

New 01/02

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, petrissage 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 effluage and petrissage
- 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