



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

LAST REVIEW: 2008-2009
(i.e. 2003-2004)

NEXT REVIEW: 2013-2014
(i.e. 2008-2009)

STATUS: A
(A, I, D)

COURSE TITLE: Manual Techniques I

COMMON COURSE NUMBER: PHT 2203

CREDIT HOURS: 3

CONTACT HOUR BREAKDOWN
(per 16 week term)

CLOCK HOURS:
(Voc. Course ONLY)

Lecture: 48

Lab:

Clinic:

Other:

PREREQUISITE(S): AS Degree in Physical Therapist Assisting

COREQUISITE(S): PHT 2203L

PRE/COREQUISITE(S):

COURSE DESCRIPTION (750 characters, maximum):

This course explores advanced techniques further developing the student's use and integration of structural-based and energy-based systems. Topics will include trigger point therapy, myofascial release, and other advanced therapy applications.

UNIT TITLES

- 1.0 *Ethics, Law and Massage Standards of Practice*
- 2.0 *Business Management and Marketing*
- 3.0 *Philosophy and History of Massage*
- 4.0 *Massage Physiology and Techniques*
- 5.0 *Neuromuscular Massage*
- 6.0 *Medical Massage*
- 7.0 *Connective Tissue Massage*
- 8.0 *Pre, Post Natal and Fetal Massage*
- 9.0 *Sports Massage*



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ASSESSMENT:

Please provide a brief description (250 characters maximum) that details how students will be assessed on the course outcomes.

1. Announced and unannounced quizzes and Unit examinations;
2. Cumulative/comprehensive final examination;
3. Assessment of reading and online assignments via submission of homework projects;
4. Participation in Discussion Forums on the WebCT site
5. Completion of Case Study Reviews

**** Complete the following only if course is seeking general education status ****

GENERAL EDUCATION Competencies and Skills *:

Please highlight in green font all Competencies/Skills from the list below that apply to this course. In the box to the right of the Competency/Skill, enter all specific learning outcome numbers (i.e. 1.1, 2.7, 5.12) that apply.

1. Read with critical comprehension	
2. Speak and listen effectively	
3. Speak and listen effectively	
4. Think creatively, logically, critically, and reflectively (analyze, synthesize, apply, and evaluate)	
5. Demonstrate and apply literacy in its various forms: (highlight in green ALL that apply) (1. technological, 2. informational, 3. mathematical, 4. scientific, 5. cultural, 6. historical, 7. aesthetic and/or 8. environmental)	
6. Apply problem solving techniques to real-world experiences	
7. Apply methods of scientific inquiry	
8. Demonstrate an understanding of the physical and biological environment and how it is impacted by human beings	
9. Demonstrate an understanding of and appreciation for human diversities and commonalities	
10. Collaborate with others to achieve common goals.	
11. Research, synthesize and produce original work	
12. Practice ethical behavior	
13. Demonstrate self-direction and self motivation	
14. Assume responsibility for and understand the impact of personal behaviors on self and society	
15. Contribute to the welfare of the community	

** General Education Competencies and Skills endorsed by '05-'06 General Education Task Force*



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Common Course Number: PHT 2203

UNITS

Unit 1 Ethics, Law and Massage Standards of Practice

General Outcome:

- 1.0 The student will be able to correlate aspects of massage therapy as it pertains to law, ethics, and business practice.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 1.1 List the standards of conduct from the Code of Ethics for the massage therapist.
- 1.2 Review and discuss the practice of massage therapy as stated by the Florida Board of Massage.
- 1.3 Define the parameters of an effective business practice in the field of massage therapy.



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Unit 2 Business Management and Marketing

General Outcome:

- 2.0 The student will be able to review and critique effective marketing techniques for the field of massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 2.1 Understand the value of a concise curriculum vitae as it pertains to business practice.
- 2.2 Describe effective promotional activities/advertisements to facilitate the development of a successful massage practice.
- 2.3 Identify several business resources for a massage therapist.



Common Course Number: PHT 2203

Unit 3 Philosophy and History of Massage

General Outcome:

3.0 The student will be able to relate the philosophy and history of massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 3.1 Discuss the ancient views and uses of massage incorporating both Eastern and Western cultures.
- 3.2 Name the major figures in the development of massage as a health science.
- 3.3 Integrate recent developments in the field of therapeutic massage into the original framework of Pehr Ling and his students.



Common Course Number: PHT 2203

Unit 4 Massage Physiology and Techniques

General Outcome:

- 4.0 The student will be able to discuss the physiology, the pathology, and the basic techniques of massage that are using during the stages of rehabilitation.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 4.1 Identify the stages that lead to musculoskeletal and neuromuscular dysfunction.
- 4.2 Explain the significance of endangerment sites.
- 4.3 Describe the effects of massage interventions on specific pathologies.
- 4.4 Understand the physiological effects of massage.



Common Course Number: PHT 2203

Unit 5 Neuromuscular Massage

General Outcome:

- 5.0 The student will be able to understand the basic principles and application guidelines of neuromuscular massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 5.1 Explain the general effects of neuromuscular massage.
5.2 Detail the specific indications and contraindications of neuromuscular massage.



Common Course Number: PHT 2203

Unit 6 Medical Massage

General Outcome:

- 6.0 The student will be able to discuss the principles and the application guidelines of medical massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 6.1 Explain the general effects of medical massage.
6.2 Detail the specific indications and contraindications of medical message.



Common Course Number: PHT 2203

Unit 7 Connective Tissue Massage

General Outcome:

- 7.0 The student will be able to relate the principles and application guidelines of connective tissue massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 7.1 Explain the general effects of connective tissue massage.
7.2 Detail the specific indications and contraindications of connective tissue massage.



Common Course Number: PHT 2203

Unit 8 Pre, Post Natal and Fetal Massage

General Outcome:

- 8.0 The student will be able to understand the basic principles and application guidelines of pre, post natal and fetal massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 8.1 Describe the benefits of massage for pre and post natal clients.
- 8.2 Relate the effect of massage during labor.
- 8.3 List the special considerations for the pregnant client including positioning, type of strokes, and contraindications.
- 8.4 List the special considerations for the neonate including positioning, type of strokes, and contraindications.
- 8.5 Relate the significance of fetal massage.



Common Course Number: PHT 2203

Unit 9 Sports Massage

General Outcome:

9.0 The student will be able to discuss the principles and application guidelines of sports massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 9.1 Explain the general effects of a sports massage.
- 9.2 Describe the basic principles of sports massage.