



COURSE SYLLABUS

Course Number: MS-100
Contact Hours: 26.0

Course Title: Massage Theory
Instructor: Dr. Ed D. Bolden
(865) 308-1933
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COURSE DESCRIPTION:

This course provides the learner with the principle and theory necessary when entering the massage therapy profession. The benefits of massage, indications and contraindications for massage, endangerment sites, necessary equipment, benefits of hydrotherapy as an adjunctive treatment, and safety and sanitation issues will be discussed.

LEARNING OUTCOMES:

Upon completion of this course, the participant will be able to:

1. Briefly summarize the historical background of the massage therapy profession.
2. Discuss the types of equipment and accessories used in a massage therapy practice.
3. Evaluate the various components of the therapeutic environment.
4. Discuss and demonstrate sanitation and safety aspects of managing a professional massage environment.
5. Describe the physiological effects of each massage stroke.
6. Describe the benefits of massage.
7. Describe the indications and positive effects for massage.
8. Describe the functional and accumulative effects of stress.
9. Recognize client conditions which are contraindicated.
10. Describe various methods of communication used by professional massage therapists
11. Discuss the formulation of session plans as they apply to an individual massage therapy session.
12. Describe the different lubrications used in massage

RATIONALE:

This course has been included in the Clinical Massage Therapy Diploma Program at Arbor College|School of Massage because we believe that an entry-level massage therapist must gain this knowledge in order to be competent and considered safe to work on the public-at-large independently. Further, the material contained in this course provides information necessary to successfully pass the Massage and Bodywork Licensure Examination (MBLEx).

INSTRUCTIONAL METHOD:

This course is taught in a virtual classroom using Synchronous Instruction. A variety of instructional methods including:

1. Lecture
2. Surveys
3. Facilitated Class Discussion

PRE-REQUISITE:

There are no pre-requisites for this course.

REQUIRED TEXTBOOK:

Massage Mastery from Student to Professional, First Edition, Williams, Anne– Lippincott William & Wilkins. ISBN-13: 978-0-7817-8017-9

SUPPLEMENTAL MATERIAL:

Instructor provided packets

SUPPLEMENTAL RESOURCE:

[Arbor Online Resources](#)

SUPPLIES:

1. Internet Access
2. Connectivity Device with webcam capabilities (Tablet, laptop, desktop, or smartphone)
3. Email Account (for sending in pre-session assignments)
4. Pen and Paper

GRADE SCALE:

The schools standard grading scale is utilized in this course.

Average:	Grade:	Quality Points:
90 - 100	= A	4.0
80 - 89	= B	3.0
70 - 79	= C	2.0
60 - 69	= D	1.0
Below 60	= F	0.0
Incomplete	= I	0.0

EVALUATION METHOD:

Coursework will be weighted as follows:

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|---------------------------------|-----|
| 1. Attendance and Participation | 40% |
| 2. Pre-Session Assignments | 40% |
| 3. Final Examination | 20% |

Attendance and Participation (40%)

Success in this course is dependent on your active participation and engagement throughout the course. As such, students are required to a) log-in and to actively participate in class discussions/lectures at the assigned times, and b) complete all pre-session assignments by the due date. For each class session, students will receive 2.0 contact hours for class attendance and participation. You will not receive any contact hours if you do not attend. Any hours not accumulated during the virtual classroom, will be required to be made up according to the school's make-up policy.

Pre-Session Assignments (40%)

With the exception of the first introductory session, all of the following sessions will require you to complete pre-session assignments. For each pre-session assignment submitted prior to the deadline, 2.0 contact hours will be granted. Pre-session assignments not turned in by the deadline will receive 50% credit, if you have attended the class discussion/lecture. If you do NOT attend the class discussion/lecture you will NOT receive credit for pre-session assignments submitted late. Any hours not accumulated will be required to be made up according to the school's make-up policy.

