

# COLLEGEWIDE COURSE OUTLINE OF RECORD

## TMAS 202, DEEP TISSUE TECHNIQUES

COURSE TITLE: Deep Tissue Techniques  
COURSE NUMBER: TMAS 202  
PREREQUISITES: TMAS 140 Therapeutic Massage Training II  
SCHOOL: Health Sciences  
PROGRAM: Therapeutic Massage  
CREDIT HOURS: 3  
CONTACT HOURS: Lecture: 2 Lab: 2  
DATE OF LAST REVISION: Fall, 2016  
EFFECTIVE DATE OF THIS REVISION: Fall, 2017

CATALOG DESCRIPTION: Helps practitioners apply deeper techniques in the body therapy releasing chronically held tissue from past trauma, illness, or recent injury. Discusses the use of various treatment modalities. Deep tissue techniques include compression and compression with stroke. Indications, contraindications and precautions, including drugs and supplements, for deeper strokes is taught. Additional supervised table hours of practice outside of class are required and will be determined by the instructor.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student will be expected to:

1. Describe results of chronic or acute injuries to tissue.
2. Demonstrate techniques that release chronically held tension in scar tissue.
3. Discuss the principles of deep tissue work.
4. Identify indications, contraindications and precautions for deeper strokes.
5. Perform full assessment and data collection with clients to determine treatment plans.
6. Describe and perform proper body mechanics for the therapist.
7. Discuss body-mind relationships to tension and pain.
8. Discuss the importance of structural alignment.
9. Demonstrate deep tissue techniques with proper pressure and positioning.
10. Demonstrate knowledge of muscle anatomy including location and palpation of deep muscles.
11. Perform a deep tissue massage based on client intake and treatment plan.

COURSE CONTENT: Topical areas of study include –

Deep Tissue sculpting techniques  
Compression  
Compression with stroke  
Cross fiber friction  
PNF techniques  
Post-isometric relaxation

Reciprocal inhibition  
Contract/relax/antagonist contract  
Indications, contraindications and precautions of deep tissue application  
Treatment plan development  
Assessment techniques  
Deep tissue massage

## ATTENDANCE

Detailed attendance verification for students including hours attended will be required in this course. The Indiana Professional Licensing Agency may require submission of documented hours of attendance upon application for state certification, which is required to practice massage therapy in Indiana. Students must complete at least 500 hours of supervised instruction to meet the state requirement.

## HOW TO ACCESS THE IVY TECH COMMUNITY COLLEGE LIBRARY:

The Ivy Tech Library is available to students' on- and off-campus, offering full text journals and books and other resources essential for course assignments. Go to <http://www.ivytech.edu/library/> and choose the link for your campus.

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The College is committed to academic integrity in all its practices. The faculty value intellectual integrity and a high standard of academic conduct. Activities that violate academic integrity undermine the quality and diminish the value of educational achievement.

Cheating on papers, tests or other academic works is a violation of College rules. No student shall engage in behavior that, in the judgment of the instructor of the class, may be construed as cheating. This may include, but is not limited to, plagiarism or other forms of academic dishonesty such as the acquisition without permission of tests or other academic materials and/or distribution of these materials and other academic work. This includes students who aid and abet as well as those who attempt such behavior.

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