NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

HLT 170 - INTRODUCTION TO MESSAGE THERAPY I (1 CR)

COURSE DESCRIPTION

Introduces the student to the field of massage therapy, client-therapist relationship, draping techniques and procedures. Student practices basic Swedish massage strokes, aromatherapy, petressage and friction, as well as indications and contra-indication for massage.

GENERAL COURSE PURPOSE

Through a combination of lecture and laboratory, this course will provide the skills, knowledge and practical experiences.

ENTRY LEVEL COMPETENCIES

COURSE OBJECTIVES

A. Understand the world of massage therapy and many different styles of bodywork
B. Develop the communication skills and techniques needed to relate to clients
C. Combine Swedish Massage knowledge and skills to perform effluerage and petressage
D. Create a comfortable environment through the use of proper draping techniques and procedures
E. Use indications and contra-indications to determine which techniques you may or may not apply