



MASTER COURSE OUTLINE

A. MASS 1613 Chair Massage

B. COURSE DESCRIPTION:

This course begins the building blocks of knowledge and experience obtained in the Massage Therapy program by expanding the practice of chair massage to outside populations. Students create an environment for practicing chair massage which include professionalism, proper ethics, hygiene, and proper body mechanics. Tools to eliminate pain for the therapist during treatment are also discussed. Criteria is examined for distinguishing when chair rather than table massage should be used. This class is the introduction to working with the public and is therefore essential to the future clinical experience. Prerequisites: Successful completion of MASS 1600 and current cardiopulmonary resuscitation (CPR) certification.

(3 Cr – 1 lect, 2 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:

- Professional massage therapist and environment
- Recruiting clientele through chair massage promotions
- Professional environment when traveling
- Communication
- Body mechanics and therapist safety
- Chair Massage techniques
- Basic business scheduling
- Cleanliness, sanitation and hygiene

- Ethics and accountability

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>	analyze and reflect on the ethical dimensions of legal, social, and scientific issues.	1. demonstrate professionalism and ethical responsibility through confidentiality and practice notes in the work environment. 2. demonstrate core concepts in all aspects of chair massage. 3. create and maintain a therapeutic environment with appropriate care, hygiene, scheduling, and therapist safety.
<u>CS</u>	review and reflect on the standards of operation for massage therapy.	1. practice and adhere appropriate professional massage ethics, standards, and scope of practice. 2. maintain appropriate limits of practice within scope of massage therapy. 3. defend and be accountable for all decisions made based on ethics, standards, and scope of practice.
<u>CS</u>	complete requirements for chair massage experience as determined by national insuring and certification organizations.	1. perform a minimum of 25 hours of required chair massage therapy in addition to hours required in class.

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.