

# Common Course Outline

## MASS 210

### Level I Massage

5 Credits

## Community College of Baltimore County

### Description

**MASS 210 – Level I Massage** provides the essential knowledge and skills foundation for massage therapy professionals. Characterization of the physiological effects of massage, recognition of common pathologies, and the application of the wellness and therapeutic scope models of practice are presented. Demonstration of proper hygiene and infection control, safety, introductory assessment skills, special considerations, treatment planning, and proper documentation are emphasized as students begin to develop skills in establishing an ethical and professional therapeutic relationship with clients. Bodywork lab provides training in relaxation massage using Swedish techniques. An introduction to basic spa modalities and hydrotherapy is also explored.

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

**Prerequisites:** Admission to the Massage Therapy Program and MASS 101, ALHL 109, and BIOL 109 with a grade of “C” or better or permission of Program Director

**Co-requisite:** MASS 110

### Overall Course Objectives

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

1. summarize the indications, contraindications, and benefits of massage therapy;
2. identify the physiological effects of massage on the body systems, including common general pathologies, pain mechanisms, and stress responses;
3. determine approaches to massage therapy through differentiation between the wellness and therapeutic models of practice;
4. examine and palpate major skeletal landmarks, tendons, and musculature;
5. exercise proper and effective body mechanics when performing massage techniques;
6. demonstrate a safe massage practice environment through proper draping techniques, personal hygiene, and infection control standards for client privacy, safety, and comfort;
7. develop a therapeutic relationship with a client by conducting a health history and assessment interview;
8. analyze pre-session information to establish goals and create a treatment plan;
9. construct and provide a full body relaxation massage session within 60 minutes;

10. evaluate client outcomes and document the session within professional standards and legal requirements;
11. identify and determine how to make accommodations when working with special populations or clients with special needs; and
12. explore and experiment with the use of hydrotherapy and other basic spa modalities in professional massage therapy practice.

## **Major Topics**

### **I. Physiological Effects of Massage**

#### **A. Integumentary and Muscular Systems**

#### **B. Basic Pathology Concepts**

##### **1. Pain**

- a. Types of Pain (Based on Time, Location, Tissue Type, and Generation)
- b. Physiological Response of Pain
  - a. Nociceptors – Definition, Location, and Activation
  - b. Transmission of Pain Response and Modulation
- c. Pain Assessment and Interpretation

### **II. Stress Response**

#### **A. General Adaptation System**

#### **B. Mechanisms within the Body for Regulation and Illness**

### **III. Inflammation – Description and Classification**

### **IV. Common Pathologies in Practice**

### **V. Approaches to Massage Therapy**

#### **A. Wellness Model vs Therapeutic Model**

1. Maintaining Wellness
2. Creating Therapeutic Change
3. Condition Management
4. Palliative Care

#### **B. Special Populations**

1. Americans with Disabilities Act (ADA) Requirements
2. Geriatrics
3. Infants
4. Medically Frail/Hospice
5. Other Special Needs Populations

#### **C. Professional and Ethical Considerations**

### **VI. Full Body Relaxation Massage Techniques**

#### **A. Draping and Body Mechanics**

#### **B. Professional Communication and Appropriate Boundaries**

#### **C. Hygiene, Safety, Infection Control, and Equipment Care**

#### **D. Indications and Contraindications for Massage**

#### **E. Review of Endangerment Sites and Massage Strokes**

### **VII. Treatment Planning and Documentation**

- A. Health Insurance Portability and Accountability Act (HIPAA) and Confidentiality
- B. Informed Consent and Health History Information
- C. SOAP (Subjective, Objective, Assessment/Action, Plan) Note Format
- D. Goal Setting and Assessment

VIII. Modalities Exploration

- A. Hydrotherapy
- B. Spa Techniques
- C. Introduction to Aromatherapy
- D. Hot and Cold Stone Massage

### **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 activities, online discussion boards, etc.
- One research paper/presentation
- Minimum of two other summative assessments which can include quizzes, unit tests, and/or a midterm exam
- A final exam
- One practical bodywork exam and lab participation

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

#### **Other Course Information**

This is a required course in the Massage Therapy Program. A grade of “C” or better is required for all Massage Therapy courses. 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 over 10 or 15 week semester; see registration schedule.

Date Revised: 09/04/2018