

MASS101R : Basic Massage Theory and Application

This course introduces the massage therapy student to the history and theory of massage. It includes skill development in the art and science of massage therapy. This course consists of lecture, demonstration, and hands-on treatment. The students will be working on each other under the direct supervision of a certified, licensed massage therapy instructor. The course involves learning the fundamentals of giving a full body massage. Draping techniques are covered thoroughly to ensure client comfort and modesty. Indications and contraindications, the basic physiological effects, hygiene, professional appearance, sanitation procedures and equipment needed are covered. NOTE: During the first month of the course of study, each student will be required to have had a full body massage by a licensed massage therapist and present documentation by the therapist. The student is responsible for costs associated with this treatment.)

Credits 3

Lab Hours 3

Lecture Hours 2

Prerequisites

Matriculation in the Massage Therapy Program

Corequisite Courses

MASS102R