

# MASG COURSE STUDENT LEARNING OUTCOMES

## MASG 107 - Massage Mechanics and Positioning

Students will be able to identify body mechanics and apply them to everyday movements as well as therapeutic movements.

Students will be able to position clients appropriately in a variety of positions depending on the client needs.

## MASG 109 - Mat Based Massage

Students will be able to identify and demonstrate safe ground based form, techniques, and use of pressure from different mechanical means (fingers, hands, forearm, elbow, feet, etc.).

Students will be able to demonstrate benefits and appropriate use of techniques as well as contraindications and modifications for special populations.

## MASG 117 - Aromatherapy for Massage

Students will be able to create custom blends using eighteen 18 different essential oils by making a foot soak, salt scrub, air freshener/body spray, massage oil, and therapeutic salve and incorporate aromatherapy with these blends into the massage session.

Students will be able to determine and explain when it is appropriate to add aromatherapy to a massage session and which oils will be best suited for the individual based on their specific pathologies, myofascial complaints, and preferences.

## MASG 118 - Facilitated Stretching and Muscle Energy Techniques

Students will be able to administer facilitated stretching techniques safely while using proper body mechanics.

Students will be able to safely administer various types of muscle energy techniques using proper body mechanics.

## MASG 119 - Chair Massage

Students will be able to perform safe chair massage techniques while using proper body mechanics.

Students will be able to properly identify marketing techniques using chair massage to promote their massage business.

## MASG 129 - Deep Tissue and Neuromuscular Therapy

Students will be able to apply safe technique and proper body mechanics while using deep tissue and neuromuscular therapy.

Students will be able to incorporate various techniques used in deep tissue and neuromuscular therapy into their massage.

## MASG 130 - Sports and Athletic Massage

Students will be able to apply safe technique and proper body mechanics while using sports massage concepts.

Students will be able to incorporate various techniques used in sports and athletic massage into their bodywork.

## MASG 132 - Hot Stone Massage

Students will be able to identify the benefits, uses, placements, safety protocols, and sanitation practices of hot stone massage.

Students will be able to safely incorporate hot stone therapy into massage.

## MASG 135 - Myofascial Release

Students will be able to identify fascial and muscular anatomy, fascial lines and movement, and tensegrity within the myofascial system.

Students will be able to unwind fascia, both deep and superficial, and release restrictions in muscle via fascia and connective tissue.

## MASG 137 - Osteo Symmetry

Students will be able to apply knowledge of skeletal anatomy and understanding of energy as movement to feel and release restrictions in bones and joints.

Students will be able to calibrate their palpation, mobilization, and unwinding techniques as they apply to osteo tissue.

## MASG 140 - Prenatal Massage

Students will be able to identify the stages of pregnancy, normal conditions, complications and psychosocial aspects of pregnancy.

Students will be able to practice prenatal massage including proper positioning and draping and technique in relation to specific anatomical and physiological changes remaining aware of safe practices as it relates to the client's unique issues.

## MASG 142 - Geriatric Massage

Students will be able to identify the developmental stages of the older adult, pathologies common in the elderly and when massage therapy is indicated or contraindicated as covered by current professional standards.

Students will be able to safely apply techniques appropriate for the elderly including proper positioning, draping and method in relation to specific anatomical and physiological changes, and pathological conditions seen in the elderly.

## MASG 198 - Special Topics in Massage Therapy

Students will be able to will demonstrate an understanding of the specific massage therapy concept(s) taught.

## **MASG 201 - Fundamentals of Professional Massage**

Students will be able to give a safe, competent and effective massage, sensitive to the needs and preferences of the individual client, displaying understanding of relevant human anatomy, physiology and kinesiology.

Students will be able to identify theory and best practices of massage including benefits, indications and contraindications for massage, ethics, history, sanitation, assessment procedures and documentation, and local laws.

## **MASG 202 - Anatomy and Physiology I for Massage and Fitness Professionals**

Students will be able to describe the basics of structure and function of selected organs and organ systems and how they interact with and support one another.

Students will be able to locate organs, bones, muscles, and other anatomical structures as they are found in the body and in relation to each other.

## **MASG 203 - Pathology for Massage Professionals**

Students will be able to explain different pathologies that may present in a massage therapy practice.

Students will be able to identify whether or not massage is indicated with various physician diagnosis and determine the appropriate techniques to utilize.

## **MASG 205 - Kinesiology for Massage and Fitness Professionals**

Students will be able to identify and apply mechanical principles and describe how these principles apply to human movement.

Students will be able to identify and palpate skeletal and soft tissue anatomy including major bones, bony landmarks, joints, ligaments, and muscles.

## **MASG 208 - Anatomy and Physiology II for Massage and Fitness Professionals**

Students will be able to describe the basics of structure and function of selected organs and organ systems and how they interact with and support one another.

Students will be able to locate organs, bones, muscles, and other anatomical structures as they are found in the body and in relation to each other.

## **MASG 210 - Massage Clinic**

Students will be able to perform appropriate, safe and competent massage practices in a clinical setting demonstrating knowledge of relevant human anatomy, physiology and kinesiology, as well as proper draping and the application of therapeutic procedure.

Students will be able to synthesize prior massage classroom knowledge and application in the performance of competency evaluations commensurate with best practices and national and state standards.

## **MASG 215 - Business for Massage Professionals**

Students will be able to effectively plan, market, and manage a massage therapy practice using industry-specific business skills.

Students will be able to understand industry regulations, legal requirements, and ethical standards that govern massage therapy practice.

Students will be able to demonstrate effective record-keeping, client documentation, and professional communication skills, ensuring compliance with industry standards.

## **MASG 216 - Ethics for Massage Professionals**

Students will be able to apply a professional code of ethics to practical behavior.

Students will be able to properly address ethical issues and dilemmas in their massage practice.