COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 103, HUMAN ENERGIES

COURSE TITLE: Human Energies
COURSE NUMBER: TMAS 103
PREREQUISITES: None
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 2
CONTACT HOURS: Lecture: 1    Lab: 2
DATE OF LAST REVISION: Fall, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2012

CATALOG DESCRIPTION: This course helps the student develop an understanding of the human energy system and how this system impacts and reflects the physical, emotional, mental, and spiritual aspects of health. The techniques of several energy therapists will be taught, as well as professional practitioner/client interactions and the importance of self-care. These techniques are useful to aid relaxation, reduce pain, lessen anxiety, and accelerate wound healing, both for oneself and others.

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

1. Describe the holistic concept of healing.
2. Identify the major parts of the energy system and their functions.
3. Improve their ability to free their body and mind of external influences, allowing them to focus on the client.
4. Demonstrate the techniques, state their purposes and specific uses.
5. Perform an energy massage using basic energy techniques.
6. Explain energy transference.

COURSE CONTENT: Topical areas of study will include –

Energy assessment
Chakras
Scuttle technique
Energy documentation
Spiral technique
Full body connection
Energy ultrasound
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