

Common Course Outline

MASS 101

Introduction to Massage

2 Credits

Community College of Baltimore County

Description

MASS 101 – Introduction to Massage provides an overview of the massage therapy profession. Students explore the history and benefits of massage therapy application on the body. The course includes an introduction to musculoskeletal anatomy and an overview of practice environments and career options. Students learn basic massage techniques through hands-on practice of a professional chair massage protocol. This course is a pre-requisite for applying to the Massage Therapy Program.

2 Credits

Prerequisite: ACLT 052 or ACLT 053 or (ESOL 052 and ESOL 054)

Overall Course Objectives

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

1. summarize the history of massage therapy;
2. describe the physiological effects and benefits of massage therapy;
3. identify significant health contraindications to massage;
4. identify the massage endangerment zones on the human body;
5. compare and contrast the different workplace environments for massage therapy professional practice;
6. distinguish between wellness and therapeutic massage scopes of practice;
7. apply infection control procedures including standard precautions;
8. conduct a client interview for the purpose of a verbal health screening;
9. identify and palpate major muscles including bony landmarks, attachments, and actions;
10. perform the fundamental massage strokes and chair massage techniques using professional massage equipment;
11. define the licensing requirements for professional massage practice in Maryland; and
12. evaluate massage therapy as a professional career choice and identify career options.

Major Topics

- I. History of Massage
- II. Benefits of Massage and General Effects of Massage on the Body

- III. Standard Precautions and Safety
 - A. Personal Hygiene and Environmental Cleaning Requirements
 - B. Infection Control and Communicable Diseases
 - C. Health Screening and Informed Consent
- IV. Contraindications and Endangerment Zones
- V. Muscles and Bones
 - A. Bony Landmarks
 - B. Major Muscle Attachments and Actions
- VI. Massage Skill Applications
 - A. Fundamental Massage Strokes
 - B. Chair Massage
- VII. Career Options
 - A. Practice Settings
 - B. Employment Distinctions
 - C. Advanced Training and Education
- VIII. Maryland Laws and Regulations for Massage Therapy Practice

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 may include homework assignments, in-class activities, online discussion boards, etc.
- One research paper
- Minimum of two other summative assessments, which may include quizzes, unit exams and/or a midterm exam
- Final exam
- One practical bodywork exam evaluating basic skill competency in chair massage techniques

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

Other Course Information

This course is a prerequisite for the Massage Therapy Program and is offered in a 7-week session. Students must complete all course components in order to satisfactorily pass the course and must obtain a minimum grade of “C” or better if applying to the Massage Therapy Program.