

## **Common Course Outline**

### **MASS 230**

#### **Level III Massage**

#### **5 Credits**

## **Community College of Baltimore County**

### **Description**

**MASS 230 – Level III Massage** provides advanced training for students in fascial anatomy and myofascial techniques, theories, and approaches to bodywork. Stretching techniques that enhance myofascial effectiveness are also explored. Myofascial techniques and basic orthopedic assessment testing is demonstrated and practiced in class and supervised lab. A practical integration of thorough client assessment, use of Swedish, Deep Tissue, and Myofascial techniques, and post-session re-evaluation of outcomes is constructed for a full body therapeutic massage session and for targeted bodywork.

**5 Credits:** *3 lecture hours per week; 4 laboratory hours per week*

**Prerequisites:** MASS 220 and MASS 222 with a grade of “C”, or permission of the Program Director.

### **Overall Course Objectives**

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

1. describe general fascial anatomy and physiology, including the specific fascial layers of muscle and tensegrity concept models;
2. explain effects of massage on the lymphatic and immune systems of the body;
3. identify and assess lines of fascial continuity in the body of a client through palpation;
4. apply myofascial and active client engagement techniques to skeletal muscle tissues;
5. integrate myofascial techniques as part of effective therapeutic massage work;
6. demonstrate proper draping of clients and effective body mechanics for myofascial bodywork;
7. identify cautions and contraindications for myofascial bodywork;
8. perform basic orthopedic movement testing for common dysfunctions for effective treatment planning and movement analysis;
9. construct detailed and thorough client treatment planning using palpation and advanced observation and assessment skills;
10. explore modalities used with special populations related to myofascial and structural integration bodywork; and
11. integrate Swedish and deep tissue massage techniques with myofascial work for a complete therapeutic massage session focused on client needs and assessment discoveries.

## **Major Topics**

- I. Anatomy and Physiology of Human Fascia
  - A. General Fascial Anatomy
  - B. Tensegrity Model and Concepts
  - C. Myofascial Layering
  - D. Lines of Fascial Continuity
- II. Massage Effects on Body Systems
  - A. Lymphatic System
  - B. Immune System
- III. Working with and Releasing Myofascial Tissue
  - A. Palpating Myofascial Layers
  - B. Engaging and Releasing Restricted Fascia
  - C. Adding Active Client Engagement
  - D. Proper Body Mechanics and Client Draping for Myofascial Bodywork
  - E. Indications and Contraindications for Myofascial Bodywork
- IV. Integrating Myofascial Bodywork with Swedish and Deep Tissue
- V. Orthopedic Assessment Techniques for Common Dysfunctions
- VI. Modalities Related with Myofascial Work and Movement Re-Education
  - A. Rolfing
  - B. Feldenkrais
  - C. Meir Schneider – Movement for Self-Healing
  - D. Structural Integration
  - E. Prenatal

## **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, in-class projects, online discussions, and other activities
- One research paper
- Minimum of two other summative assessments which can include quizzes, unit exams and/or a midterm exam
- A final exam
- One practical exam and lab participation

**Written Assignments:** Students are required to utilize appropriate academic resources.

**Other Course Information**

This course is a required course in the Massage Therapy Program. This course is the third course in a required three-course massage and bodywork skills and development series, which must be completed in the required sequence. A grade of “C” or better is required for all Massage Therapy courses in order to progress within the program. Students must pass both the lecture and lab components in order to satisfactorily complete this course. This course may not be offered in all semesters and may be offered in a blended learning or face to face format; see registration schedule.

Date Revised: 09/04/2018