

**Common Course Outline**  
**MASS 225**  
**Assessment and Self-Care Skills**  
**2 Credits**

**Community College of Baltimore County**

**Description**

**MASS 225 – Assessment and Self-Care Skills** introduces methods for observing and analyzing movement, compensation patterns, and postural distortions in clients and massage therapists alike. Students focus on the interactions of functional muscle groups with the joints of the body for ease of movement, prevention of dysfunction, and discovery of interventions to restore balance. Students explore concepts in optimal body mechanics, kinesthetic awareness, and individual self-care for career longevity and injury prevention in performing massage therapy work.

**2 Credits:** *1 hour lecture; 2 laboratory hours per week*

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

**Co-Requisite:** MASS 220

**Overall Course Objectives**

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

1. explain basic principles of physics and ergonomics concepts as applied to body mechanics and body awareness;
2. identify and assess optimal body mechanics in themselves and others;
3. apply general principles of effective body mechanics when practicing massage;
4. evaluate strategies for maintaining healthy and professional therapeutic relationships with clients and peers;
5. create a personal wellness plan;
6. identify common musculoskeletal disorders and repetitive stress/strain injuries for both clients and massage therapists;
7. express and describe body movement for assessment and documentation using proper terminology related to kinesiology;
8. perform visual observations, postural, gait, and joint movement assessments with appropriate tools; and

9. recognize common postural, gait, and movement patterns in order to formulate effective interventions.

### **Major Topics**

- I. Body Mechanics Principles
  - A. Laws of Physics
  - B. Eastern Influences in Massage Movement
  - C. Ergonomics Concepts and Safety
- II. Self-Care and Promotion of Career Longevity
  - A. Physiology of Stress and the General Adaptation Syndrome
  - B. Coping Strategies
  - C. Within the Therapeutic Relationship
    - i. Boundaries
    - ii. Communication Strategies
  - D. Personal and Professional Support
  - E. Formulating a Wellness Plan
  - F. Use of Ancillary Tools
- III. Concepts of Dysfunction
  - A. Formation: Plasticity and Compensation
  - B. Tensile/Contractile Muscles
  - C. Common Postural Distortions
  - D. Repatterning/Unpatterning
  - E. Pathologies Commonly Associated with Dysfunction
- IV. Observation and Assessment of Movement Patterns
  - A. Range of Motion (ROM)
  - B. Posture
  - C. Gait
  - D. Activities of Daily Living

### **Course Requirements**

Grading procedures will be determined by 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 participation, etc.
- Class participation in experiential exercises in which attendance is a factor for successful completion
- One research paper on repetitive stress injuries
- Minimum of two other summative assessments which can include quizzes, unit exams, and/or a midterm exam
- A final exam

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: 09/06/2018