

**Common Course Outline**  
**MASS 212**  
**Kinesiology for Massage Therapy**  
**3 Credits**

**The Community College of Baltimore County**

**Description**

**MASS 212 –Kinesiology for Massage Therapy** teaches a variety of methods for observing and analyzing movement, compensation patterns and postural distortions in massage therapists and clients. The focus is on the interaction of functional muscle groups with the joints of the body for optimal ease of movement, prevention of dysfunction and interventions to restore balance. It explores body mechanics, body awareness and self-care for the massage therapist through intellectual and experiential exercises.

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

**Prerequisite:** MASS 110, MASS 210, and 220 with a grade of “C” or better, or permission of the Program Director

**Overall Course Objectives**

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

1. explain principles of physics and basic energetic concepts as applied to body mechanics and body awareness;
2. assess proper body mechanics in themselves and others;
3. apply principles of body mechanics in daily practice as a massage therapist;
4. evaluate strategies for maintaining healthy and professional therapeutic relationships with clients;
5. create a personal wellness plan;
6. discuss diversity in touch perceptions and its effect on the practice of massage therapy;
7. utilize appropriate kinesiology terms in describing joint and muscle movement;
8. list major joints of the body and their structural and functional classifications;
9. identify the function of joint accessory structures;
10. demonstrate functional movements for major joints in the body while identifying the muscles involved;
11. demonstrate skill in completing postural, gait and joint movement assessments with appropriate tools; and
12. identify dysfunctional postural, gait and movement patterns in order to formulate effective interventions.

## **Major Topics**

- I. Principles of Body Mechanics
  - A. Newtonian Physics Perspective
  - B. Eastern Energetic Perspective
  - C. Ergonomics Concepts
- II. Principles of Self-Care
  - A. Physiology of Stress
  - B. Coping Strategies
  - C. Within the Therapeutic Relationship
    1. Boundaries
    2. Communication Strategies
    3. Diversity in Touch Perceptions
  - D. Personal and Professional Support
  - E. Formulating a Wellness Plan
- III. Concepts of Dysfunction
  - A. Formation: Plasticity and Compensation
  - B. Tensile/Contractile Muscles
  - C. Common Postural Distortions
  - D. Repatterning/Unpatterning
  - E. Pathologies Associated with Dysfunction
- IV. Assessment of Somatic Movement Patterns and Tools
  - A. Range of Motion (ROM)
  - B. Postural
  - C. Gait
- V. Kinesiology
  - A. Terminology
    1. Movement
    2. Planes
    3. Axes
  - B. Muscle Physiology
    1. Functional Groups
    2. Contraction
    3. Muscle Roles: Agonist, Antagonist, Synergist, Fixator
- VIII. Joints of the Body
  - A. Structural Classifications
  - B. Functional Classifications
  - C. Accessory Structures
  - D. Interaction with Functional Muscle Groups

## **Course Requirements**

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

- A final exam

- Minimum of two other summative assessments which can include quizzes, unit exams and/or a midterm exam
- Minimum of four formative assessments which can include homework assignments, in-class activities, online discussion participation, etc.
- Touch diversity assignment
- One research paper
- Class participation in experiential exercises in which attendance is a factor in successful completion

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

Date Revised 08/29/2016