

MASSAGE THERAPY I COURSE OUTLINE

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<ul style="list-style-type: none"> • Policies & Procedures • Massage History, Ethics & Boundaries (all 2.0,5.0,6.1) • Anatomy & Physiology (1.1;1.3) • Medical Terminology (1.14) • Human Body Cells, Tissues & Body Compass (1.1) • Skeletal System & Joint Movements (8.1-2;12.1-4;1.2) • Palpation Techniques(6.13) • Therapeutic Relationship Boundaries (all 2.0;5.0) • Benefits of Massage (6.2) • Begin Chair Massage in Student Clinic (all 2.0; 3.0;5.0;15.8-9;16.0) • Clinic Safety Practices & Protocols (all 2.0) • SOAP Noting (3.2-3) • Proper Body Mechanics for Therapists (6.3) • Contraindications and Indications for massage (2.4) • Field Trip 	<ul style="list-style-type: none"> • Anatomy & Physiology (1.4-5) • Skeletal Nomenclature (1.2) • Skeletal Landmarks Through Palpation Techniques (1.2;6.13) • Medical Terminology (1.14) • Proper Draping, Hygiene, Sanitation & Safety (6.4-6.8) • Chair Massage in Student Clinic (all 2.0; 3.0;5.0;15.8-9;16.0) • Intro to Swedish Massage Techniques (all 6.0) • Skill assessment testing over Chair Massage w/independent evaluators 	<ul style="list-style-type: none"> • Anatomy & Physiology • Nervous System (1.8) • Endocrine Glands & Hormones (1.11) • Medical Terminology (1.14) • Career display Boards • Career Pathways (all 16.0) • Circulatory System (1.5) • Muscular System (1.3) • Muscular Nomenclature & Kinesiology (1.3) • Muscle & Bone Groups (1.2-3) • Palpation of Muscular and Skeletal Landmarks (1.3) • Chair Massage (15.8-9) • Intro to Sports Massage (all 14.0) • Swedish Massage in Student Clinic (all 2.0;3.0;5.0;6.0;11.0;14.0;16.0) 	<ul style="list-style-type: none"> • Anatomy & Physiology • Student Clinic Operation (all 2.0;3.0;5.0;6.0;11.0;14.0;16.0) • Respiratory System (1.6) • Digestive System (1.4) • Urinary System (1.7) • Reproductive System (1.12) • Medical Terminology (1.14) • Muscle & Bone groups (1.2-3) • Sports Massage Protocols (all 14.0) • Range of Motion Stretches & Active Stretches (all 8.0;14.6) • Trigger Point Therapy (all 11.0) • Skill assessment testing over Swedish Massage and Sports Massage w/independent evaluators