

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY
HLT 281 – THERAPEUTIC MASSAGE III (3 CR.)

COURSE DESCRIPTION

Prerequisite HLT 280 and PTH 151. Introduces the concept of consultation, client management, session design, and integration of specific therapeutic approaches into a full-body session. Students learn to give specific therapeutic attention to the regions of the back, neck and torso. Using knowledge of muscle anatomy, students perform more advanced massage techniques to address hypertonicity, chronic ischemia, trigger points, fibrotic tissue, adhesions and scar tissue. Includes common clinical applications in the body regions covered and the integration of specific techniques into a full-body session. Lecture 1 hour. Laboratory 6 hours. Total 7 hours per week.

COURSE CONTENT SUMMARY

- Affects of Deep Bodywork Techniques (focus: soft tissue structures)
- Shiatsu and Polarity Techniques
- Soft-Tissue Imbalances and Pain Management
- Advanced Self-Care Practices
- Clinical Application of Full Bodywork
- Deepen Self-Care Practices
- Advanced Massage Techniques

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 the relationship between anatomy and physiology and deep bodywork techniques as well as their affects on the soft tissue structure of the body
- Integrate the following skills and techniques into personalized style of bodywork:
 - Shiatsu and Polarity
 - Oriental Systems
- Build a strong foundation of knowledge in the areas of self-care and personal growth
- Integrate all acquired skills into a practical approach to soft-tissue imbalances and pain management
- Use knowledge of muscle anatomy to perform advanced massage techniques to address hypertonicity, chronic ischemia, trigger points, fibrotic tissue, adhesions and scar tissue
- Demonstrate their abilities to integrate individual skills and/or creatively combine them into a personalized style of bodywork
- Include common clinical applications in the body regions covered and the integration of specific techniques into a full-body session