There will be four written exams and one practical massage exam on a specific body part performed on the instructor.

Other Course Information

This course is the first course in a required three-course sequence of massage/bodywork. It establishes the foundation for all future program bodywork modalities.