THERAPEUTIC MASSAGE (MSG) Course Descriptions

MSG 101. INTRODUCTION TO THERAPEUTIC MASSAGE. 2 hrs. (2-0-2)
CO-REQUISITE: MSG 102, 103, 104
The purpose of this course is for students to comprehend foundational information related to the profession of therapeutic massage. Specific topics include: history of therapeutic massage, professional ethics and standards of practice, regulatory agencies and their requirements, client and therapist's professional relationships, communication skills, and an overview of types of therapeutic massage.

MSG 102. THERAPEUTIC MASSAGE LAB I. 3 hrs. (0-6-3)
CO-REQUISITES: MSG 101, 103, 104
This course provides foundational information related to massage therapy. Students gain knowledge related to purposes, effects, applications, benefits, indications and contraindications for various types of massage therapy. Additionally, students learn procedures and precautions for various types of massage therapists. Specific topics include Swedish massage, hot and cold therapies, stretching, basic myofascial massage, and documentation guidelines. Special emphasis is placed on professional behaviors, proper draping, and body mechanics. At the conclusion of this course, students will be able to perform various types of full body therapeutic massage techniques and document their activities.

MSG 103. ANATOMY AND PHYSIOLOGY. 3 hrs. (2-2-3)
CO-REQUISITES: MSG 101, 102, 104
This course provides students with an overview of the basic anatomy and physiology of the human body. Emphasis is placed on the importance of maintaining homeostasis. As part of this course students will receive instruction on cardiopulmonary resuscitation. At the conclusion of this course, students will have a basic understanding of the various systems of the body and the effects of massage on these systems. Students will demonstrate this knowledge in associated lab activities.

MSG 104. MUSCULOSKELETAL AND KINESIOLOGY I. 3 hrs. (2-3-3)
CO-REQUISITES: MSG 101, 102, 103
This course introduces students to concepts related to the study of muscle movement. As part of the program students learn the interaction of muscles and various boney landmarks of the skeletal system. Students further learn how to position individuals in preparation for therapeutic massage of various muscle groups. Students will demonstrate this knowledge in associated lab activities.

MSG 105. THERAPEUTIC MASSAGE SUPERVISED CLINICAL I. 2 hrs. (0-6-2)
PREREQUISITES: MSG 101, 102, 103, 104 CO-REQUISITES: MSG 202, 203
In this course, students are required to demonstrate competency in specific therapeutic techniques including treatment preparation, use of proper techniques, client progress, and documentation. Students are required to perform a minimum of 45 hours of hands-on client massages.

MSG 200. BUSINESS AND MARKETING PLANS. 1 hr. (1-0-1)
PREREQUISITES: MSG 105, 202, 203 CO-REQUISITES: MSG 201, 204, 205, 206
During this course, students are also taught ethical business and professional development. This course is designed to help students to prepare for ethical decision making in professional practice while assisting in the development of their emerging identities as professional licensed massage therapists. Emphasis is placed on building and retaining clientele, communication skills, customer skills, customer
services, continuing education and setting goals. Upon completion, the student should be able to list the types of communication skills, state personal goals, and develop a business and marketing plan.

MSG 201. THERAPEUTIC MASSAGE FOR SPECIAL POPULATIONS. 3 hrs. (1-1-2)
PREREQUISITES: MSG 105, 202, 203  CO-REQUISITES: MSG 200, 204, 205, 206
In this course, students learn to adapt massage sessions to the needs of special populations such as pregnant women, infants, elderly, and the terminally ill. Topics include technique variations, length of session, contraindications, cautions, considerations for survivors of abuse, and possible benefits. Upon completion of this course, students will be able to discuss and demonstrate techniques for performing therapeutic massage for special populations.

MSG 202. THERAPEUTIC MASSAGE LAB II. 3 hrs. (0-6-3)
PREREQUISITES: MSG 101, 102, 103, 104  CO-REQUISITES: MSG 105, 203
Students learn advance massage therapy techniques building upon previously gained knowledge and skills. Specific techniques include deep tissue, neuromuscular, and advance myofascial. Students learn to identify reflexology points and utilize reflexology for massage to the hands, feet, and ears. Upon completion students will be able to apply specific therapeutic massage techniques to various regions of the body.

MSG 203. PATHOLOGY. 3 hrs. (3-0-3)
PREREQUISITES: MSG 101, 102, 103, 104  CO-REQUISITES: MSG 105, 202
This course presents baseline information on pathologies which massage therapists may encounter in clinical practice including conditions of the musculoskeletal, neurological, cardiovascular, lymphatic, integumentary, digestive, endocrine, and immune systems. Content will include etiology, symptomatology, medical approaches to treatment and the potential positive or negative impact of massage.

MSG 204. MUSCULOSKELETAL AND KINESIOLOGY II. 3 hrs. (2-3-3)
PREREQUISITES: MSG 105, 202, 204  CO-REQUISITES: MSG 200, 201, 205, 206
In this course, students learn advanced study of the muscular-skeletal system. Topics include specific therapeutic approaches to the regions of the shoulders, arms, hips, and legs, examination of these regions, the movements they produce, and common pathological conditions of the shoulders, arms, hips, and legs. Upon completion, the students should be able to identify and discuss the regions of the shoulders, arms, hips, legs, and the movements they produce and common pathological conditions.

MSG 205. THERAPEUTIC MASSAGE SUPERVISED CLINICAL II. 2 hrs. (0-6-2)
PREREQUISITES: MSG 105, 202, 204  CO-REQUISITES: MSG 200, 201, 204, 206
In this course, students are required to demonstrate competency in specific advanced therapeutic techniques including treatment preparation, use of proper techniques, client progress, and documentation. Students are required to perform a minimum of 45 hours of hands-on client massages.

MSG 206. NATIONAL CERTIFICATION EXAM REVIEW. 1 hr. (1-0-1)
PREREQUISITES: MSG 105, 202, 204  CO-REQUISITES: MSG 200, 201, 204, 205
This course provides a consolidated and intensive review of the basic areas of expertise needed by the entry-level massage therapist. Upon completion, the student should be able to pass a comprehensive exam on information covered in the therapeutic massage program.