Final (20%)

The final examination will be comprehensive in nature and administered online. The examination is composed of 25 psychometrically designed, multiple-choice question intended to measure your competence and intellectual capabilities regarding the subject matter. All students must take the final examination in order to successfully complete the course. If a student fails to take the final examination, they must schedule a meeting with the instructor to make arrangements to make-up the exam. If the student misses the final for any reason the student final grade on the examination will be reduced by 10-points. The final will be active from 12:00 AM- Friday April 17, 2020 until Monday April 20, 2020 at 12:00 AM. You must answer every question in order to complete the examination. You will be allowed 25 minutes to complete the examination.

TARDINESS:

Arbor College-School of Massage teaches adult learners using a real-world model. We believe students must be held to the same standards that are normal and customary in the massage and bodywork industry and students who do not follow policies and/or rules must experience consequences for their actions. In our virtual classroom, a student is considered tardy when logging in more than fifteen (15) minutes late to a scheduled class, unless there are extenuating circumstances such as technological glitches or preapproval by the instructor or administration. If you experience a technological glitch you should text the instructor at (865) 308-1933 immediately for trouble shooting.

MAKE UP TIME:

Because of the importance of this course requiring students to be present in order to master the core curriculum information and competencies, students will be held responsible for acquiring any missed information from their peer community members. As a result and without exception, the student is responsible for makeup of all subject material, class time and/or student clinic missed because of absence or tardiness according to the total hours missed. All missed hours will be made up either in the student clinic or classroom. Students must complete all assigned makeup hours prior to graduation.

TOPICAL OUTLINE:

	Topic	Session	Reading
I.	Brief History of Massage A. Massage Past B. Contemporary Massage	A	Chapter 1 (History) Chapter 2 (Equipment) Pre-Session Assignment II
II.	Massage Equipment and Environmental Considerations A. Massage Equipment B. Lubricants C. Creating a Comfortable Environment		
III.	Sanitation, Hygiene, and Safety A. Disease B. Preventing the Transmission of Disease C. Universal/Standard Precautions	B	Chapter 3 Pre-Session Assignment III
IV.	Therapeutic Nature of Massage A. Evidence-Based Massage B. Massage Effects and Benefits C. Massage Indications D. Understanding Stress and Wellness	C	Chapter 4 Pre-Session Assignment IV
V.	Cautions and Contraindications A. Areas of Cautions/Endangerment Sites B. Medications and Massage C. Contraindications for Massage	D	Chapter 5 Pre-Session Assignment V
VI.	Professional Communication A. Core Concepts in Communication B. Communication Blockers C. Active Communication D. Conflict Resolution	E	Chapter 8 Pre-Session Assignment VI
VII.	Assessment, Treatment, Planning, and Documentation A. Wellness Massage 1. Assessment for a Wellness Session 2. Palpation 3. Session Planning for Wellness Massage 4. Introduction to Documentation B. Therapeutic Massage (Healthcare) 1. Therapeutic Sessions and the Intake Process 2. Pain Assessment 3. Posture and Gait Assessment 4. Range of Motion Assessment 5. Treatment Planning for Therapeutic Sessions.	F/G	Chapter 12 (Wellness) Pre-Session Assignment VII A Chapter 19 (Healthcare) Pre-Session Assignment VIIB

COURSE SCHEDULE

Session	Day	Date	Time	Link
Introduction	Monday	April 6, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Massage Theory- Session A	Tuesday	April 7, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Massage Theory- Session B	Wednesday	April 8, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Massage Theory- Session C	Thursday	April 9, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Massage Theory- Session D	Monday	April 13, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Massage Theory- Session E	Tuesday	April 14, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Massage Theory- Session F	Wednesday	April 15, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Massage Theory- Session G	Thursday	April 16, 2020	12:00PM-2:00PM	Click for Virtual Classroom
Final Examination	Friday Monday	April 17, 2020 April 20, 2020	Midnight Midnight	Click for Exam