



MASTER COURSE OUTLINE

A. MASS 1612 Body and Mind Connection in Massage

B. COURSE DESCRIPTION:

This online class will explore the connections between the mind and body and the underlying psychological aspects that influence the therapist-client relationship. Focusing on identifying and addressing chronic tension patterns as well as cultural differences in mental health concerns. Prerequisites: Successful completion of first semester courses: MASS 1600, 1601, 1602, 1603, 1609, 1613, and current cardiopulmonary resuscitation (CPR) certification.
(3 Cr – 3 lect, 0 lab)

C. **Core Theme: Critical Thinking

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:

- Learn chronic tension patterns
- Address cultural differences when approaching mental health
- Address the differences between massage and psychotherapy
- Learn about the phenomenon of emotional release

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
	Students will be able to	The student will successfully
<u>**Critical Thinking</u>	gather factual information and apply it to a given problem in a clear professional manner.	1. analyze and document the tension pattern and how they addressed it in a session.
<u>CS</u>	recognize and professionally address emotional release behaviors.	1. increase personal awareness to learn how to handle various emotions.

		2. identify an action plan to address differing emotions as they occur during a session.
<u>CS</u>	examine, articulate common mental health conditions.	1. demonstrate increased knowledge of mental health conditions. 2. identify possible outcomes when working with different populations.

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:

AASC Approval date: 12/11/23

*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.