

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY
HLT 180 – THERAPEUTIC MASSAGE I (3 CR.)

COURSE DESCRIPTION

Prerequisite HLT 170 and either NAS 150 or NAS 161-162 or BIO 141-142. Introduces the student to the history and requirements for massage therapy. Covers the terms and practice of massage with introduction to equipment, safety, and ethics as well as massage movements and techniques. Includes information about the benefits of massage, contra-indications, client interview, client-therapist relationship, draping, good body mechanics, and anatomical landmarks. Basic massage techniques are blended into a relaxing, health-enhancing full-body session preparing the student for their student clinical experience. Lecture 1 hour. Laboratory 6 hours. Total 7 hours per week.

COURSE CONTENT SUMMARY

- History and Requirements of Massage
- Benefits of Massage Therapy
- Contra-indications and Endangerment Zones
- Terms, Equipment and Safety
- Client-Therapist Relationship: Ethics and Interviewing
- Swedish Techniques: Effleurage, Petressage, Friction, and Tapotament

GENERAL COURSE OBJECTIVES

Through a combination of lecture and lab, this course will provide the skills, knowledge and practical experience that will help student:

- Develop a historical perspective of massage therapy
- Understand the
 - Benefits of massage therapy and the physiology behind them
 - Ethical issues in the client-therapist relationship
 - Body positions and body mechanics for the efficient application of all techniques
 - Effleurage and petressage techniques and their effects on the human system
 - Contra-indications for massage therapy and sites on the body where massage is inappropriate.
- Use of effleurage, petressage, friction and tapotament strokes effectively
- Blend basic Swedish strokes into a relaxing, health-enhancing full body massage session
- Prepare for the clinical experience