

# MT-1100: INTRODUCTION TO MASSOTHERAPY

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## Cuyahoga Community College

**Viewing: MT-1100 : Introduction to Massotherapy**

**Board of Trustees:**

2009-06-25

**Academic Term:**

2009-08-23

**Subject Code**

MT - Massage Therapy

**Course Number:**

1100

**Title:**

Introduction to Massotherapy

**Catalog Description:**

Survey of massotherapy. History of massage, theory and principles of massage, including basic physiological effects, therapeutic applications, contraindications, indications for referral, scope of practice, code of ethics, credentialing and licensing, law and legislation. Training provides hands-on demonstrations by instructor on some basic techniques of massage.

**Credit Hour(s):**

3

**Lecture Hour(s):**

3

## Requisites

**Prerequisite and Corequisite**

None.

## Outcomes

**Objective(s):**

1. Name the major historical developments in massage therapy.
2. Define modern methodologies in massage therapy since 1940.
3. Explain the basic physiological effects and benefits of massage.
4. Define therapeutic massage.
5. List contraindications for massage as well as the indications for massage and referral.
6. Discuss and define the professional code of ethics for massage therapists and examine the boundary issues in massage therapy and the importance of professional practice.
7. Cite the scope of practice for massage therapists in the State of Ohio.
8. Explain the difference between government and private licensing.

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**Methods of Evaluation:**

1. Weekly quizzes
2. Written assignments
3. Oral presentations
4. Written examinations

**Course Content Outline:**

1. History of massage
  - a. 19th century
  - b. 20th century
  - c. Current approaches
  - d. History of massage in Ohio>
2. Introduction to the theory and principles of massage
  - a. Basic physiological effects (according to Kellogg)
    - i. Catagory
      1. mechanical
      2. reflex
      3. metabolic
    - ii. According to Beck
      1. connective tissue
      2. circulation enhancement
      3. autonomic nervous system
  - b. Benefits of massage (according to Kellogg and Beck) upon:
    - i. nervous system
    - ii. muscular system
    - iii. bones, skeleton, and ligaments
    - iv. circulation and lymphatic
    - v. heat functions of the body
  - c. General therapeutic applications (according to Kellogg and Beck)
    - i. stroking
    - ii. friction
    - iii. kneading
    - iv. percussion
    - v. touch
3. Contraindications to massage (Beck)
  - a. Absolute contraindications
    - i. general
    - ii. local
  - b. Possible contraindications
    - i. general
    - ii. local
4. Guidelines for referral
5. Scope of massage practice according to:
  - a. State of Ohio Medical Board
  - b. Beck: wellness personal service massage
6. Code of ethics
  - a. Client's right of refusal
  - b. Therapists right of refusal
7. With disclosure
  - a. Informed consent
  - b. Boundaries
  - c. Confidentiality
  - d. Sexual misconduct
8. Credentialing and licensing
  - a. Governmental credentialing and licensing
  - b. Private professional credentialing

**Resources**

Kellogg, Harvey. *The Art of Massage*. Battle Creek, MI: Modern Medicine Publishing Co. (reprinted 1975 by Health Research, CA), 1929.

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Beck, Mark. *Theory Practice of Therapeutic Massage*. 4th. 5 Maxwell Dr. Clifton Park NY 12065, 2006.

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Key: 3030