COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 175, FUNDAMENTALS OF CHAIR MASSAGE

COURSE TITLE: Fundamentals of Chair Massage
COURSE NUMBER: TMAS 175
PREREQUISITES: TMAS 102 Legal Massage Applications, TMAS 120 Massage Technician Training I, and TMAS 125 Acupressure Theory and Methods
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 3
CONTACT HOURS: Lecture: 1     Lab 4
DATE OF REVISIONS: Summer, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2011

CATALOG DESCRIPTION: This course instructs the student in the fundamental techniques of chair massage and marketing chair massage events for promoting a massage practice. The student will develop a basic routine for chair massage as well as learn to adapt to specific clients and situations. Additional techniques will prepare the student to address common problem areas such as iliotibial band and lumbar pain.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student, through lecture, laboratory and outside activities, will be expected to:

1. Develop and perform a chair massage routine.
2. Assess client needs and contraindications.
3. Demonstrate safe techniques and body mechanics.
4. Generate business forms needed to promote a chair massage business.
5. Demonstrate a clear understanding of ethical principles.
6. Demonstrate professionalism.
7. Develop a marketing plan.
8. Successfully complete a marketing event.

COURSE CONTENT: Topical areas of study include:

- History and benefits of chair massage
- Body mechanics for the chair massage therapist
- Techniques specific to chair massage
- Client intake/interview procedures
- Client assessment and contraindications
- Preparing and marketing a chair massage event
- Generate forms needed for promoting chair massage
- Successfully implement a chair massage event
- Ethics and professionalism
- Special needs clients
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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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