

# Common Course Outline

MASS 251

Thai Massage

3 Credits

## The Community College of Baltimore County

### Description

**MASS 251 – 3 Credits – Thai Massage** explores the history, benefits and techniques of traditional Thai massage. The theory of Thai medicine, indications and contraindications, a discussion of the sen (energy pathways), the role of the Buddhist influence and specialized techniques and body mechanics are covered. A Thai massage protocol is taught.

**3 Credits:** 2 lecture hours per week; 2 laboratory hours per week

**Prerequisite:** Licensed Massage Therapist or Registered Massage Practitioner, or consent of the Program Director

### Overall Course Objectives

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

1. explain the origin of traditional Thai massage and how it relates to traditional Thai medical practices;
2. describe the Buddhist influence on Thai massage;
3. describe the psychological and physical benefits of Thai massage;
4. explain the basic underlying theories of Thai massage;
5. explain the relationship between Thai massage and yoga;
6. explain the rules, methods and techniques utilized in Thai massage;
7. describe the client positioning required in Thai massage;
8. demonstrate proper body mechanics to perform Thai massage;
9. identify cautions and contraindications;
10. identify and locate the sen (Thai energy pathways);
11. demonstrate techniques of Thai massage; and
12. demonstrate a complete Thai massage protocol.

### Major Topics

- I. History and Methods
  - A. Traditional Thai Medicine
    1. Brief History
    2. Basic Theories
    3. Sen
    4. Doshas

- B. Rules, Methods and Techniques
  - 1. Traditional Rules of Practice
  - 2. Methods
  - 3. Body Awareness
  - 4. Rhythm and Flow: Treatment Pattern
  - 5. Therapeutic Actions: East and West
  - 6. Techniques
  - 7. Cautions and Contraindications
- II. Practical Application
  - A. Client in Supine Position
  - B. Client in Lateral Recumbent Position
  - C. Client in Prone Position
  - D. Client in Seated Position
- III. Application for practice
  - A. Suggested Sequences
  - B. Correlations to Yoga
  - C. Mantra to Father Doctor Jivaka

### **Course Requirements**

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

- Weekly homework assignments
- A mid-term and a final exam
- 1 written paper
- 1 practical exam

Students are required to utilize appropriate academic resources.

### **Other Course Information**

This course may not be offered in all semesters, see registration schedule.