

# **COURSE OUTLINE**

**HEED-114**

**Introduction to Therapeutic Massage**

3 Semester Hours

## **HOWARD COMMUNITY COLLEGE**

### **Description**

This course is designed to explore fundamental topics in the use of therapeutic massage and its role in the wellness model of the healthcare system. The history of massage will be introduced and relevant research into the validity of this modality will be discussed. The ethical and professional standards for massage therapists are presented as well as workplace standards, professional alliances, and practice management issues. Time will also be devoted to discussions of massage manipulations, bodywork techniques, the purpose of touch and emerging trends in the field. (3 hours weekly)

### **Course Objectives**

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

1. Describe professional touch and explain the history of therapeutic massage and its impact on modern trends and practices.
2. Define a scope of practice for therapeutic massage and understand the standards of practice for massage and bodywork.
3. Identify legal and credentialing concerns for massage therapists.
4. Cite current research validating the use of therapeutic massage.
5. Explain the effects of therapeutic massage in physiologic terms.
6. Use a clinical reasoning model to determine the appropriate intervention process and work effectively as a member of the wellness/healthcare team.
7. Understand the physiologic mechanisms of complementary bodywork systems and identify overlap in the technical skills and philosophies among the various systems.
8. Consider a direction of interest for further study.

### **Major Topics**

1. Foundations of therapeutic applications of touch
2. Professionalism and ethics
3. The scientific art of therapeutic massage
4. Pathologies, indications, contraindications, hygiene and sanitation
5. Therapeutic modalities and complementary bodywork systems
6. The wellness community and professional alliances
7. The business of therapeutic massage

## **Course Requirements**

Grading/Exams: Grading procedures will be determined by the individual faculty member to include, but not limited to attendance, mid-term, final exam and writing project.

Writing: Specific writing assignments will be determined by the individual faculty member to include, but not limited to, a choice of research paper, book report, community service project, or assigned health topic.

## **Other Course Information:**

This course is HEED elective.