

Common Course Outline

MASS 223

Massage Therapy Research

2 Credits

Community College of Baltimore County

Description

MASS 223 – Massage Therapy Research explores concepts in clinical massage therapy research relating to evidence-informed practice. This course provides foundational knowledge to investigate online databases and critically evaluate peer-reviewed publications containing current massage therapy research. Students learn how to identify different research study designs and interpret their meaning for use in treatment planning. Practical research applications are presented within the framework of a case report. Opportunities in massage therapy research and further study advancement are also explored.

2 Credits

Prerequisites: ENGL 101 or equivalent, MASS 220, MASS 222, and MASS 231 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. examine the application of massage therapy research as evidence-informed practice;
2. identify the main components of a research article;
3. apply proper formatting and citation style in writing a case report;
4. differentiate among types of research study designs and their hierarchy in the spectrum of research validity;
5. investigate current massage therapy research by performing detailed database searches for peer-reviewed articles;
6. review basic statistical data concepts;
7. evaluate published research articles for validity and practical knowledge in treatment planning;
8. develop research literacy for application and use in massage therapy practice;
9. recognize key stakeholders and organizations supporting current massage therapy research; and
10. design a prospective case report.

Major Topics

- I. Scientific Method and Evidence-Informed Practice
 - A. Rationalism vs Empiricism
 - B. Hypothesis Formulation
- II. Finding Resources and Information, and Proper Formatting
 - A. Databases and Search Strategies
 - B. APA and Other Documentation Styles
- III. Research Classifications and Terminology
 - A. Types of Articles
 - B. Components of a Research Article
 - C. Research Approaches and Methods
 - D. Study Designs
- IV. Evaluation of Research Articles
 - A. Spectrum/Hierarchy of Research Validity
 - B. Ethics in Research and Acknowledging Bias
- V. General Statistics Terminology and Interpretation
- VI. Application of Research in Massage Practice
- VII. Case Report Design
 - A. Basic Framework, Client Selection, and Informed Consent
 - B. Data Collection and Development
 - C. Literature Review and Application to Practice
 - D. Documentation of Results and Supporting Outcomes
- VIII. Trends in Massage Therapy Research
 - A. National Organizations
 - B. Recent Articles and Discoveries
 - C. Research Journals – Submission for Publication and Other Guidelines

Course Requirements

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

Grading/exams

- Minimum of four formative assessments which can include homework assignments, online discussion boards, projects, and other activities
- One prospective case report proposal/research paper
- Minimum of two other summative assessments which can include quizzes, unit exams, and/or a midterm exam
- A final exam

Written Assignments: Students are required to utilize 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. This course may not be offered in all semesters; see registration schedule. This course is offered in an online format.

Date Revised: 09/04/2018