

Common Course Outline

MASS 221

Massage Modalities

2 Credits

The Community College of Baltimore County

Description

MASS 221 - Massage Modalities introduces key massage and bodywork modalities and explores the history and principles of these techniques. This course provides students with a fundamental understanding of popular modalities to enhance their palpation and treatment skills and to lay the foundation for further education in specialized areas of study after they obtain licensure to practice massage therapy. A supervised laboratory practice of selected techniques is included.

2 credits: 1 lecture hour per week; 2 laboratory hours per week

Prerequisite: MASS 101 with a grade of “C” or better, or permission of the Program Director.

Overall Course Objectives

Upon successful completion of this course students will be able to:

1. describe the training requirements for each selected modality;
2. demonstrate selected bodywork techniques;
3. document bodywork protocols performed in lab;
4. explain the origin and philosophy of selected massage modalities;
5. explain the cautions, contraindications and benefits of a variety of selected modalities;
6. evaluate case studies and develop a multimodal massage approach;
7. identify certification organizations for trademarked modalities;
8. explain the requirement for continuing education to maintain licensure and liability requirements associated with some modalities and specialty trainings;
9. explain the importance and function of professional associations in relation to continuing education; and
10. identify the major massage therapy professional associations and their features and benefits.

Major Topics

- I. Therapeutic Massage Modalities
 - A. Active Isolated Stretching
 - B. Hydrotherapy
 - C. Polarity Therapy

- D. Prenatal Massage
- E. Reflexology
- F. Sports Massage
- II. Spa Therapies
 - A. Hot and Cold Stone Massage
 - B. Aromatherapy
 - C. Body Treatments
- III. Eastern Bodywork Modalities
- IV. Movement Re-Education Modalities
- V. Energy Modalities
- VI. Massage Therapy Continuing Education
 - A. Maryland State Requirements
 - B. Board Certification and Advanced Certification Options

Course Requirements

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

- A final exam
- Minimum of two other summative assessments which can include quizzes, unit exams and/or a midterm exam
- Minimum of four formative assessments which may include homework assignments, in-class activities, and other projects
- One modalities research paper and presentation
- Lab participation

Writing Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course is a required course in the Massage Therapy Program. A grade of “C” or better is required for all Massage Therapy courses. May be taken concurrently with MASS 210 and MASS 110 with permission of the Program Director. This course may not be offered in all semesters, see registration schedule.

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