

## MASSAGE THERAPY COURSE DESCRIPTIONS

**Therapeutic Massage I** (PFIT 82), 4 units, 128 hours. 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 Esalen massage, sports massage, seated massage, and trigger point massage. The course covers: 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 all students that enroll are required to exchange massage (giving *and* receiving) with all other class members.

**Therapeutic Massage II** (PFIT 83), 4 units, 128 hours. This course will continue the exploration of massage techniques that began in PFIT 82 and includes instruction in business practices and professionalism, career development, anatomy, physiology, and evaluation and management of the needs of special populations. PFIT 83 also includes 40 hours of instruction in pathology in order to meet the new requirements of the National Certification Board for Therapeutic Massage and Bodywork. Students should take PFIT 63 and PFIT 82 or have basic massage skills and anatomical knowledge before enrolling.

**Sports Massage** (PFIT 84), 2 units, 64 hours. Sports Massage trains students to provide athletes with appropriate care tailored to their unique biomechanical and psychological needs, whether they are using sports massage as part of their regular training regimen, preparing for, engaging in or recovering from competition, or trying to recover from an injury. Sports massage techniques are powerful and appropriate for use with anyone who needs specific 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; working with common athletic injuries; and practice with athletes.

**Clinical Massage** (PFIT 85), 2 units, 64 hours. Clinical massage consists of various massage techniques designed to restore normal, pain-free health in people who suffer from the pervasive musculoskeletal pain and stiffness that plagues our world.

**Massage Therapy Skills Lab** (PFIT 180) gives students the opportunity to practice the skills they learn in MPC massage courses. In the Lab, students provide massages to volunteer “clients” in a supervised setting. Students will conduct intake interviews, review client health forms, complete SOAP charts, and work as if they are in a professional environment.

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