COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 101, HOLISTIC APPROACH TO MASSAGE THERAPY

COURSE TITLE: Holistic Approach to Massage Therapy
COURSE NUMBER: TMAS 101
PREREQUISITES: None
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 3
CONTACT HOURS: Lecture: 3
DATE OF LAST REVISION: Summer, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2011

CATALOG DESCRIPTION: Considers the holistic approach to wellness with discussion including the connection of disease, the autonomic nervous system, and the emotions. Holistic Approach explores the importance of the mind-body connection.

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

1. Demonstrate an understanding of the relationship of the total person.
2. Discuss how Western medicine differs from the holistic approach.
3. Discuss the connection between emotions and wellness.
4. Discuss how diet and exercise affect health.
5. Discuss the positive approach to health.
6. Discuss the role wellness plays in their own life.
7. Discuss psychological components of massage therapy.
8. Discuss conflict resolution and personalities.
9. Discuss water and its effects on wellness.
10. Discuss types of alternative health care and the theories behind them. Ex. iridology, reflexology, aroma therapy, homeopathy, etc.
11. Discuss the meaning of organics and whole foods.

COURSE CONTENT: Topical areas of study include –

Conflict resolution
Personal wellness
Effects of drinking water
Alternative healthcare theories
Emotions and wellness
Relationships and wellness
Western medicine vs the holistic approach
Psychological issues of massage
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