

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY
HLT 280 – THERAPEUTIC MASSAGE II (3 CR.)

COURSE DESCRIPTION

Prerequisite HLT 180. 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, contraindications, 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

- Integration of musculoskeletal anatomy and physiology into massage techniques
- Concepts and techniques of deep bodywork
- Focusing techniques
- Therapist wellness principles and self-care
- Integration of massage therapy into the health care fields
- Introduction into sports massage (Principles of health-related fitness, core exercises, pre- and post-event massage and hydrotherapy)

GENERAL COURSE OBJECTIVES

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

- Understand how deep bodywork affects musculoskeletal functions
- Explore the philosophy and concepts of performing deep bodywork
- Apply advanced levels and applications of effleurage, petrissage and friction in neuromuscular work and counter-strain techniques
- Using focusing techniques to achieve specific results
- Tailor their diverse skill sets to meet their client's needs
- Maintain a lifestyle that will incorporate the principles of wellness and self-care in order to achieve a maximum physical, mental and emotional state of health
- Understand the synergistic model of health care and how massage therapy fits into that model
- Incorporate a system of body mobilization techniques and stretching techniques into their bodywork.