

# MASSAGE THERAPY (MAST)

## **MAST 100. CPR for Healthcare Providers. (1 Credit)**

This course introduces students to the skills and techniques necessary to provide the initial emergency care to sustain life support to victims of accidents and illness. Students will be eligible to become certified in CPR for the Healthcare Provider by satisfying the requirements established by the American Heart Association. This course is open to Massage Therapy students and Human Performance and Health Promotion students or by permission of the instructor. 1 credit (lecture), 5 weeks, fall and spring semester

## **MAST 101. Eastern Anatomy & Physiology. (3 Credits)**

Focus is on the nature and distribution of energy throughout the body. This course introduces the philosophical principles of Eastern medicine as well as an in-depth study of the channel system and the distribution of energy and areas of influence. The course introduces the concepts of the organs and viscera and their functions related to energy development and utilization. The principles of energy and Taoist Cosmology will be discussed from ancient to modern viewpoints. Pre or Co-requisites: BIOL 150 and 150L; BIOL 135 and MAST 102 3 credits (3 lecture hours), fall semester

## **MAST 102. Western Massage I. (4 Credits)**

Presents western massage techniques including the history of massage, the fundamental principles, physiological effects, and precautions for use. The appropriate use of oils, equipment and draping techniques will be introduced. This course provides the knowledge base of western massage therapy theory and techniques. Pre or Co-requisites: BIOL 150 and 150L; BIOL 135 and MAST 101 4 credits (3 lecture hours, 3 laboratory hours), fall semester

## **MAST 103. Western Massage II. (2 Credits)**

This course focuses on the further development of western massage techniques and the precautions for all practitioners. The student will learn more advanced hand manipulations, direction of pressure and pressure points as well as review western massage principles. Prerequisites: MAST 102, BIOL 150 and 150L (each with C or better required) Pre or Co-requisites: BIOL 151 and 151L; BIOL 136 and MAST 104 2 credits (1 lecture hour, 3 laboratory hours) spring semester

## **MAST 104. Eastern Massage. (2 Credits)**

This course focuses on the development of understanding regarding the location of the Primary Meridians and the Extra Channels used in Eastern massage. Various eastern massage techniques will be presented as practical applications of theoretical knowledge. Use of acupoints will be thoroughly examined. Students will learn a variety of Eastern massage manipulations and exercises. Prerequisites: MAST 101, BIOL 150 and 150L (each with C or better required) Pre or Co-requisites: BIOL 151 and 151L; BIOL 136, MAST 103 2 credits (1 lecture hour, 3 laboratory hours), spring semester

## **MAST 201. Western Medical Massage. (4 Credits)**

Presents western massage techniques and precautions for its use. The student is introduced to acute and chronic health conditions appropriate to treat with Western massage. Situations requiring a referral to medical health care providers will be identified. Fifty hours are devoted to pathology. Prerequisites: MAST 103, BIOL 151 and 151L (each with C or better required) Pre or Co-requisites: MAST 202; BIOL 137; MAST 203; 4 credits (2 lecture hours, 6 laboratory hours) fall semester

## **MAST 202. Eastern Medical Massage. (4 Credits)**

This course presents applications of Eastern massage techniques. Eastern massage theory and practice will be applied to chronic and acute health conditions. Students will learn to utilize the Primary Meridians and the Eight Extra Channels to facilitate therapeutic client response. Students will develop a cohesive strategy for client evaluation using Five Element Theory, Eight Principles and four evaluations as well as procedures to develop effective treatment strategies. Students will learn to identify situations that require referral. Fifty hours will focus on pathology. Prerequisites: MAST 104, BIOL 151 and 151L (each with C or better required) Pre or Co-requisites: MAST 201 and 203; BIOL 137; 4 credits (2 lecture hours, 6 laboratory hours) fall semester

## **MAST 203. Professional Issues. (1 Credit)**

Topic areas include regulation of the profession and code of ethics and issues of boundaries in relation to body work, interpersonal communications and therapeutic relationships. Introduces students to the Rules of the Board of Regents on Unprofessional Conduct, Section 6509 of Title VIII, and professional ethics and standards. Prerequisites: MAST 104, BIOL 151 and 151L (each with C or better required) Pre or Co-requisites: MAST 201, MAST 202, BIOL 137 1 credit (2 lecture hours), first half of spring semester

## **MAST 204. Massage Clinical Experience. (5 Credits)**

This course provides the student with the opportunity to apply the knowledge and techniques acquired in all previous massage therapy courses and to become more proficient with client assessment and treatments. Students will become familiar with reading a prescription, developing a plan of treatment and charting methods. This course is offered in a simulated office situation and students must apply massage therapy techniques to another individual for 150 hours under the on-site supervision of a licensed massage therapist. Students will be evaluated applying therapy techniques to a variety of clients using pre-established evaluation criteria. Prerequisites: MAST 201, MAST 202 and BIOL 137 (each with C or better required) Pre or Co-requisites: MAST 100, MAST 205, MAST 206, COMP 110 or COMM 111 5 credits (150 laboratory hours), spring semester

## **MAST 205. Senior Seminar. (3 Credits)**

This course is designed to assist the student's transition into professional practice. The course examines independent contractor/self-employment and paid employee opportunities. Professional standards of practice are reviewed with a focus on legal issues and trends. Aspects of establishing and maintaining an individual practice will be examined including small business planning, business finances, bookkeeping, and marketing/promotions. Prerequisites: MAST 201, MAST 202 and MAST 203 (each with C or better required) Pre or Co-requisites: MAST 204, MAST 100, MAST 206, COMP 110 or COMM 111 3 credits (3 lecture hours), spring semester

## **MAST 206. Professional Practice Issues. (2 Credits)**

This course assists the development of professional practice through the discussion of case studies and/or actual client health needs presented in the massage therapy clinic setting. The seminar format allows for discussion of client situations, pathologies and practice issues. This course accompanies MAST 204 which is the clinical component for the Massage Therapy degree. Pre or Co-requisite: MAST 204 and MAST 205 2 credits (2 lecture hours), spring semester