



MASTER COURSE OUTLINE

A. MASS 1601 Intermediate Massage

B. COURSE DESCRIPTION:

This course is a continuation to MASS 1600. Further theory, techniques and applications of massage therapy are taught including work on muscles and fascia, methods of tension release, and injury-repair process. Techniques to release adhesions and restore circulation are covered including friction, pressure, and cross-fiber stroking. Trigger/tender point location, soft tissue mobilization, and stretching are addressed. The effects of stress and its relationship to chronic tension is investigated and related to the stress-tension-pain cycle. Importance of client/therapist communication is emphasized. Detailed interview and assessment techniques are taught and reviewed through scenarios. Objective and subjective evaluation is utilized for evaluation. Documentation of treatment plans and need for referral is covered. Prerequisites: Acceptance in Massage Therapy Program, completion of MASS 1600, and current CPR certification.
(3 Cr - 2 lect, 1 lab)

C. **Core Theme: Ethical and Civic Responsibility

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ☐ ILO 1: critical thinking (*Core Theme Goal 2*)
- ☐ ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ☒ ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ☐ ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Massage modalities
- Advanced massage techniques, strokes, and specialized treatments
- Ethical decision making
- Interviews, assessments, and outcomes
- Documentation, Subjective, Objective, Action/Analysis Plan (S.O.A.P.) notes, and medical terminology
- Contraindications and need for referral

- Therapeutic interventions, tissue injury and repair, and the cycle of pain
- Massage outside the classroom

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>**Ethical and Civic Responsibility</u>	Examine, articulate, and apply their own ethical views.	1. Analyze, defend, perform, and document new modalities and variations of already established techniques in order to increase available solutions to problems related to human variables encountered during massage.
<u>CS</u>	Imagine and seek out a variety of possible goals, assumptions, interpretations, or perspectives which can give alternative meanings or solutions to given situations or problems.	1. Analyze, defend, perform, and document new modalities and variations of already established techniques in order to increase available solutions to problems related to human variables encountered during massage.
<u>CS</u>	Recognize and effectively release tender and trigger points.	1. Determine difference between tender and trigger points. 2. Locate tender and trigger points.
<u>CS</u>	Examine, articulate, and apply ethical decision making to recognize and resolve problems.	1. Discuss and evaluate ethical decision making in a variety of situations. 2. Demonstrate ethical proficiency.
<u>CS</u>	Demonstrate, apply, and consistently utilize proper assessment/outcome strategies, medical terminology, and record keeping.	1. Analyze client health histories and demonstrate proficiency in client assessment. 2. Discuss anticipated outcomes and analyze outcomes accomplished. 3. Demonstrate and apply proper documentation skills.
<u>CS</u>	Analyze and communicate information about contraindications relative to professional referral.	1. Demonstrate increased knowledge of contraindications. 2. Defend decisions not to perform massage. 3. Discuss medical referral.
<u>CS</u>	Apply accumulated knowledge and techniques to a larger, more diverse population.	1. Broaden scope of massage professionalism by performing massage outside the classroom. 2. Document experiences.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION: Course Code S/Class Maximum 30; Letter Grade

Revision date: 12/21/10; 12/20/17; 11/29/22

AASC Approval date: 02/20/18; 12/13/22

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.