

MASSAGE THERAPY COURSE DESCRIPTIONS

Therapeutic Massage I (PFIT 82) focuses primarily on the theory and practice of Swedish massage, which includes the five Swedish massage strokes: effleurage, petrissage, friction, vibration and tapotement. The course includes introductory segments covering styles of massage such as: reflexology, acupressure, sports massage, seated massage (using a massage chair), and trigger point massage. The course emphases include: ethics and professionalism; safe and effective mobilization of joints; safe and efficient body mechanics; hygiene; proper draping; accurate recording of each massage therapy session in the SOAP format; and an introduction to anatomy and physiology. This course includes written and practical examinations that evaluate each student's level of proficiency in the course objectives. Please note that students are required to exchange massages (giving *and* receiving) with all other class members.

Therapeutic Massage II (PFIT 83) is a 4-unit, 128-hour, semester-length course that includes instruction in business practices and professionalism, career development, anatomy, physiology, pathology (meets the 40-hour requirement of the National Certification Board), evaluation and management of the needs of special populations, and additional massage techniques.

Sports Massage (PFIT 84) is a 2-unit, 64-hour course designed to provide therapeutic benefit for the unique biomechanical and psychological needs of athletes and people with active lifestyles. Sports Massage is designed to provide appropriate care tailored to specific needs, whether a client is using sports massage as part of a regular training regimen; preparing for, engaging in, or recovering from a sports event or competition; or trying to recover from an injury. Sports massage techniques are powerful and suitable for use with anyone who needs help with the minor musculoskeletal injuries—and the pain, stiffness and limited mobility they can cause—that plague so many of us. The course covers: taking a history, evaluation, planning, and follow-up; injury pathology and the healing process of soft tissue; specific massage, stretching, and cramp relief techniques used for event, maintenance and rehabilitative sports massage; hydrotherapy; and working with common athletic injuries.

Clinical Massage (PFIT 85) is a 2-unit, 64-hour course that covers clinical conventions, types of injuries, developing palpatory skills, clinical massage techniques, and practice.

Massage Therapy Skills Lab (PFIT 180) allows students to provide massages to each other and to paying customers in a supervised setting. Students run the lab as a virtual business, scheduling appointments, performing massage, collecting fees, and filling out and keeping track of SOAP charts, health forms and other documents.

Please see the MPC Catalog or Schedule of Classes for information on other classes in our curriculum.