

COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 140, THERAPEUTIC MASSAGE TRAINING II

COURSE TITLE: Therapeutic Massage Training II

COURSE NUMBER: TMAS 140

PREREQUISITES: TMAS 120 Therapeutic Massage Training I and APHY 101 Anatomy and Physiology

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: Therapeutic Massage Training II continues with instruction offered in Therapeutic Massage Training I. Client consultations, conditions, and treatment plans are discussed. Emotional transference and psychological effects of massage will be addressed. Additional techniques addressed include deep friction, trigger point release, hydrotherapies, strain-counter strain, range of motion, and fascial release. 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. Identify and palpate deeper major muscles and bony landmarks.
2. Explain and demonstrate basic assessment skills in communication and documentation with clients.
3. Explain the effects of various strokes.
4. Discuss the psychological effects of massage including client /therapist boundaries and emotional transference.
5. Demonstrate strokes and techniques within scope of training, including position changes for client during session.
6. Discussion of basic hydrotherapy modalities.
7. Demonstrate facial and scalp massage techniques.
8. Recognize contraindications and make appropriate adjustments for client during massage sessions
9. Locate and treat trigger points using strain-counterstrain techniques, resisted/assisted range of motion release and fascial release.
10. Demonstrate specific techniques to incorporate advanced techniques for chair massage using proper body mechanics.
11. Demonstrate good body mechanics and healthy self-care plan.
12. Perform a client consultation and assessment, create a treatment plan, and give a therapeutic massage in a student clinical setting using appropriate healthcare and body work terminology.

13. Collect, assess and document relevant information to determine massage treatment plan, including recognition of contraindications and adjustments made during session.
14. Prepare proper documentation using medical terminology and relevant abbreviations and symbols.
15. Demonstrate time management skills within client massage sessions.
16. Identify principles and protocols for massage sessions.

COURSE CONTENT: Topical areas of study will include --

Assess for contraindications/indications
Identify deeper muscles and bony landmarks
Stretching techniques
Psychological effects of massage
Assessments for relevant information including gait and movement
Transference/counter transference
Hydrotherapies
Time Management
Use of proper terminology
Trigger points
Range of Motion – resisted and assisted
Strain-counter strain
Fascial release
Principles and protocols for 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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