

Common Course Outline

MASS 220

Level II Massage

6 Semester Hours

The Community College of Baltimore County

Description

Level II - Massage

Examines the techniques for deep tissue therapy to facilitate structural and functional changes in the body; introduces basic muscle testing, analysis of client postural issues, and facilitated stretching. Students practice on each other.

Prerequisites: MASS 110 with grade of C and MASS 210 with grade of C. Taken concurrent with MASS 222.

Overall Course Objectives

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

1. Give a deep tissue massage using primarily basic Swedish massage strokes.
2. Identify, palpate and demonstrate actions of all major skeletal muscle groups.
3. Summarize major musculoskeletal disorders and the indications or contraindications for massage therapy.
4. Identify major skeletal landmarks, especially as they relate to major skeletal muscle groups.
5. Work effectively with clients in a clinical setting.
6. Refine their Swedish massage skills and learn deeper massage techniques.
7. Apply active and passive client stretching to enhance deep tissue strokes on clients.
8. Increase their knowledge of human anatomy and physiology.
9. Apply proper massage body mechanics suitable to deep tissue work.
10. Demonstrate enhanced body palpation skills.
11. Make an energetic and sensitive connection with clients.
12. Properly drape a client for deep tissue bodywork.

Major Topics

1. Anatomy and Physiology of Muscle
2. Major muscles suitable for deep tissue work of the back, neck, shoulder, torso, arm, wrist and hand, gluteal area, leg and foot
3. Bone landmarks for major muscle groups
4. Joint and ligament action
5. Deep tissue stroke techniques
6. Proper client draping for deep tissue work
7. Proper body mechanics for deep tissue work
8. Active and passive client stretching techniques
9. Client health screening
10. Human body energy and sensitivity
11. Being centered while working

12. Emotional holding and its relation to deep tissue work
13. Integrating Swedish, deep tissue and energy techniques during a full-hour bodywork session
14. Structuring an individualized bodywork session

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

Quizzes, exams and a hands-on practical exam.

Writing: The individual faculty member will determine specific writing assignments.

Other Course Information

This course is a Massage Therapy Program core course.

This course is the second course in a required three-course massage and bodywork sequence.

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

(8) Date Revised: MM/DD/YY